

On How to Effectively Improve Students' Physical Health in Higher Vocational Physical Education

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Abstract: The physical condition of college students has attracted the attention of the Ministry of education and the focus of the whole society. Their health is of great significance to the development of the country. However, the reality is not optimistic. According to the relevant research on the physical health standard test of college students, the physical fitness of college students in China has continued to decline in recent 20 years, and has accelerated in recent years. This paper analyzes the current situation of College Students' physique, explores the factors affecting students' physique development, seeks reasonable countermeasures to improve students' healthy physique development, and improves the effectiveness of higher vocational physical education.

Strong physique is the foundation of national development, and the physical health of teenagers has a more significant impact on future development. School is the base of talent training, and school physical education has an important impact on students' physical health. Higher vocational colleges mainly train professional higher talents to serve the front line of society, and physical health is particularly important. Therefore, according to the current situation of Higher Vocational Students' physique, exploring the factors affecting the development of students' physique is of great significance to promote the development of physical education in higher vocational schools and improve the physical health of college students.

1. Analysis on the current situation of physical health of Higher Vocational Students

According to the relevant research on the standard test of College Students' health and physique, the physique of teenagers in China has been in a downward trend. In recent 20 years, the obesity rate of college students in China has been increasing, the physical health status of students has been declining, and the decline has accelerated in recent years. According to the analysis of the physical health standard test results of higher vocational colleges, it has become a common phenomenon that the excellent rate of physical health standard of higher vocational students is low and the failure rate is high, and girls are more prominent than boys. It can be seen that the situation of physical education in higher vocational colleges is grim and of great significance.

2. Factors affecting physical health of Higher Vocational Students

2.1 Influence of school system on physical health of Higher Vocational Students

The Ministry of education has always attached great importance to physical education in the talent training plan. Physical education must be arranged every semester from nine-year compulsory education to high school and university. However, it has not been well implemented in practice. Before students enter the University, physical education is only a simple course. Under the examination oriented education system in China, physical education has not become a course included in the total score in the entrance examination. Only in the middle school entrance examination, the physical education score is included in the total score of the middle school entrance examination, and the score is low, and there are many loopholes in the actual operation. In consideration of entering a higher school, most schools and parents focus on the courses related to

the entrance examination, so physical education has not been paid attention to in a practical sense. Under the heavy learning pressure, most students seldom participate in physical exercise in their spare time, and the only physical education class is often occupied by teachers of other courses. Therefore, before entering the University, students' habit of participating in physical exercise has not been well cultivated, and their awareness of participating in exercise is relatively weak, so their physical health can not be well improved. After entering the University, although the requirements for students' physical education achievements have been improved, and many higher vocational colleges also link physical education with whether students can graduate, the strength is still insufficient, and the proportion of comprehensive evaluation of students is very low, or even not; Before entering the University, students have not enough understanding of physical education, their exercise habits have not been well developed, and the school does not pay good attention to students' evaluation. Most students hold the mentality of not failing physical education. Therefore, school physical education has a great impact on the physical health of higher vocational students.

2.2 Influence of family environment on physical health of Higher Vocational Students

With the continuous development of society, people's pace of life has become faster and faster. In addition to busy work and complex interpersonal communication, many parents spend very limited time on their children. Before students enter the University, parents are mainly concerned about students' test ranking and enrollment in the school. Although some parents will also pay attention to their children's physical health, as long as the children are not often ill, the requirements for their children to participate in physical exercise will not be too strong. It is often a passion. After exercising for a period of time, it will not be settled and there is no continuity.^[1] In addition, at present, the enthusiasm of the public to participate in physical exercise in China is not very high, and many parents do not have the habit of participating in physical exercise themselves. When asking their children to participate in more exercise, because they can not become an example for their children to participate in physical exercise, their children's participation enthusiasm is easy to fade, which is not conducive to the formation of exercise habits, So as to affect the development of physical health of higher vocational students.

2.3 Impact of classroom teaching on students' physical health

Since the development of physical education classroom teaching, with the efforts of physical education teachers, continuous reform and innovation, both teaching methods and teaching contents have been greatly developed. At present, in physical education classroom teaching in higher vocational colleges, in order to mobilize students' enthusiasm in learning physical education, many schools have carried out the form of optional class, which can basically meet most students' preferences for physical education. However, because the exercise habits of contemporary higher vocational students have not been well developed before entering the University, and the physical health level has decreased year by year, although the classroom teaching in Colleges and universities is flexible and there are many projects, most students still rarely participate in physical exercise after class. Classroom teaching pays more attention to technical teaching, and there are relatively few physical exercises for students, and there are few physical quality tests involved in the examination contents. In the semester test results of physical education courses in many higher vocational colleges, the proportion of physical quality is low, and there are few projects, which is not conducive to promoting students to participate in physical exercise in their spare time, It also has a certain impact on the healthy development of students' physique.

2.4 Influence of living habits on students' physical health

With the development of science and technology, the Internet has entered almost every of our lives. All kinds of electronic products can be seen everywhere, and higher vocational students are no exception. The rapid development of communication provides efficient information transmission for our life. At the same time, we have less and less time to go out. The "bow head group" can be seen everywhere. The after-school leisure of higher vocational students is almost occupied by the network. Either in the QQ group, or in the circle of friends, or indulge in online games, and there is

almost no time to participate in exercise. Now the living conditions of students are also improving, and the phenomenon of overeating is becoming more and more serious. Smoking, drinking and staying up late are also common in higher vocational colleges. These unhealthy living habits not only can not improve students' physical health, but also make students' physical health worse and worse.^[2]

3. Effective ways to improve the physical health of Higher Vocational Students

3.1 Pay more attention to physical education in school policies

Before entering the University, students mainly focused on coping with the entrance examination, and the school did not pay enough attention to the middle school stage. After entering the University, many higher vocational colleges also put their main energy into students' vocational skills learning and employment. Although they have certain requirements for students' sports performance, they do not pay enough attention to it. It is suggested that the school should strengthen its policy. In addition to some students with congenital defects or unfit to participate in sports, it should put forward certain requirements for students' sports performance and reward them to varying degrees, and the requirements for sports performance should be improved accordingly. In addition, while putting forward requirements for sports performance, it is also necessary to put forward special requirements for students' physical health. The results of students' physical health test proposed by the Ministry of education can also be added to the assessment. In addition to reaching a certain level of sports performance every semester, the results of physical fitness mapping test must also meet the standards, So as to improve students' attention to physical education curriculum and physical health standard test, and invest a certain time in physical exercise in their spare time, so as to improve students' physical health level.

3.2 Create a good campus physical exercise atmosphere

To improve the physical health of higher vocational students, it is far from enough to rely on weekly physical education. It also needs to take part in physical exercise in their spare time, which requires a good atmosphere of campus physical exercise, improve students' understanding of campus physical culture, and guide students to participate in physical exercise. The school can build some billboards, display cabinets or sculptures with the theme of sports culture on the campus, create the atmosphere of campus sports culture, publicize campus sports dynamics and spread sports health knowledge, so that students can feel good sports culture on the campus and understand sports knowledge in their leisure time; Regularly carry out some sports activities with different types and themes, guide students out of their dormitories, out of the network, actively participate in physical exercise and feel the charm of sports; Give full play to the role of student associations, encourage students to form more sports associations, increase policy support, meet students' sports needs as much as possible, provide conditions for students who love physical exercise, and infect students who want to participate but have not participated in physical exercise while they participate in exercise, so as to gradually enrich the atmosphere of physical exercise on campus, Let students feel the campus sports culture, participate in physical exercise and improve the physical health of higher vocational students.^[3]

3.3 Promoting the reform of physical education classroom teaching in Higher Vocational Colleges

The social environment is constantly changing, and school education should adapt to the times and keep pace with the times. In the period of underdeveloped information transmission, there are few ways for people to obtain knowledge. Students learn sports skills basically through teachers' explanation and demonstration. Physical education teaching focuses on teaching students' technical skills to meet students' needs for sports skills and knowledge. In the modern society with the rapid development of information technology, although students can easily obtain the relevant knowledge of various sports through the Internet, their exercise habits have not been formed, and the theory can

not be put into practice, resulting in the failure of students to obtain effective guarantee for even the most basic physical fitness exercise. Any sports must be based on good physical quality in order to develop effectively and stimulate the enthusiasm of participation. In order to adapt to the characteristics of modern social environment, physical health training should be strengthened in physical education classroom teaching in higher vocational colleges, mainly to exercise students' physical fitness, supplemented by technical teaching. In addition, in the course assessment, we should also improve the assessment requirements for students' physical quality, form a teaching mode of promoting teaching and practice by evaluation, promote students to pay attention to physical quality exercise, participate in physical exercise in their spare time, and develop good exercise habits.

4. Conclusion

In short, the continuous decline of students' physical health is not caused by unilateral factors, but a complex and diversified problem of the times. School physical education workers should deeply analyze the reasons for the decline of physical health level of higher vocational students, master the current situation and development situation of higher vocational physical education, start from reality, think more and innovate more, strive for policies, reform teaching ideas, cultivate students' good physical exercise habits, and guide students out of their dormitories and onto the playground, Improve students' overall physical health level.

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