

Physical education should be the focus of national physique

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Abstract. In recent years, China has issued a number of guiding documents on the decline of national physique for many years in a row. Among them, the opinions of the State Council on the implementation of healthy China Action clearly require that by 2022 and 2030, the excellent and good rates of national students' physical health standards should reach 50% and more than 60% and above, respectively. This is undoubtedly a great challenge for China. By using the method of literature, comparative research and logical analysis, this paper probes into the importance of physical education in improving the physique of Chinese people, which shows that it is significant to open up the physical education in school, master and improve the quality of physical education class. This demands the combination of quantity and intensity, skill and physical quality, the establishment of reasonable project evaluation, and the emphasis on lifelong sports awareness.

1. Introduction

Comrade Mao Zedong once wrote down the inscription "developing Sports and strengthening people's physique"^[1], which explained the direction of sports development in New China. However, after quite a few years, the national physique has been in the downward trend. According to relevant survey data, China's national physical health level has declined for 30 years in a row, and by 2018, the physical activity of Chinese residents has dropped to 80 percent. According to a large number of comparative studies conducted by an internationally renowned sports enterprise in the world in the past few years, the decline in physical activity of Chinese residents began in 1991, and it took about 18 years, and the whole physical activity fell by nearly 80%, while in the United States, the decline in physical activity has been close to 80%. It began to decline in the 1960 s and is now only 20% to 30% lower^[2]. By comparison, the decline in China is too large, which shows that the physical health of China's people is not optimistic.

2. The Importance of Improving the National Physique

To improve the national physique is to improve the national physique. As the Chinese nation, without a strong and healthy body, there is no way to guide the people to strive for the great Chinese dream and the dream of national rejuvenation. Age to tell us today, not only to improve the quality of each national, more to improve the health of every nation. There are dozens of reasons behind my belief. First of all, people who are physically fit can be full of spirit to achieve their own beautiful dream, which means that improving the national physique is able to cultivate people's brave and tenacious character, the quality of going beyond oneself, the will to meet challenges and the ability to take risks. Also, social development is ultimately human development. A healthy, harmonious and sustainable development of society is inseparable from a higher level of national physical fitness. Last but not least, as an old saying goes, "resourceful youths lead to a resourceful nation; strong youths lead to a strong country". It seems that the national physique plays an indispensable role in not only carrying forward the spirit of collectivism and patriotism, but also enhancing the centripetal force and cohesion of the country and nation.

3. On the Decline of National Physique

In recent years, China's social and economic development, people's living standards have been steadily improved, and their comprehensive national strength has been continuously strengthened.

However, with the improvement of comprehensive national strength, the national physique has fallen into a bad situation: the total number of sub-healthy people has not decreased, but is increasing, such as the increasing proportion of myopia and small fat piers, especially for teenagers, which is far less than that of Japan and South Korea. It seriously restricts the improvement of China's healthy national strength and is another obstacle to the healthy development of China's socialism. The reason for the decline of national physique lies in the fact that the development of national sports in China lags behind obviously, and the facilities and consciousness of sports fitness in China are Lack is the biggest obstacle to the development of national sports. Therefore, perfecting the construction of sports fitness facilities and improving people's fitness consciousness is an inevitable measure to improve the national physique and the inevitable requirement of building a harmonious socialist society. In terms of lifestyle, exercise and fitness is the most important factor affecting the national physique. In other words, the decline of our national physique, especially the physique of teenagers, just the national fitness movement cannot meet the needs of people. According to the preliminary study of physical and Health behavior Survey of Chinese adolescents, due to the development of urbanization, more than 60% of the students live in an environment without sports conditions. In the free time of rest and vacation, students' favorite things are online chat, playing games, listening to music and watching TV, and less than 30% of them go to exercise. Look at our neighbor Japan. Japanese primary and secondary school students generally participate in more sports than Chinese students. 21.3% of Japanese students exercise 2 hours a day, compared with 6.3% of Chinese students, 21.3% of Japanese students exercise 3 hours a day, while Chinese students exercise 1. 1% of Japanese students exercise 2 hours a day, while 21.3% of Japanese students exercise 2 hours a day, compared with 6.3% of Chinese students. A questionnaire survey conducted by the Japan Youth Institute on extracurricular sports activities among junior and senior high school students in China, Japan and the United States showed that 8% of junior high school students took part in extracurricular sports activities, 65.4% in Japan and 62.8% in the United States, 10.5% in China, 34.5% in Japan and 53.3% in the United States. Chinese teenagers lack exercise, but Japanese and Korean students exercise very hard. What sparks do when children in these three countries exercise together? A survey last year described the physical differences between a Chinese school and foreign students. Take mountaineering as an example. Except for endurance. And strength is not as good as Japanese and Korean students, Chinese students also have a big gap in cold tolerance. In winter, Chinese students wear thick woolen trousers indoors, while most Japanese and Korean students wear only autumn trousers. Chinese students often wrestle when they reflect their coordination ability, and many students can't run fast.

4. Reflection on the Decline of National Physique under the Background of Economy and Society

Today, China's economy ranks second in the world, China's competitive sports have also begun to rank in the forefront of the world, winning more and more gold medals at a time. However, the national physique is worrisome. China has the highest obesity rate, cardiovascular disease incidence and sub-health rate in the world. Even if Liu Xiang is called "Asian Flying Man", no matter how fast we run, we only have one Liu Xiang. Even if we win all the gold medals at the Olympics, we can't change the fact that China's national physique has been declining for decades. The function of sports is to bring citizens a healthy body while enjoying a happy life, but face with regard to the reality of the decline of the overall physique, as a competitive gold medal country, why is this? Does this have nothing to do with the status of physical education in national education? The answer, of course, is about it. In addition to the fact that China has fewer sports facilities per capita, more and more teenagers do not seem to receive "special care". According to the investigation report on the physical and health behavior of adolescents, with the development of urbanization, more than 60% of Chinese students live in an environment without exercise conditions, and even have to pay a local fee for sports. Physical education promotion of the most basic unit-school physical education, concise and clear is actually education. However, the coverage of school sports facilities in China is always unsatisfactory. Not only on the hardware, but also on the hardware. Into the students' physical exercise, and in the traditional examination-oriented education system, the status of physical education is

optional. Most people who have received a formal school education basically have this experience. To give a very interesting example, even Chinese civil servants have used this example in the exam. In 2006, Coca-Cola tried to promote the brand image of Chinese teenagers by sponsorship of high school basketball games, but the program did not last long before it began. American officials found that the attitude of Chinese teachers and parents towards physical education is very different from that of the United States: Chinese teachers and parents are more likely to think that playing basketball is a performance of "not doing business" and affecting learning. Americans generally believe that basketball is a positive and active activity. Therefore, in order to continue the program, we had to suspend the organization of the competition and lobby the headmaster and teacher to encourage students to take an active part in the competition. This reflects the study of China from the side. Students are not aware of participating in sports. Nowadays, although our national fitness awareness has been improved, but it is unstable there are many other unhealthy fitness consciousness. Therefore, improving the awareness of national fitness is the first measure to improve the physique of Chinese people. Reduce people's bad feeling of participating in sports activities, actively and regularly participate in sports activities, so as to improve the quality of the body more comprehensively. The most fundamental way to overcome this obstacle is education.

5. Physical Education Should be Placed on Strengthening the Physique of the People.

Most schools in China do not attach importance to the development of physical education, physical education has become the "miscellaneous subjects" of examination-oriented education has become a normal, so if you want to look forward to the national physique will become better and better, there is no shortage of early education. The theory of hierarchy of needs, published in 1954 by Maslow, a famous psychologist in the United States, includes the need for growth and lack of needs, and the need for growth is related to the development of individuals, including the need for knowledge and understanding, aesthetic needs and self-realization needs. Missing needs are considered to be basic needs and the needs of individuals to be satisfied with beneficial physical and mental health, including the need for safety, the need for respect, and the need for belonging. And the need for love, the need for security; the lack of the need to get a partial fill before the need to grow, and the need for growth has never been fully filled, because the more knowledge and knowledge needs to be satisfied, the more people have the idea of acquiring knowledge. The various theories of sports motivation and students' needs are better interpreted and interpreted. That is to say, students can take the initiative to participate in the study of sports to be related to his own cognition of sports, through the existing cognition to re-train their interest in sports, so as to lay their lifelong sports exercise consciousness and form a good habit of exercise. Physical education should. From this concept, to meet the needs of physical education "what to teach, why" as the starting point and foothold. School education directly undertakes the mission of "improving students' physique" and "promoting students' health". The Standard and Test of students' physique Health is the decision of the CPC Central Committee to deepen the educational reform and promote quality education in an all-round way. The national standard of students' physique health is one of the evaluation standards of students' physique, and it is also the basic condition for students to graduate. Encourage students to take an active part in physical exercise, promote the healthy development of students' physique, guide the vast number of young students to strive to have a healthy body and a sound personality, put the guiding ideology of "health first" into practice, and give full play to the role of school physical education in quality education. It is necessary to implement the National decision on deepening Educational Reform and promoting quality Education in an all-round way. School education should establish the guiding ideology of health first and strengthen the spirit of physical education, which is of great practical and long-term social significance to promote students to take an active part in physical exercise, to form the habit of regular exercise, and to improve the ability of self-care and maintain the level of physique. To improve the physical health of young people in an all-round way and meet the all-round development of the educated, so that the strategy of cultivating talents can meet the new requirements of the development level of society, economy, science and technology, culture and education in different periods of China. School physical Education as an important part of Education Part of it

cannot be replaced by other disciplines. As Comrade Liu Bin, a former deputy director of the State Education Commission, said: "Education is to teach students to be human beings, to teach students to seek knowledge, to teach students to do things, and to teach students to be physically fit."

6. Summary

To sum up, if we want to really improve the physique of the people, the key is to put the physical education into practice, improve the students' cognition of the function and value of physical education, and form the skills and then turn them into lifelong physical education. The ultimate goal is that students can consciously participate in sports behavior, rather than catch the duck on the shelves, so that there is hope for strengthening the national physique. Therefore, we would like to call for the concept of "strengthening the national physique, starting with education". I think the national physique will soon become better and better.

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