

Establishment and research of College Students' physique evaluation system based on the concept of "three complete education"

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Abstract: The all-round and scientific development of college students should be based on the high-level teaching quality and service quality of the school. At the same time, it also depends on the scientific management and guidance mechanism. Comprehensive and scientific evaluation of students is an important part of university management. However, there are still many problems in the evaluation system of most college students. Based on the concept of "three complete education", this paper tries to better optimize the evaluation system of college students from all aspects and give full play to the effect of education. The evaluation of College Students' comprehensive quality is based on the party's educational guidelines and policies. Especially under the current background of full staff education, whole process education and all-round education, it is of great significance to optimize and improve the evaluation system of College Students' comprehensive quality to formulate the development standards of college students and promote the all-round development of college students. Adhere to the problem orientation, find out the main problems existing in the current comprehensive evaluation system of college students, and put forward the principle of "three complete education" that needs to be adhered to, so as to form an optimization strategy.

1. Introduction

The comprehensive quality evaluation of college students is based on the party's educational guidelines and policies, and adopts certain principles and methods to comprehensively formulate a series of implementation rules and quantitative indicators for college students in line with the goal of Building Morality and cultivating people and the law of students' growth, so as to collect and deal with College Students' Ideological and moral character, academic achievements, living habits The behavior representation information reflected in social practice and other activity fields to realize the quantitative evaluation process of guiding, standardizing and encouraging the all-round development of college students is an important part of College Students' education and management. In the process of College Students' growth, the evaluation of College Students' comprehensive quality plays an important guiding role. Establishing a more scientific, effective and systematic college students' physique evaluation system is also an important task of the current ideological and political education in Colleges and universities. Especially under the current background of all staff education, whole process education and all-round education ("three complete education"), constantly optimizing and improving the comprehensive quality evaluation system of college students is of great significance to formulate the development standards of college students and promote the all-round development of college students.

2. Problems existing in the current college students' physique evaluation system

The implementation of students' comprehensive quality evaluation is to encourage students to improve their comprehensive quality, guide students' all-round development of morality, intelligence, physique, beauty and labor, and cultivate new people of the times for the great task of national rejuvenation. However, it is undeniable that with the continuous renewal of educational ideas, there are many problems to be solved in the current comprehensive quality evaluation system of colleges and universities.

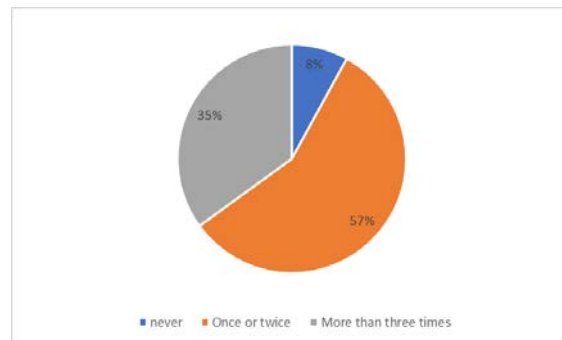


Figure 1 Weekly exercise times of College Students

2.1 Backward evaluation implementation means

Most of the comprehensive evaluation work focuses on online and offline operation, with paper materials as the carrier, and then combined with computer-aided tools to manually input, summarize and sort out various comprehensive evaluation paper materials. This process is prone to many problems, such as incomplete filling of items, insufficient benchmarking and quantification, wrong data statistics and so on, resulting in the "distortion" of the evaluation results. At the same time, the evaluation is conducted once every semester or academic year, with a long span of time. It focuses on the static evaluation of results and ignores the dynamic evaluation of process. It does not combine static and dynamic. This evaluation method is passive. The evaluation procedure is carried out according to individual self-evaluation, class evaluation, department evaluation, etc. in the specific implementation process, the evaluation results may be affected because the evaluation is not democratic enough and the subjectivity such as human sentiment score and relationship score is difficult to eliminate. In this way, the evaluation results may not be objective and fair.

2.2 Single function of evaluation

In the evaluation of College Students' physique, there are usually aspects limited to the evaluation of awards, first and best. The comprehensive quality evaluation takes promoting the all-round development of college students as the main goal, but in the actual organization and implementation process, it deviates from or violates the original intention of the evaluation. Most teachers and students believe that the comprehensive quality evaluation results are only useful in the evaluation of awards, priorities and excellence, and do not really give full play to the comprehensive efficiency and function of the evaluation. The comprehensive quality evaluation should not only be the basis of rewards and punishments, but also become a mirror for students to understand their own comprehensive quality. They should always find their own shortcomings and problems through "looking in the mirror", always produce the internal driving force to improve their own comprehensive quality, give play to the "double guidance" role of process guidance and result guidance, and finally realize students' morality, intelligence, physique, beauty The goal of all-round development.

2.3 Index setting of evaluation system

The index of evaluation system is not only the evaluation scale of comprehensive quality, but also has an obvious guiding role. Whether the evaluation index is comprehensive or not directly affects the all-round development of students. Although colleges and universities have set up evaluation indicators, they emphasize more on students' morality and intelligence, but less on sports, beauty and labor, and even ignore students' innovative spirit, humanistic spirit, voluntary spirit, practical ability and scientific research ability, which is related to the cultivation of morality, intelligence, sports, beauty There is still a certain gap between the educational goals of socialist builders and successors with all-round development of labor.

3. Optimization strategy of College Students' physique evaluation system based on the concept of "three complete education"

"Three complete education", that is, all staff education, all-round education and all-round education, is the requirement of adhering to all staff and all-round education in the whole process (hereinafter referred to as "three complete education") put forward in the opinions on strengthening and improving ideological and political work in Colleges and Universities under the new situation issued by the CPC Central Committee and the State Council. Colleges and universities should earnestly enhance the political consciousness, ideological consciousness and action consciousness of doing a good job of "three complete education", integrate the requirements of "three complete education" into all links of comprehensive evaluation, and form a work pattern of educating people in everything from time to time.

3.1 Set "five dimension" indicators to comprehensively promote the all-round development of college students

The setting includes the comprehensive evaluation index system of college students to professionally and accurately evaluate the comprehensive performance of students in school, so as to form a comprehensive and objective growth record. The comprehensive development of College Students' moral, physical and intellectual aspects, including the comprehensive development of College Students' moral, physical and intellectual life, and the promotion of discipline and discipline.

3.2 Using information technology to record the growth of College Students

It is necessary to use the information-based comprehensive evaluation system. The "all-weather" can objectively and truly record the daily performance of college students at any time, such as social positions, attendance, participation in voluntary activities, awards in various competitions and activities, course scores, students themselves, student cadres, counselors, instructors or secondary colleges Teachers from the student work office and the Youth League Committee can act as input, reviewer or final reviewer. The system automatically calculates the evaluation results. When teachers and students need comprehensive evaluation, they can directly view, generate statistical tables and export results. Students also inquired about their own growth "track" and "portrait", found gaps and deficiencies, and made timely efforts to correct the "Deviation" in the process of growth. In addition, according to the actual situation, the evaluation indicators and parameters can be flexibly revised, improved and optimized in the background of the system, which is helpful to establish a scientific, reasonable and conducive to the adult talent evaluation system of college students. At the same time, the "big data" analysis of the evaluation data can provide decision-making basis for education and teaching reform and how to train people.

Table 1 Proportion of regular physical examination of College Students

Option	proportion
Yes	20%
No	80%

3.3 Give full play to the process and results of College Students' physical fitness evaluation

Through the quantitative evaluation of five dimensions, the comprehensive quality of students is ranked by class, major and the whole school, so as to provide objective, real and effective data support for all kinds of awards and grants at all levels, promotion and evaluation of excellence. Generate students' "second classroom report card", feed back to students, their parents and students' original high school (vocational high school) through the home school platform, build a "home school education community", and jointly witness and promote students' growth; The "second class transcript" of students will be included in the student files to provide scientific reference and effective basis for employers to select and employ people, and build an effective connection platform between students (family), school and society. The optimization of College Students' comprehensive quality evaluation system is not achieved overnight, but a long-term process of excellence while doing and

excellence while doing. However, in the process of optimization, we should always adhere to the principle of "three integrity", constantly mobilize people's subjective initiative, constantly strengthen, always adhere to and continuously implement comprehensive promotion, and finally cultivate builders and successors for the all-round development of morality, intelligence, physique, beauty and labor for the country.

3.4 Give full play to the role of head teachers and embody the education of all staff

The team of head teachers is the backbone of the ideological and political work in Colleges and universities. Through the form of class meetings, joint meetings of head teachers and counselors, public defense meetings of merit evaluation and awards, inviting head teachers and student backbone to participate in the "detailed rules formulation, process supervision, defense evaluation, result feedback" and other links can effectively give full play to the inspection, supervision and The role of evaluation and guidance reflects the whole staff education in the process of excellent evaluation. The whole staff shall participate in the formulation of the detailed rules of excellence evaluation, clarify the educational objectives, discuss the quantitative evaluation scheme of comprehensive quality and ability, determine the detailed rules of Excellence Evaluation of each grade, optimize the work flow of excellence evaluation, and ensure the rationality and scientificity of excellence evaluation as far as possible. All the staff participated in the appraisal and award defense, enhanced the communication between teachers and students, and invited the head teacher to form a defense jury with student cadres, counselors, college leaders and representatives of employers. Through questioning and scoring, they made objective evaluation and suggestions on the comprehensive performance of students in the academic year, and improved the effective communication between teachers and students. Pay attention to work effectiveness, better implement humanistic care and psychological counseling, pay attention to family friendly and personalized education, guide students in ideology, academic counseling, psychological counseling and life, so as to "guide learning" and "guide behavior", teach and educate people, and provide favorable conditions for the growth and development of each student.

4. Conclusion

The optimization of College Students' physique evaluation system is not achieved overnight, but a long-term process of doing while optimizing and doing while optimizing. However, in the process of optimization, we should always adhere to the principle of "three integrity", constantly mobilize people's subjective initiative, constantly strengthen, always adhere to and continuously implement the comprehensive promotion, and finally cultivate builders and successors for the country's all-round development.

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