

Research on Influencing Factors and Intervention of Adolescent Physical Health Based on School Factors

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Abstract: It has become an indisputable fact that the physical health of our teenagers is continuously declining. The rise of the great health cause represented by nationwide fitness has become an important manifestation of the improvement of the material and spiritual civilization level of our society. It is also an important product of the city's economic and cultural development to a certain extent. Teenagers are the future and hope of our country. Therefore, improving the physical health of teenagers is closely related to the country's future development. The prevalence of examination oriented education system, the change of teenagers' life style and the backwardness of PE teaching mode are the main factors that affect the physical health level of teenagers in China. The physical health of adolescents has not been effectively developed, which has a negative impact on their physical and mental health and overall development, so it is necessary to take intervention measures. This paper analyzes the development trend of adolescent physical health and the influencing factors of learning, in order to build a theoretical system to promote adolescent physical health.

1. Introduction

Young people represent the future of the motherland, and their physical health level will have an important impact on their future work and development. In recent years, the physical health level of our country's teenagers has been declining year by year, which has been highly valued by our country. The CPC Central Committee and the State Council issued the "Opinions of the CPC Central Committee and the State Council on Strengthening Youth Physical Education and Strengthening Youth Physical Fitness", and issued a mobilization order to the whole society to comprehensively strengthen school physical education and improve the physical health of youth [1]. The rise of the great health cause represented by nationwide fitness has become an important manifestation of the improvement of the material and spiritual civilization level of our society at present, and is also an important product of the development of urban economy and culture to a certain extent. To carry out the feasibility analysis of sports health promotion mode, to provide a new plan for the development of sports activities, in line with the demands of its time value [2]. General Secretary Xi Jinping pointed out that there can be no well-off society without the health of the whole people. Teenagers are the future and hope of our country. Therefore, improving the physical health of teenagers is closely related to the country's future development [3]. The health and vitality of adolescents is a sign of social progress and an important manifestation of the vitality of a nation. It can even be said to be the foundation of the entire nation's health [4].

At present, the physical fitness level of adolescents is on a downward trend, and their physical health has not been effectively developed. This has a negative impact on adolescents' physical and mental health and overall development, and intervention measures are necessary [5]. The prevalence of the test-oriented education system, the change in the lifestyle of young people, and the backwardness of the physical education model are the main factors affecting the physical fitness of young people in China [6]. Nowadays, with the development of society, higher education has become an era of popularization. As a result, the competition for talents has become fiercer and fiercer, and the society's employment standards for talents have also changed [7]. After continuous thinking, exploration, research, and practice, people of insight in the sports world in China have realized that this goal cannot be achieved by only two PE lessons a week, and we must attach

importance to extracurricular sports work in schools and include it in In the work plan of the whole school [8]. This article analyzes the development trend of adolescents 'physical health in China and the factors affecting their learning in order to build a theoretical system that promotes adolescents' physical health. And I hope to find a breakthrough to promote the healthy development of students 'health in practice, and provide some help for the development of adolescents' physical health in China.

2. The Basic Concept of Adolescent Physical Health

Restricted by the examination-oriented education system for more than 40 years, many schools in our country are adhering to the idea that all education should focus on cultural lessons and intellectual education. The school regards the graduation rate and the achievement of cultural courses as the important criteria for judging whether a school runs well, whether teachers teach well or not, and whether students learn well or not. Physical exercise has a positive impact on the health of the human body in different periods [9]. Sports lifestyle should include regular sports and exercises, taking sports as an important part of life, various sports consumption, attention to sports events, etc. The effect of physical exercise is a gradual accumulation process and is not completed once and for all. The purpose of physical health promotion is to cultivate the citizens to form good sports consciousness and behavior habits, absorb the positive energy brought by sports, and encourage positive, healthy and upward life attitude. School physical education is an important foundation of lifelong physical education. What kind of habits and values a child develops from childhood are closely related to his family, parents and the surrounding human environment. What kind of sports values and lifestyle habits the family has will unconsciously affect the formation of children's habits and understanding.

In order to promote the healthy growth of young students and master the real physical health status of young people, the main indicators of the physical health status of students in a domestic university in the past three years were selected and tested. As shown in Table 1, the data analysis of physical health of students in the school in the past three years is presented.

Table 1 Data Analysis Of Students' Physical Health

Particular year	Qualified		Good		Excellent	
	Number	Proportion (%)	Number	Proportion (%)	Number	Proportion (%)
2018	1602	80.1	236	11.8	162	8.1
2017	1724	86.2	248	12.4	28	1.4
2016	1584	79.2	396	19.8	20	1

The essential difference between physical health promotion and other ways of promotion lies in the emphasis on the formation of healthy sports consciousness through sports intervention, so as to form a healthy sports lifestyle and improve the health level. Some parents like sports, have some special skills or hobbies, and get fun or achievements from them, they will consciously or unconsciously cultivate their children's hobbies or special skills in this field. The significance of promoting physical health lies in setting up different activities and courses for different groups of people, and actively advocating and mobilizing the citizens to come out from home and participate in the activities of promoting physical health. Most of the students come from one-child families, who are spoiled and afraid of suffering hardships and are not hard-working. They are afraid of avoiding physical fitness exercises in physical education classes [10]. High school is in the middle and late stages of puberty. It is the mature stage of human development, and the interest in sports has been relatively stable. Schools should seize this period to improve students' rational understanding of sports and complete the transformation from direct interest to indirect interest.

3. Analysis on Influencing Factors of Adolescent Physical Health and Intervention Measures

3.1 Lack of Professional Quality of Physical Education Teachers

Students majoring in physical education should have considerable advantages in the time and

intensity of exercise, so the acquired exercise plays a very important role in physical quality, and the effect of exercise on physical quality is also very obvious. The health effects and physical strengthening effects of physical exercises for teenagers are affected by exercise prescriptions. Physical exercises with different exercise intensities have significantly different physical, psychological and social health effects and physical strengthening effects on teenagers [11]. Health promotion behavior is the end point or action result in health promotion mode, and is a dependent variable in research. The ultimate goal of health promotion behavior is to enable individuals to obtain positive health results. Figure 1 shows the selection process of all participants in team sports.

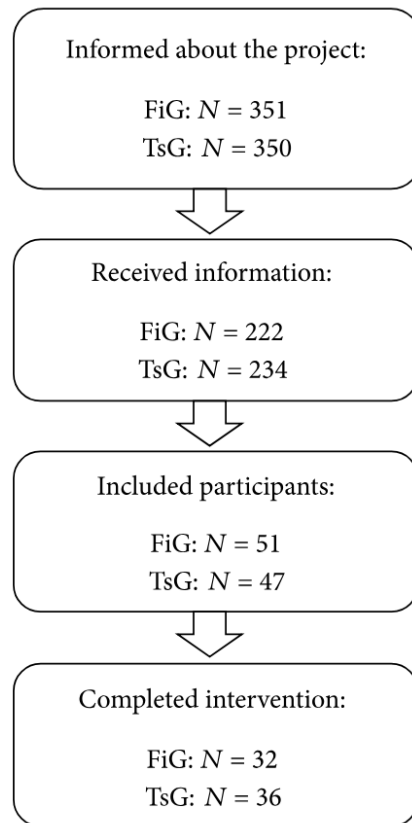


Fig.1 The Selection Process of All Participants in the Team Sport

Physical education teachers' professional accomplishment and identification with their profession also play an important role in the development of school physical education curriculum and school physical education activities to a large extent. The better the mental health quality, the higher the physical health level. Individuals with good mental health can deal with difficulties and setbacks well in life. Sports develop the sense of control and self-control, and improve the cognition and self-concept of one's own body. Every physical education teacher's ideas on physical education and health have a direct impact on groups of students. Therefore, the physical education quality and health concepts and behaviors of physical education teachers play a key role in how young students establish their physical education and health concepts.

3.2 Negative Effects of Modern Lifestyle on Students

With the rapid development of economy and the rapid improvement of material living standards, the modern lifestyle is also increasingly affecting children's daily life. The convenience of life and the burden of study have led to students' lack of awareness of reasonable arrangement of their own living system. The formation of this idea has obviously reduced the opportunities for students to take physical exercises. Health promotion is the fundamental way to maintain health. Among them, health maintenance and health promotion strategies are relatively positive, mainly because they have positive significance in preventing accidents [12]. The lack of sports environment resources hinders the enthusiasm of teenagers to take part in physical exercises and restricts the healthy development of students' physique. School sports should pay attention to and cultivate teenagers'

interest in sports. In addition to the required contents, we should increase the items of elective courses and enrich the teaching forms. According to the students' hobbies and free time, the school should regularly organize various sports competitions, so that students can form good habits of physical exercise and lifelong physical awareness. Schools should increase the investment of sports funds, improve the construction of school sports infrastructure, increase the publicity of sports cultural activities, cultivate the enthusiasm of teenagers to participate in physical exercises, so as to promote the healthy development of teenagers' physique.

4. Conclusion

Taking effective measures to ensure the physical health of young people is conducive to promoting their all-round development and laying a foundation for them to better engage in their own work in the future. Under the influence of the social environment of the Internet, more and more teenagers have gradually lost their healthy living habits. The lack of educational values in schools and families has resulted in insufficient social sports and cultural atmosphere for teenagers to participate in exercises. The adolescent physical health problem is the result of the combined action of comprehensive factors. Solving the adolescent physical health problem is a systematic project that requires multi-party linkage and concerted efforts. It is an important means to feedback the students' physical health to the society in time. Schools should increase the investment of sports funds, improve the construction of school sports infrastructure, increase the publicity of sports cultural activities, cultivate the enthusiasm of teenagers to participate in physical exercises, so as to promote the healthy development of teenagers' physique. In today's information technology developed society, the education department should make rational use of science and technology to strengthen the construction of health monitoring and evaluation service system, and establish a perfect, hierarchical and closely connected youth health monitoring and evaluation system.

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