

Development of Health Education for Young People in China from the Perspective of Universal Health

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Abstract: Under the healthy view of China and the whole people, China's youth health education development system has been formed, which points out the importance of the development of youth physical health education, and hopes to construct a new education system in combination with the overall promotion of China's youth health education development plan and goal, improve the content of education, create favorable space for the future and healthy development of Chinese youth, and form a social health education development environment system. This paper briefly analyzes the current situation of adolescent health education development in China from the perspective of national health, ponders the effective development strategy of adolescent health education, and gives examples.

1. Introduction

The implementation of the strategy of "healthy China" in our country caters to the two "100-year plan" of the country, and it is an important foundation for the construction of the national 100-year plan. In the strategy of "healthy China", health education for young people is the top priority. It hopes to combine the development strategy of health education for all to develop a healthy and good way of learning and life for the young generation, pay close attention to the future development of the nation, and create an ecological circle of youth health education development that the whole society cares about and attaches importance to.

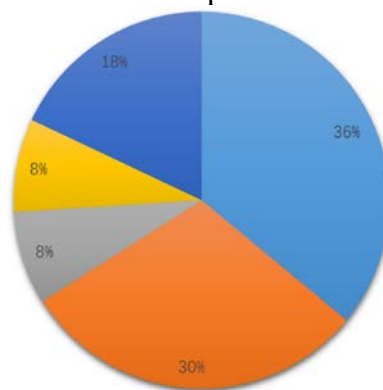


Figure 1 Schematic diagram of the proportion of professional training reasons for leading cheerleading in a certain school

2. An Analysis of the Current Development of Health Education for Young People in China

The development of Chinese youth health education from the perspective of universal health is advancing step by step. It follows the national policy orientation, hopes to clarify the situation of youth physical health education, and makes every effort to create a model of youth physical health education. Combined with the multi-point content, this paper discusses the development status of Chinese youth health education under the cause of universal health.

2.1. Scientific and Reasonable Positioning of National Policies

Under the background of the changing social environment in the new era, the state has made clear the vision of the future talent development and training of "a healthy and healthy China for the whole people ", and hopes to make relevant plans to first lay a solid policy foundation for the development of health education for the future Chinese youth generation. As early as 2013, the CPC Central Committee's decision on a number of major issues concerning the overall deepening of reform had been put forward, which pointed out that "we should strengthen the health education of the future youth generation in our country, do a good job of physical education and extracurricular exercise, promote the all-round development of the youth body and mind, and pay attention to aesthetic education while strengthening the physique." It is also clearly pointed out in the Outline that the strategy for the development of health education for all should be implemented throughout the country, in particular through the implementation of the health education and physical activity promotion program for young people, so as to promote them to develop good habits of physical exercise and healthy learning. In a word, it is first to determine the clear status of youth physical health education from the policy, and to establish the education development system around the policy.



Figure 2 Related lectures

2.2. Orientation of Adolescent Health Education

In view of the position of youth health education, it is necessary to solve the traditional inherent problem, that is, school education despises physical education, it is also a defect in the development of traditional education system in our country. Under the traditional education mode, the physical health education has always been in the marginal zone, and the school has not paid much attention to the aesthetic education, only the students' culture education. This kind of biased cognition of comprehensive education leads students to be passive in the development of health education, and their learning ability cannot be improved effectively. Therefore, in this paper, it seems that the current position of adolescent health education is very awkward, so it is urgent to reposition and adjust, and influence the study and life habits of the younger generation from the educational level.

In 2016, China formally put forward the Outline of Healthy China 2030, in which it reported on the national strategic deployment of "healthy China" at the two sessions, in which it hopes to build and share a set of national development strategies, especially by including adolescent health education in the development agenda, and to do a good job in the practice of health education, especially by emphasizing the vertical development system of health education, and by guiding students to go deep into the health education level, such as cultivating their good sports awareness, living habits and health habits, and paying attention to aesthetic education at the same time, emphasizing the comprehensive combination of moral, intellectual, physical and labor, so as to meet the requirements of quality education and make the youth become a qualified generation in the future development of the country[1].

3. A Brief Analysis of the Development of Chinese Youth Health Education From the Perspective of Universal Health

From the perspective of the whole people's health, a certain school has actively studied and responded to the relevant contents of the Outline of the "Healthy China 2030" Plan, and actively carried out the cheerleading exercise program in the school.

3.1. Basic Overview of a School's Cheerleading Exercise Program

A school is based on the level of competitive sports to create a cheerleading exercise program, they pursue competition and training of the integration of the two, and the "healthy china 2030" program into the health education system.

According to the professional training process of the cheerleading project in the past two years, the school has different feedback on the implementation of the project in and out of school, including the problems of high safety risk, parents'opposition, lack of professional teachers, low students'interest in learning and so on. However, based on the overall development of health education, the school re-positioned the team cooperation education mechanism of cheerleading project and the teaching aim of interpersonal communication ability training, hoping that more people could actively participate in the teaching activities of the project, on the one hand, to meet the needs of students'interests and hobbies development, on the other hand, to meet the needs of students'sports skills training, on the other hand, to construct a health education development system in combination with the needs of students'physical posture and physical quality development. Of course, the "healthy china 2030" program also has a profound impact on the school's cheerleading program, for example, it defines the school's goals and teaching-related strategies.

3.2. The Teaching Goal of a School's Cheerleading Exercise Program

First of all, based on the students'learning results, the school has made clear the three dimensions in the physical education course, combining the knowledge and skills training goal, the process method training goal and the emotion attitude value training goal to construct the teaching foundation, emphasizes the teaching activity content and the teaching goal rationalization direction optimization, organizes the student to fully integrate into the cheerleading course study process. At the same time, the school also introduced a large number of health education concept, health education throughout the cheerleading exercise, and positioning health education content: first, young students are healthy without any disease; second, young students are in good mental state; third, young students have good social adaptability. There are no teachers and students who really understand the definition of health in the traditional physical education, but under the guidance of the outline, a certain school has basically defined the relevant contents of health education, and it hopes to practice the content of health education actively, inculcate the content of health knowledge while developing students'cheerleading exercise skills, and strive to cultivate students'good health literacy from two levels of theory and practice to improve their physical and mental health level[2].

3.3. Teaching Content Planning of a School's Cheerleading Exercise Program

A certain school pursues the professional integration of training competition in the course of carrying out the cheerleading exercise project, and truly integrates sports training and sports competition as an important part of the development of school health education. It makes clear the basic tasks and important work items for the school sports work, constantly strengthens the students'physique, and cultivates the students'good sports ability[3].

First of all, the cheerleading exercise training and cheerleading competition as an important part of the development of the school health education project, every week around the cheerleading education process of 4~6 class hours, every 3 months to participate in the city and urban areas held a variety of large and small cheerleading competition, fully take into account the characteristics of youth growth and development, scientific and reasonable design periodic training plan, choose the appropriate training means, in the training process to stimulate students'sensory ability and thinking,

establish the correct movement of students, encourage them to adhere to the general training and special training to promote the principle of common development. And in the competition, also achieved by the competition substitute practice, according to the student ability arranges their training competition content, then enhances their training level, trains them the good movement skill.

Secondly, the school also set up a special cheerleading training results test standards, the level of inspection standards on the test results themselves. A special school has set up a professional high-level cheerleading training group to guide students to start the cheerleading training process, in order to ensure the training capacity of colleagues to adjust the training content, promote the school cheerleading exercise and related teaching system sustainable and healthy development[4].



Figure 3 Conference on health development

4. Conclusion

Under the correct guidance of the Outline of the "Healthy China 2030" Plan, schools at all levels in China should establish a health education development mechanism to guide the healthy development of young people, make a good overall planning of education under the direction of healthy China and health of the whole people, plan and construct a group of healthy development paths in combination with various angles, and realize the process of health education sharing and co-construction. truly around the theme of "national health" development strategy to guide the youth generation health education activities process, meet the development of multi-point hard indicators, and promote the health cause of our country to move forward steadily. At the same time, we also hope to make clear the necessity and urgency of the development of health education for all, and make great efforts to promote the steady development of our country's health cause while doing a good job in the task of cultivating the future generation and taking the road of sustainable development.

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