

Reasons and Countermeasures of Primary School Students 'Physical Decline in Jiangxi Province

Wujin Hu

College of Physical Education, East China University of Technology, Nanchang, Jiangxi, 330013. China

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Abstract: Through the study of the physical health test status of some primary school students in Jiangxi province, the reasons, deficiencies and influencing factors of the physical health decline of primary school students in our province are studied, and reasonable measures to solve these problems are proposed. This study has positive significance to enhance the physical health of students in our province, and also provides a more scientific and effective theoretical and practical basis for standardization and rationalization of physical health tests for primary school students in our province and even the whole country.

1. Introduction

Nowadays, the issue of students' physical fitness has become the focus of many parents, teachers and even the society. People gradually realize that students' physical health problems are important to students themselves, schools, families, and society. Due to the network, electronic products are more and more developed, students' after-school life is dominated by these networks. Electronic products have become an indispensable part of their lives. The exercising time of student has been greatly reduced, resulting in a decline of students' physical fitness for years. The healthy development of students' physical fitness relies on good physical education habits and living habits. The Ministry of Education pays attention to the physical health of students through the monitoring of physical fitness of students, and takes effective measures to enhance the physical health of students. However, the establishment of the physical fitness monitoring system for students and the direction of development is still at the preliminary exploration stage.

In order to implement the guiding ideology of "school sports 'health first', and effectively strengthen the concrete manifestation of sports work in school". We conducted physical health tests in some primary schools in Jiangxi.

2. Test objects and grouping

From October to December 2017, I was entrusted by the Jiangxi Provincial Physical Fitness Testing Center to lead a team to participate in the public welfare activities of the "Pay attention to Children's Physical Fitness and Care Children's Health" in hundreds of schools in Jiangxi Province. In the event we surveyed nearly 100 primary schools with geographical representation in the province, and tested more than 6,000 children and adolescents. The test standards are strictly in accordance with the requirements of the National Fitness Measurement Standards (hereinafter referred to as the "Standards") formulated in 2003, and the measured objects are grouped according to the grade and gender. Each two grades are a group, and all the children tested are divided into total 6 groups.

A total of 560 students (including 324 boys and 236 girls) were randomly selected for this test, and the measured valid data were statistically analyzed.

3. Test items

Test according to the method in the Interpretation of the Student Physical Health Standard:
First and second grade: height, weight, vital capacity, 50 meters running, sit and reach;

Third, fourth grade: height, weight, vital capacity, 50 meters running, sit and reach, one-minute rope skipping, one-minute sit-up;

Fifth, sixth grade: height, weight, vital capacity, 50 meters running, sit and reach, one-minute rope skipping, one-minute sit-up, 50m ¼ 8 shuttle run.

4. Statistical analysis method of data

The data obtained by the test is statistically processed through the Student Health Standard Management system software;

Mathematical statistics and comparative analysis methods is analyzing and comparing all data classification statistics, and draw statistical sub-Tables.

Using the average, the percentage describes the physical health status.

(Comparative analysis of the proportion of people with comprehensive evaluation of excellent, good, qualified, and disqualified (86 points or more is excellent, 76-85 is good, 60-75 is qualified, 59 points and below is disqualified).

5. Test results and analysis

In this test, a total of 5,600 students (including 3,240 male students and 2,360 female students) performed height, weight, vital capacity, 50-meter running, sit and reach, one-minute rope skipping, one-minute sit-up, 50m ¼ 8 shuttle run and other tests on different stages of 5,600 students. The following results were obtained according to the Student Health Standards.

5.1 The results of the first and second grade tests are as follows: (1100 boys and 760 girls)

The test data showed that among the first and second grade testers, the average score was 74.78, the average male score was 76.39, and the average female score was 73.17. Overall, the first and second grade students are mostly in good and above. From the sum of the sample numbers, the excellent rate of the first and second grade students is 7.86%, the good rate is 43.64%, and the qualified rate is 37.62%, disqualified rate was 13.88%.

Table 1 Table of the first and second grade (sample) students' physical fitness test data (unit: number of people)

First and second grade (number of people)	Excellent		Good		Qualified		Disqualified	
	Male	Female	Male	Female	Male	Female	Male	Female
Height(cm)	17	13	44	32	41	19	8	12
Weight(kg)	19	15	42	30	36	19	13	12
Vital capacity	10	6	48	38	30	16	22	16
50 m running	5	3	56	43	29	13	20	17
Sit and reach	11	6	47	36	35	18	17	16
Overall percentage	7.86%		43.64%		37.62%		13.88%	

From the data in Table 1, the most results of the physical fitness test of the first and second grade students are good, and the good rate is 43.64%, but there are still 13.88% of the students who are not up to standard in each test item. Focusing on these items such as vital capacity, 50-meter running and sit and reach, it can be seen that the first and second grade students' speed, explosive power and flexibility are still relatively poor, and they need to be improved through targeted training in school physical education classes.

5.2 The results of the third and fourth grade tests are as follows: (1120 males and 920 females)

The test data showed that among all the tested third and fourth grade testers, the average score was 75.69, the average male score was 76.46, and the average female score was 74.92. Overall, the third and fourth grade students are mostly in good and above. From the sum of the sample numbers, the

excellent rate of the third and fourth grade students is 8.61%, the good rate is 45.18%, and the qualified rate is 36.15%, and the disqualified rate was 10.06%.

Table 2 Table of the third and fourth grade (sample) students' physical fitness test data (unit: number of people)

Third and fourth grade (number of people)	Excellent		Good		Qualified		Disqualified	
	Male	Female	Male	Female	Male	Female	Male	Female
Height(cm)	19	16	50	41	37	30	6	5
Weight(kg)	14	15	41	46	42	20	15	11
Vital capacity	8	5	55	34	30	36	19	17
50 m running	6	4	51	41	35	31	20	16
Sit and reach	10	12	54	42	30	29	18	9
One-minute rope skipping	9	19	43	42	37	12	21	3
One-minute sit-up	6	12	36	40	48	15	20	9
Overall percentage	8.61%		45.18%		36.15%		10.06%	

From the data in Table 2, most of the students' physical examination scores in the third and fourth grades are above good, and the phenomenon of unqualified vital capacity and 50-meter running still exists generally. The speed is much higher than that of the first and second grades. Compare with the first and second grades students, in addition to changes in body shape, students in grades 3 and 4 are also superior in terms of coordination and explosive power. However, obesity has also begun to appear. It is necessary to pay attention to the figure development of students in this age group and adjust the diet structure.

5.3 The results of the fifth and sixth grade tests are as follows: (including 1020 males and 680 females)

The test data showed that among the 5th and 6th grade testers, the average score was 76.36, the average male score was 77.52, and the average female score was 78.02. Overall, the third and fourth grade students are mostly in good condition. From the sum of the sample numbers, the excellent rate of the third and fourth grade students is 8.32%, the good rate is 43.34%, and the qualified rate is 36.83%, and the disqualified rate was 11.51%.

Table 3 Table of the fifth and sixth grade (sample) students' physical fitness test data (unit: number of people)

Fifth and sixth grade (number of people)	Excellent		Good		Qualified		Disqualified	
	Male	Female	Male	Female	Male	Female	Male	Female
Height(cm)	23	17	54	27	20	21	5	3
Weight(kg)	18	15	43	31	28	16	13	6
Vital capacity	16	13	47	25	30	20	9	10
50 m running	17	16	41	21	33	22	11	9
Sit and reach	14	16	38	31	34	16	16	5
One-minute rope skipping	13	20	34	21	47	20	8	7
One-minute sit-up	19	9	39	19	32	27	12	13
50m×8 Shuttle run	21	12	37	26	30	20	14	10
Overall percentage	8.32%		43.34%		36.83%		11.51%	

From the data in Table 3, most of the students in the fifth and sixth grades grows well, and they got good development in coordination and explosive power. From the data, the development speed of girls far exceeds the development speed of boys. Morphological changes in height and weight are also much higher than in the third and fourth grades, but obesity is still common.

From the above data, we can easily find that the physical health of students is far inferior to that of students ten years ago. What is the reason for the decline in physical fitness of today's students? The so-called physical fitness is the relatively stable feature of function and form of human organism on

the basis of genetic variation and acquirement. It includes three aspects: physique, physical ability and adaptability. Through the analysis, the research group thinks that the main reasons are as follows:

5.3.1 Overnutrition, excessive obesity

According to the data, the obesity rate of the 5,600 students has reached 5%, and obesity has become one of the main problems of the physical health of primary school students. With the changes in our material life, and some factors such as genetic and overnutrition, the number of obese people in our city is much larger. According to the survey results, for these obese primary school students, their own physical limitations make them bear more load than others during exercise. Gradually they have a certain fear of exercise, thereby they reduce the amount of exercise which also indirectly leads to a decline of physical fitness.

5.3.2 Less physical work and decreased ability

The way we live in modern life is more and more convenient and concise. The influence of this lifestyle on people's lives occupies a position that cannot be ignored. Walking riding bicycles and climbing stairs ten years ago, becoming sitting in car, driving, taking the elevator in nowadays. Changes in lifestyle have led to a significant reduction in human's physical work and a decline in physical ability.

5.3.3 Super heavy schoolwork burden and lacks of exercise time

Through the follow-up survey conducted by the project team for more than 2 years, it is found that the problem of overburdened schoolwork is mainly in the senior students (such as the fifth and sixth grades). Due to the increase in the burden of subject work and many parents begin to give their children plenty of tutoring classes for the consideration of elementary school entrance, so that the students put more time and energy into the study of the various cultural courses, resulting in less exercise time for the students.

5.3.4 Some schools and parents pay insufficient attention to physical education class, and there is a phenomenon of “Focus on the main classes, despise physical education class”

Through the survey, it is found that there are still some schools and parents in our province who pay insufficient attention to physical education classes. There are very few venues and professional teachers, especially in remote areas, and many primary school students lack a certain understanding of physical education classes. Parents generally believe that primary school physical education is just a simple game. Students join the activities just for activities, not like the main lessons such as the Chinese, Math and English. The general lack of attention to sports performance leads to the phenomenon of “Focus on the main classes, despise physical education class”.

5.4 Strategies to improve the health level of students

According to the physical health problems of today's primary school students, it is possible to make changes from two aspects: school teaching and family education.

5.4.1 From the school side

(1) Make full use of the time of the class activities and carry out a variety of sports activities

The relevant regulations issued by the education department which do not allow for the occupation of physical education classroom time for other teaching, and the irregular supervise and inspection will be conducted. It is necessary to carry out some practical courses and activity courses to ensure that students exercise for one hour or more every day. It is also necessary to implement a scientific study and rest system, strengthen the propaganda of public opinion, arouse the attention of the whole society, and guide students to take an active part in “sunshine sports activities of hundreds of millions of students in the whole country”.

(2) Improve the facility construction and continuously improve the classroom teaching level of physical education teachers

All levels of administrative departments shall actively implement the relevant provisions of the Ministry of Education, increase investment, continuously improve the construction of corresponding venues and necessary equipment and facilities for students to participate in sports, and formulate relevant policies to encourage and support physical education teachers to actively participate in various types of skills training in order to continuously improve the quality and level of teachers, and promote the physical health of students significantly.

(3) Inspire students' sports interests and hobbies

It is imperative to raise the interest and hobbies of primary school students from the young age! Interests and hobbies are personal things, and interest is an important factor that affects students' self-consciousness and enthusiasm. For elementary school students, they like to take physical education classes, and the reason why they want to take physical education classes, mostly is that they can play and don't have to keep mind on learning, cultural knowledge, or completing homework. Physical education teachers can take advantage of the nature of students' love of play, combine physical education classes and "playing" very well, so that students gradually form a habit of exercising in the process of playing, and also let them really fall in love with sports. And in the future, they will also consciously exercise. Therefore, in the process of physical education, physical education teachers should start from cultivating students' interest and hobbies in sports, so that students can form positive emotions of sports in the process of participating in sports, so that primary school students can experience the joy of success from sports. In this way it will really make them develop the habit of conscious physical exercise from childhood.

5.4.2 From the family side

(1) Set an example, exercise together

Parents are the first teacher of the child. Some scholars have done a survey and found that if parents like sports, 85% of their children like sports. Therefore, parents can take their children to climb, play badminton, basketball, etc. during holidays or weekends without affecting their children's learning. During the summer and winter vacations, work out with your child to develop an exercise program that suits you and your child, so that parents and children can really participate in the exercise, encourage and supervise the children to exercise, so that not only can the child be strong, but also Can also exercise his will and self-control ability.

(2) Change the parents' own ideas

With the rapid development of China's social economy, the competition in various departments and industries is becoming more and more fierce, and the educational resources are limited. As a result, many parents now pay too much attention to the children's main course cultural achievements and ignore the children's physical health problems. In such a social environment, parents and students have to put too much vigor and energy into the study of cultural courses, which Leads parents to ignore their child's physical health and mental health, students to ignore their physical health. What we need to do is to let parents understand the importance of good health, and only students with good health can achieve good results.

6. Summary

In today's Chinese education industry, what is lacking is not the policies and guidelines of education, nor the measures to improve the physical fitness of students. What is lacking is a sense of responsibility of society and teachers. What is lacking is a concept and conscious action of obeying various educational regulations. What is lacking is real execution! Many teachers just want to finish their own teaching content, and lack the attention to the students' learning results. Since we want to

improve the physical fitness of our students, we must not only find the reasons for them and take the right measures as soon as possible, but also need all the society pay attention to these problems. From the national education system, the school's physical education to the parents' family education, physical education and extracurricular activities must be reformed deeply. We need to find ways to improve students' interest in sports and cultivate students' lifelong sports awareness so that students' physical fitness can be effectively enhanced.

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