

# Research on College Physical Education Reform based on Improvement of Students' Physical Health

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**Abstract**—At present, the traditional physical education in colleges and universities in China cannot adapt to the training objectives of modern college students, thereby constraining their development to some degree. It's high time that physical education in colleges and universities should be reformed. Taking the reform of physical education teaching in colleges and universities as the object of study based on promoting students' physical health, this paper first studies the necessity of that physical education reform, then analyzes the drawbacks of the existing teaching model in colleges and universities, and eventually puts forward some reform measures based on students' physical health.

**Keywords**—College students; Physical health; Reform; Physical education

## I. INTRODUCTION

From the point of our country university sports curriculum teaching mode, it is still influenced by the traditional education ideas seriously and it has always followed the training mode of professional education, under the guidance of this model, although the students' professional ability level has been improved effectively, the physical quality shows a trend of decline [1], the body is the capital of revolution, if we don't take corresponding measures timely to reform in colleges and universities sports teaching, it is bound to have a serious impact on the future talent cultivation in colleges and universities.

## II. ANALYSIS OF THE PRESENT SITUATION OF PHYSICAL EDUCATION TEACHING IN COLLEGES AND UNIVERSITIES

### A. Insufficient attention of school and lack of sports fund investment

Colleges and universities as a place to cultivate higher talents, its emphasis on a subject will directly affect the subject's development [2]. At present, most colleges and universities pay little attention to physical education, the physical education's establishment is entirely out of the consideration on the necessity of disciplines' establishment and the investment in sports venues, equipment and other hardware facilities is seriously insufficient. Both requirements for teachers and physical education teaching assessment and evaluation of school is less standardized than other disciplines. Physical education is mostly outdoor teaching, and the site problem greatly limits the development of teaching, which is not conducive to the development of some leisure sports, such as roller skating, swimming, golf, dancing and other projects that students are interested in, on the other hand, the

enthusiasm of students to develop extracurricular sports is greatly weakened due to the limited space.

### B. Lack of teaching enthusiasm for teachers and mismatch between the level of theoretical knowledge and skills

On the one hand, the low enthusiasm of physical education teachers is due to that schools pay insufficient attention there, on the other hand, the outdoor nature of physical education makes it more difficult to organize physical education while students tend to like free activities and have little interest in the courses arranged by teachers, which also greatly discourages the enthusiasm of teachers [3]. In addition, although most PE teachers come from PE majors, the training of traditional PE professionals in China emphasizes more on the cultivation and improvement of skills, while ignoring the accumulation of theoretical knowledge.

### C. Students have little interest in physical education and lack of physical education awareness

Due to that the college physical education mostly stays on the traditional competitive physical education mode, the students are tired of these after more than ten years of physical education classes, without the reform of college physical education curriculum, it is difficult to promote students' interest.

## III. ANALYSIS OF THE NECESSITY OF PHYSICAL EDUCATION REFORM IN COLLEGES AND UNIVERSITIES TO PROMOTE STUDENTS' PHYSICAL HEALTH

### A. Negative state of college students' physical health

According to the latest survey on teenagers' institutional health, although their developmental level and nutritional level are increasing year by year, most of the physical fitness indicators are decreasing year by year. For both male and female college students, their height and weight continue to increase, and gradually become overweight. The difference in height and weight between urban and rural teenagers was gradually reduced, but physical indexes such as endurance running and lung capacity were gradually decreased. Sixth national student physical health survey data shows that in the stage of 19 and 22 years old of the endurance, strength and explosive force of college students have been falling, and the decline state still has not been effectively curbed, investigate its reason is the lack of necessary physical exercise, and therefore need to further strengthen students' physique health management work, promote the reform of physical education in colleges and universities, in order to solve the above problems.

### B. *The necessity of giving feedback to the students' physical test results*

In September 2007, the national student physical health standard (hereinafter referred to as the *standard*) started the implementation of the schools at all levels across the country to conduct a comprehensive, although in the concrete scheme and system constraints are formulated the corresponding safeguard measures, but specific to each school, still unavoidably appear all sorts of problems. For sports this course, the school has not value of "traditional", then according to the specific implementation of physical fitness test, some schools and education management departments lack the necessary emphasis nature is not surprising that, in view of the physical fitness test results, for example, some schools will even appear to lie about, conceal behavior, seriously limits the sports health testing data for the school itself to strengthen the teaching reform of the guiding role to play, in order to solve this situation, on April 21, 2014, China's ministry of education issued a notification accordingly, and issued "students constitutional health testing evaluation method" and other three files, The main purpose is to urge the local government departments concerned to fully implement the responsibility of the development of physical education schools, emphasizing the implementation of the "standard" as a reference, and the corresponding test and evaluation methods to make more specific and detailed requirements. For the regions and schools where the students' physical health level has been declining for three consecutive years, they will lose the qualification to evaluate the educational work and directly conduct the "one-vote veto" system. In order to promote the students physique test results can give full play to the role of motivation.

### C. *Disadvantages of the independent course selection mode*

In August 2002, the "three independent course selection mode" issued by the ministry of education in physical education colleges and universities was enforced smoothly, the model based on students, respect students' individual character and interest, students can choose on their own physical education curriculum content, the teacher and class time freedom, although which have a certain effect, from the view of promoting students physical health still exist the following disadvantages, one is the students are in more with their own interests as the dominant when choosing courses, they choose the project but did not make actual understanding of physical education curriculum, choose sports conform but not consider their own physical problems, As a result, some students can only apply for changing subjects after a period of practice due to their substandard physical quality, which increases the difficulty of physical education teaching and management. Second, some students choose their sports course only according to sports and examination difficulty, the course can effectively improve students physical fitness but difficult exam sports curriculum has few takers, the ascension of the physical health of students and the cultivation of character will exercise vile indeed, but also highlights the "three independent course model", based on this, it is necessary to based on the physical health of students in colleges and universities sports teaching reform and innovation, to enhance the physical quality of college students.

## IV. REFORM MEASURES OF PHYSICAL EDUCATION TEACHING IN COLLEGES AND UNIVERSITIES BASED ON STUDENTS' PHYSICAL HEALTH

### A. *Improve the teaching quality and level of physical education teachers*

Teachers play an important role in the specific implementation on the reform of physical education in colleges and universities based on students' physical health. Meanwhile, higher requirements are put forward for teachers themselves. For teachers, how to clear the relationship between the physical qualities and sports, how to develop the sports prescription, the above needs to be clear on the teachers to solve all these problems, to shoulder the important task of college PE teaching reform, in addition, in the concrete system test, also need a teacher in the guidance, and ensure the scientific rationality of physical tests, such as how to debug the test instrument, to monitor the correctness of the test method of the students, also need accurate truthfully record the students' test information, the physical education teaching not only needs the teacher has a high quality, At the same time also need to have a good professional ethics and sense of responsibility. Therefore, it is necessary for teachers to continuously improve their self-ability and moral quality in the process of college physical education reform based on students' physical health.

### B. *Take the system test as the starting point of reform, and give priority to strengthening the weak points*

the first step in sports teaching reform is in course selection, you need to follow to test system as a starting point, to strengthen weaknesses to priority as a principle, and with the physical test results of students to realize the combination of effective, in terms of physical health diagnosis, which is responsible by the intelligent prescription system of the *standard* so that it can recommend suitable to the study of sports options for students, the plan was passed by Wang Ruiping scholars actual verification, the results show that the standard in the lack of exercise prescription has the very good practical value. In addition, specific scales can be obtained by studying the development needs of individual physique, the promotion effect of sports physique and the promotion effect of sports skills on physical quality, so as to provide students with sports options suitable for their learning.

### C. *Adopt personalized physical education*

By the way, they have basically let the physique of students focus together, but, after all, these are students' choice, will ignore the correct advice provided by the teacher because all sorts of reasons, so within the same class sports teaching, it still exist the phenomenon inevitably that students have their own sports skills and physical quality does not match, based on this problem, which need teachers to adopt personalized sports teaching mode, to strictly implement the sports education idea that all bases on students, design specific sports teaching according to students individual emotional experience. Due to that students' physical condition is different, in the sports teaching, the method on "according to their aptitude" is adopted to improve the physical education teaching, the "material" refers to the students here have physical quality and objective condition so that ensure that every student can find their own suitable exercise study way, improve the enthusiasm

and participation of students participate in sports teaching. what the methods it adopts is professor divide into classes during specific teaching process ,the classes are divided into primary, middle and advanced classes according to the students' objective physical conditions. It is important to note that for some students cannot be conducted vigorous exercise due to physical illness, they can professor in sports teaching about sports health knowledge. design some proper sports activities targeted with disease, thus effectively help them improve body immunity, restore health as soon as possible. for students with strong physical quality and physical education quality, teachers can appropriately increase the depth of physical education teaching and pay more attention to the guidance of physical skills and accomplishment, so as to make students' physical skills and physical accomplishment to a higher level.

#### *D. Adopt personalized exercise prescription method*

The so-called exercise prescription refers to a purposeful, planned and scientific exercise method, which was first proposed by the American physiologist John kapovich. This method can effectively enhance the function of some parts of the body, so as to have a more positive impact on the overall function of the body, and play a good role in promoting the physical improvement of college students. For the current college physical education curriculum, the choice of two class hours per week can hardly play a good role in promoting the physical fitness of students. In addition, it is difficult for some students to guarantee their participation in these basic courses, let alone participate in extracurricular physical exercises. And personalized exercise prescription through combined with physical and needs of students, which can help students better to master the skills of implementation options, to provide a more scientific guidance to students of physical exercise, students can also adjust their own situation in exercise flexibly, this method is made completely in accordance with the student's individual situation, so it can more fit the real demand for physical exercise students, so students are more likely to accept. In addition, to further ensure the effect of exercise prescription method, the formulation of specific exercise prescription should be supported by rigorous scientific evidence. through scientific and reasonable arrangement of students' practice content, practice time and organizational form, the sports prescription method can be truly integrated into the physical education teaching in colleges and universities. Combined with a complete supervision and evaluation mechanism, exercise prescription should be given full play to the effect.

#### *E. Pay more attention to the extension of physical education teaching based on students' physical health to improve comprehensive physical literacy*

In order to realize the further integration and construction of physical education in college physical education, the scope of physical education needs to be further extended, so that the scope of physical education in colleges and universities can be further extended on the basis of improving students' physical health. The physical education teaching in colleges and universities has visible dominant teaching, which improves the physical quality of college students and strengthens their physical skills. there is also invisible teaching. The reform of

college physical education should not only realize the improvement of students' physical health. In order to further promote the realization of students' lifelong sports goal, it is necessary to start with sports culture activities and sports interest activities to subtly influence students' cognition of sports, so as to truly realize the recessive teaching of college physical education. In the process of physical education reform, we should complete the extension and expansion of college physical education from the aspects of sports behavior, sports thought and sports spirit. College physical education not only reflects the improvement of students' physical health quality, but also has a vital impact on students' sports humanistic spirit and mental health. Therefore, enough attention should be paid to the harmonious establishment of teacher-student relationship in the process of reform, physical education teachers need to teach with full of passion for physical education, in addition to teaching the necessary sports skills, students also need to be provided with sports humanistic education. In an equal and harmonious humanistic environment, we should explore students' potential of physical education, stimulate students' potential and give full play to the effects of physical education teaching in colleges and universities.

#### V. CONCLUSION

To sum up, in order to further realize the promotion and improvement of students' physical health, to follow the system test starting point, to strengthen the priority of the weak, It is necessary to reform and innovate the college physical education curriculum, By improving the teaching quality and level of physical education teachers themselves, taking the system test as the starting point of reform, strengthening the weak points in priority, adopting personalized physical education teaching and personalized sports prescription method and other measures, the new development of physical education course teaching in modern colleges and universities is realized.

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