

Research on the Current Situation and Countermeasures of “Health First” Education Concept in Physical Education

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Abstract: with the World's Attention to Youth Sports, Sports Teaching Has Become an Important Carrier of Youth Sports. the Physical Education of Teenagers is the Basis of Physical Education. It Can Not Only Strengthen the Physique of Teenagers, But Also Cultivate the Strong Willpower, Team Consciousness and Indomitable Quality of Students. However, the Current Physical Education is Limited to the Form, and Does Not Correctly Establish the “Health First” Education Concept, Which Leads to Confusion in the Guiding Ideology and Educational Purpose of Youth Physical Education. This Paper Will Focus on the Analysis of the Current Situation of “Health First” Education Concept in Physical Education Teaching and Form Corresponding Countermeasures. the Ultimate Purpose of This Paper is to Guide the Current Physical Education Teaching to Follow the “Health First” Education Concept, and to Provide Practical Solutions for Health-Related Physical Education.

1. Introduction

The Healthy Growth of Teenagers is Related to the Future of the Country. in the Process of Their Growth, Physical Education is the Key to Help Students Feel Happy in Sports, Form a Healthy Body and Cultivate a Positive Attitude Towards Life [1-5]. to a Certain Extent, Physical Education is a Comprehensive Product of Politics, Culture, Economy and Education, Which Directly or Indirectly Affects the Campus Culture, Campus Quality and Campus Spirit of the School, and It Has the Function of Reverse Guiding Practice [6-7]. However, the Traditional Physical Education Lacks the Healthy Education Idea, and Its Education is Superficial and Cannot Follow the Core of Physical Education Very Well. Therefore, the Physical Education with “Health First” as the Core Idea Becomes the Means to Solve This Dilemma .

The Concept of “Health First” in Physical Education Has Been Studied and Practiced All over the World.[8-9] First Put Forward the Concept of “Health First” Physical Education and Established a Health Education Association on This Basis, Whose Main Purpose is to Help Students or Citizens Establish the Concept of Health Education; the United States [10] in the Implementation of Health Physical Education Mainly through the Establishment of Special Government Agencies to Coordinate the Development of National Sports Health Education; Canada in Health Physical Education At the Educational Level, the Establishment of Health Education Needs to Be Carried out by Improving the Environment, Changing the Way of Life and Formulating a Healthy Way of Life; in China, the Corresponding Sports Activities Are Mainly Carried out to Ensure the Health of Physical Education; Relevant Research Institutions Have Carried out Research on the Essence of Health Sports, and They Believe That Health Education is the Purpose of School Physical Education and the Essence of School Physical Education At the Same Time, It Believes That the Effective Means of Health Education in Health Physical Education [11-12].

Based on the Above Analysis and Discussion, It Can Be Concluded as Follows: the Youth Physical Education Classroom Education is the Foundation of Physical Education, Which is More Conducive to the Cultivation of Students' Strong Willpower, Good Team Consciousness and Indomitable Quality While Strengthening Their Physique. However, the Current Physical Education is Limited to the Form, and Does Not Correctly Establish the “Health First” Education Concept, Which Leads to Confusion in the Guiding Ideology and Educational Purpose of Youth Physical

Education. Therefore, This Paper Will Focus on the Analysis of the Current Situation of “Health First” Education Concept in Physical Education Teaching and Form Corresponding Countermeasures. the Ultimate Purpose of This Paper is to Guide the Current Physical Education Teaching to Follow the “Health First” Education Concept, and to Provide Practical Solutions for Health-Related Physical Education.

The Structure of This Paper is as Follows:

The Second Section of This Paper Analyzes and Studies the Current Situation of “Health First” Education Concept in Physical Education Teaching

The Third Section of This Paper Will Put Forward Countermeasures to Solve These Problems.

Finally, we will make a summary of this paper.

2. The Current Situation of “Health First” Education Concept in Physical Education Teaching

The education idea of “health first” has been attached great importance since it was put forward. To a certain extent, it has become the basis of school basic education, the basis of students' physical and mental health, the basis of lifelong learning and entering the society. At the same time, on the other hand, the concept of “health first” sports teaching is conducive to the correct guidance of school sports practice, to deepen the reform of school curriculum, and to clarify the overall idea and main objectives of strengthening school sports.

At present, although health education has been paid more and more attention to year by year, and its forms of activities are becoming more and more diverse, its essence and function are still single. From the aspect of form, the concept of health education, the corresponding forms of presentation and the corresponding teaching methods of physical education have changed, but the corresponding ultimate goal is still more conventional, that is, learning motor skills. Therefore, there are still a lot of problems in the physical education concept of “health first”,

It can be seen from the figure that the current application of “health first” sports teaching concept can be summarized as follows:

1) The teaching of physical health is diversified, but its corresponding function is still single

The current health physical education is only limited to the superficial health education, but its essence does not leave its inherent teaching of sports technology. In addition, in the actual physical education teaching, the corresponding teaching methods also present a variety of forms, but the fundamental purpose of learning physical skills has not changed. Therefore, in today's “health first” physical education, it does not really take “health first” as the essence core of its physical education.

2) at the level of physical education teaching mode, its teaching mode is still traditional and rigid

Based on the concept of “health first”, a large number of schools and research institutions have put forward corresponding physical education teaching objectives based on different teaching modes, which in essence is problematic. This kind of unhealthy development of physical education teaching mode is especially obvious in China. China emphasizes the holistic thinking in physical education teaching, and pays more attention to the purpose in the implementation of teaching thought and teaching mode. As a result, a large number of healthy physical education teaching modes have no difference in essence, and their corresponding division of labor is not clear.

3) The concept of “health first” in physical education teaching is scattered in details, and the concept of “health first” in physical education teaching mode is not clearly described in terms of ideology, objectives, scope of application and other related concepts

The vague and confused concept description and the details in the specific concept understanding and implementation level really make the PE teachers at the grass-roots level unable to understand the corresponding education concept well. At the same time, the confused teaching idea also makes the grass-roots teachers have no actual teaching direction. The scattered and complicated educational idea also makes the physical education teaching idea of “health first” more and more complicated, thus losing its essential connotation.

Based on the above analysis, we can see that there are still problems in the specific implementation and understanding of the current “health first” sports teaching concept, so it is of

great significance and practical value to find corresponding strategies to improve the current situation in time.

3. Countermeasure Analysis

In order to solve the problems existing in the implementation of the current “health first” sports teaching concept, this paper proposes the following strategies:

1) Actively establish the concept of “health first” in physical education and mobilize all kinds of schools to practice it

All kinds of schools should actively guarantee the setting of PE class hours and the sufficiency of PE teachers, and actively organize the training of “health first” teaching concept, so that PE teachers can implement this idea in actual teaching. In order to guide students and stimulate their enthusiasm to participate in sports, schools should make a lot of reforms in the reform of physical education curriculum and the setting of extracurricular activities, so as to ensure that students have enough exercise time. In the actual physical education curriculum reform, the goal tree of physical education can be set up, Through the establishment of the goal tree, the physical education curriculum reform and the realization of the physical education teaching goal can be guaranteed.

2) Actively promote the practice of family level to form the concept of “health first” for teenagers

Actively mobilize the family level to encourage students and cooperate with the school to carry out physical activities, encourage parents and students to participate in physical exercise together, and promote their “health first” lifestyle. At the same time, the family level is also conducive to promoting effective communication between generations.

3) As the carrier of physical education, teenagers need to firmly establish the concept of “health first”

Actively guide young people to enhance their awareness of the importance of health, establish the idea of “health first” for students, and promote students to master the means of healthy exercise. At the social level, we need to actively mobilize social forces to create good conditions for teenagers to carry out physical exercises, and at the same time, we need to actively create a healthy atmosphere of physical activities, so as to finally form a healthy situation in which schools actively carry out physical activities and families actively support teenagers to participate in physical activities.

4. Conclusion

This paper mainly analyzes and studies the current situation of the application of the concept of “health first” physical education, and draws the following conclusions through a large number of literature: with the attention of the world's youth sports, physical education has become an important carrier of carrying youth sports. The physical education of teenagers is the basis of physical education. It can not only strengthen the physique of teenagers, but also cultivate the strong willpower, team consciousness and indomitable quality of students. However, the current physical education is limited to the form, and does not correctly establish the “health first” education concept, which leads to confusion in the guiding ideology and educational purpose of youth physical education. In order to solve the above problems, this paper puts forward the corresponding solutions from the three levels of society, family and individual, and gives the specific practical scheme. As a whole, the decision-making proposed in this paper has good practical value and application value.

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