

Strategies for Improving the Physical Fitness of Students in Higher Private Colleges

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Abstract: Higher private colleges and universities cultivate a large number of excellent vocational skilled talents for China every year. As students of higher private colleges, it is not only necessary to master excellent professional skills, but also to have good physical fitness in order to better realize their own value after leaving the campus. Physical fitness testing is the best test of students' physical fitness and can provide suggestions for the deployment of later education work in schools. At present, the implementation of physical fitness testing in private colleges and universities has gradually become normalized. However, in the actual process of physical fitness testing, there are still many problems that need to be improved urgently due to various factors. The article analyzes relevant issues and explores improvement strategies.

1. Introduction

The role of physical fitness testing is multifaceted, as it not only helps schools understand students' physical fitness, but also provides sufficient data preparation for the reform of school physical education; It can also provide students with a clear understanding of their physical condition, making them aware of the importance of physical exercise. Currently, physical fitness testing is implemented in many private colleges and universities. But what are the shortcomings in specific testing work, and how can we do a good job in physical fitness testing? This article explores these issues.

2. Basic understanding of physical fitness testing for students in private colleges and universities

2.1 The necessity of implementing physical fitness testing

As the successors of the socialist construction cause, students can only contribute their own strength to the country better if they have good physical fitness. At the same time, students' physical fitness is also an important reflection of a country's comprehensive national strength. Since the implementation of the "Student Physical Health Standards (Trial Plan)" in 2002, physical fitness testing has become increasingly normalized in universities, with most schools conducting physical fitness testing once a semester or every academic year. Through physical fitness testing, education departments and schools can fully understand students' physical condition and timely prevent the occurrence of various diseases; At the same time, we need to provide practical and feasible suggestions for students' physical health and wellness, effectively improving their physical fitness, and laying a solid foundation for the comprehensive construction of a moderately prosperous society and the acceleration of socialist modernization construction.

2.2 Overview of Physical Fitness and Physical Fitness Testing

The so-called constitution refers to the health condition of the human body and its ability to adapt to the external environment. Physical indicators include body shape (such as height, circumference, and weight), body function (such as blood pressure, lung function, heart rate), physical fitness (such as strength, explosiveness, sensitivity, and coordination), and exercise ability. When conducting physical fitness tests, it is mainly accomplished through a series of exercises, and

the setting of test items is mainly based on the basic concepts of physical fitness, targeting the four major elements mentioned above. [1] The physical fitness test for higher private colleges includes various indicators such as height, weight, lung capacity, endurance, etc.

3. Problems in Physical Fitness Testing of Private Higher Education Institutions

3.1 Misunderstandings in concepts and low testing frequency

At present, the ineffective role of physical fitness testing in private colleges and universities is related to the misconceptions of teachers and parents' educational concepts. For a long time, influenced by the traditional education model in China, both teachers and parents of students have been more concerned about students' academic performance, and although they also pay attention to students' physical condition, the focus is more on whether various diseases have occurred, and the emphasis on physical exercise is seriously insufficient.[2] For example, some teachers believe that conducting physical exercise activities too frequently will affect students' learning of professional knowledge, indicating that some teachers do not have a clear understanding of the role and value of physical fitness testing. From the perspective of students, there are also certain misconceptions in their own beliefs. Some students in private colleges and universities attach too much importance to learning and want to change their lives through learning. Therefore, they focus their main energy on learning and only regard professional skills learning as the key point of education and teaching. They do not care about things outside of learning and believe that physical fitness tests are just a formality and do not provide much help for their own growth and development.[3] As vocational college students, they only have two years of actual study time in school, and some majors have higher requirements for professional skills, with relatively more practical training projects, such as mechanical and electrical engineering, numerical control, and computer science. The learning pressure that students face can be imagined. In addition, after entering university, students have more freedom in time management. Some students also engage in various part-time jobs in order to reduce the financial burden on their families while studying, resulting in long-term physical exhaustion and inability to fully demonstrate their true abilities during physical fitness tests.

3.2 Outdated physical fitness testing methods and inadequate management

With the development of the times, people's understanding of health and their pursuit of health concepts are constantly evolving and changing. Higher private colleges should actively follow the development of the times and make effective adjustments when implementing physical fitness tests, so as to meet the development needs of students in the new era. Through investigation of the current physical fitness testing work in private colleges and universities, it has been found that the physical fitness testing methods of many schools have not changed since their implementation until now. [4] Firstly, some schools conduct a physical fitness test once a year, while vocational college students only have two years of actual study time in school. In their junior year, students have to enter enterprises for internships, which means that students only have two opportunities to participate in physical fitness tests. Secondly, physical fitness testing is implemented in the form of a "big pot meal", often conducted on a department or grade level basis, and in order to avoid occupying teaching time, physical fitness testing is often scheduled on Saturdays and Sundays. Thirdly, the staff responsible for specific testing projects have varying levels of competence. Some schools have physical education teachers as the overall person in charge of physical fitness testing, but when it comes to the specific project leaders, they may be student cadres from organizations such as the school student union and youth league committee. For example, these student cadres are responsible for testing physical indicators such as lung capacity, height, and weight. Due to their insufficient understanding of the importance of physical testing and inadequate supervision and management, there have been cases of false reporting of data for familiar students during physical testing. Some schools also have the phenomenon of students taking physical fitness tests on behalf of others, which makes the final physical fitness test data obtained by the school not authentic enough, unable to effectively understand the students' physical fitness situation, and difficult to provide valuable

guidance for the reform of physical education in vocational colleges. Due to outdated physical fitness testing methods and similar testing content every academic year or semester, students lose their sense of novelty, resulting in low enthusiasm for participating in the tests.

3.3 Inadequate infrastructure

Compared to public institutions, private higher education institutions do not have advantages in terms of funding and policy support. In actual physical fitness testing work, many private colleges and universities have indeed become mere formalities, without truly realizing their value and role.[5] The school's emphasis on physical fitness testing is seriously insufficient. During the process of education, schools often focus on vocational skills and invest limited educational funds in the purchase of professional teaching equipment. Therefore, the various infrastructure used for implementing physical education teaching is not very complete, making it difficult to meet the daily physical exercise needs of students. Some private colleges and universities only have a few basketball hoops and half a football field, not to mention various professional sports facilities, which have a negative impact on the implementation of students' physical fitness tests.

4. Improvement measures for physical fitness testing in private colleges and universities

4.1 Transform ideological concepts and encourage students to actively participate in physical fitness tests

In order for higher private colleges to do a good job in physical fitness testing and play the value and role of physical fitness testing, the first step is to change their educational philosophy, recognize the importance of physical fitness testing, carry out physical education reform work from top to bottom, adjust educational ideas and concepts, and effectively play the role and value of physical fitness testing. [6]School teachers and parents should recognize that the cultivation and improvement of vocational skills are important, but if students do not have a strong physique, the skills and knowledge they have mastered will also be difficult to effectively apply. Teachers are educators, and both schools and teachers need to clarify that their ultimate responsibility is to cultivate more usable talents for society, rather than bookworms without a healthy body. Therefore, school teachers should combine education and teaching situations to provide students with as many opportunities as possible for physical exercise, promoting their in-depth and comprehensive understanding of their own physical condition. Teachers should lead by example and not simply believe that passing on the culture and skills they have mastered to students is enough. They also need to do a good job in guiding physical education and health, and prepare for the long-term development of students. Secondly, from the perspective of parents, although learning cultural knowledge is crucial for a child's growth and can change their destiny, all of this is based on the premise that the child has a healthy physique. Only when the child's body is good can they invest more energy into cultural knowledge learning, better enter society, and realize their self-worth. Therefore, parents should also play a supervisory and guiding role, actively understand their children's physical exercise situation in school, and encourage them to participate in school physical fitness tests. Finally, as students in vocational colleges, the transformation of one's own ideological concepts is also extremely important. The poor implementation effect of physical fitness testing in vocational colleges is closely related to students' outdated ideological concepts and low participation enthusiasm. For vocational college students, they need to realize that physical exercise, physical fitness testing, and cultural knowledge learning are equally important. A healthy body is the foundation for their participation in all social activities. From a long-term perspective, having a healthy body can better achieve their dreams. Physical fitness testing can help them understand their own physical condition and improve their physical fitness through targeted physical exercise.

4.2 Carry out the construction of students' psychological quality

Physical fitness testing is different from physical education exams. The main purpose of implementing physical fitness testing is to fully understand students' physical fitness status and

ensure their healthy growth and development. Therefore, students do not need to be overly nervous about the various physical fitness testing activities implemented by the school. In the survey, it was found that many students are afraid of physical fitness tests, especially some female students who are afraid of the 800 meter run and worry that they will not be able to reach the finish line within the specified time. Therefore, they appear anxious and emotionally tense during physical fitness tests; Some students even resist physical fitness tests and find it difficult to fully demonstrate their true abilities. For these reasons, when implementing physical fitness testing, schools should also strengthen the construction of students' psychological qualities, such as mobilizing students before the implementation of physical fitness testing, improving their ability to withstand pressure, helping them to participate in physical fitness testing with a more positive and optimistic attitude, and exerting their own ability level.

4.3 Actively innovate physical fitness testing methods and strengthen information management

The times are constantly developing and changing, and vocational colleges should actively make new adjustments to their physical fitness testing methods to meet the needs of the times. Firstly, schools should normalize physical fitness testing, striving to conduct two or even three physical fitness tests per academic year, and effectively divide students to avoid the phenomenon of "clustering" of departments during physical fitness testing. At the same time, in regular physical education classes, the content related to physical fitness testing can also be included as classroom teaching content, strengthening the connection between physical fitness testing and physical education teaching, and helping students deeply understand the importance of physical fitness testing. Secondly, schools should actively introduce various information technologies, strengthen the information management of physical fitness testing, and use information management systems to timely understand the physical fitness testing situation of each student. For example, the number of times students participate in physical fitness tests; In the physical fitness test, which aspects of students perform outstandingly and which aspects perform weakly; In the next physical fitness test, focus on students' weak areas to encourage them to perform better. In addition, information management can effectively improve the efficiency and quality of physical fitness testing. Finally, schools should actively carry out research on physical fitness testing, such as exploring with relevant enterprises and sister colleges how to improve the shortcomings in school physical fitness testing, innovating physical fitness testing methods, exchanging experiences and insights with each other, ensuring that physical fitness testing always keeps pace with the times, meets the physical fitness testing needs of different types of students, and plays a positive role in physical fitness testing.

4.4 Actively improve infrastructure construction and seek funding support through multiple channels

Physical fitness testing is an indispensable and important component of school physical education, which helps schools to manage students scientifically. However, in the absence of sufficient infrastructure, the role of physical fitness testing is often difficult to effectively play. Therefore, schools should first strive to improve their own infrastructure construction and establish corresponding sports venues for different types of sports. At the same time, it is necessary to achieve efficient and reasonable utilization of sports venues, such as running events that can be completed on the basketball court. In addition, it is necessary to fully ensure the safety of students. Before implementing physical fitness testing activities, various infrastructure should be inspected and aging equipment should be eliminated in a timely manner. Secondly, seek government support. Provide various types of policy support to address the difficulties currently faced by private colleges and universities in physical fitness testing. In terms of land, school land use tax will be reduced or exempted; At the same time, we request financial support to implement physical education and physical fitness testing as key projects in school education. Finally, schools should actively engage with various types of enterprises, seek various private financing, establish long-term cooperative relationships with some reputable enterprises, and allow these enterprises to provide sports specific

funding support. Only in this way can higher private colleges have stronger survival capabilities and development space in the economic and social environment, and can they cultivate more high-quality skilled talents for society.

4.5 Strengthen teacher training and improve teacher assessment mechanisms

One is to regularly conduct teacher training. Organize professional training and regularly arrange for physical education teachers to participate in professional training, including the latest physical education teaching methods, sports science research results, sports psychology, etc., to ensure that teachers have cutting-edge professional knowledge and skills. Organize seminars and workshops on physical education teaching both inside and outside the school, invite experts and scholars to give special lectures and provide practical guidance, and promote experience exchange and common progress among teachers. Online learning platform, utilizing modern information technology to establish an online learning platform, providing rich physical education teaching resources and learning courses, facilitating teachers' independent learning and further education. The second is to introduce outstanding talents. Open recruitment, through which sports coaches with rich teaching experience and high level are introduced from society to enrich the school's sports teaching staff. Inter school cooperation, establishing cooperative relationships with other high-level universities, exchanging teachers for learning, and absorbing advanced teaching concepts and methods. The third is to improve the teacher assessment mechanism. Multi dimensional assessment, comprehensively evaluating the work performance of physical education teachers through teaching quality, student feedback, teacher self-evaluation, and other aspects, and comprehensively assessing their teaching effectiveness. Quantify assessment standards and establish clear quantitative assessment criteria, such as classroom teaching situation, student physical fitness test results, extracurricular activity organization, etc., to ensure fairness, impartiality, and transparency in assessment. Regular evaluation, conducting a comprehensive teacher work evaluation once every semester, promptly identifying problems and deficiencies, and proposing improvement suggestions. Performance rewards are given to outstanding physical education teachers based on their assessment results, such as bonuses, promotion opportunities, etc., to motivate them to continuously improve their teaching level. Honorary titles, establishing the title of "Excellent Physical Education Teacher", commending teachers who have made outstanding contributions in teaching and improving students' physical fitness, and enhancing their sense of professional honor. Provide more opportunities for excellent teachers to pursue further education and education, such as being sent abroad for study or attending advanced training courses, to help them further enhance their professional competence.

5. Conclusion

The importance of physical fitness testing in higher private colleges is self-evident. Physical fitness testing can reflect students' physical condition to the maximum extent and provide strong support for the implementation of physical education teaching activities in schools. However, when implementing physical fitness testing, higher private colleges also need to combine their own educational and teaching situation with students' physical fitness, construct a reasonable physical fitness testing system, select appropriate physical fitness testing indicators, meet students' testing needs, and promote their healthy growth and development.

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