



# Research on the Functional Value of Physical Exercise in Improving the Physical Quality of Different Students

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**Abstract.** From the background and trend of current social development, integrating Physical exercise into life has gradually become the trend of life development of young people in the new era. After entering the 21st century, students are facing increasing pressure to study, and their physical fitness has also been greatly affected. Many students cannot withstand stress and setbacks when they face challenges. As a result, various psychological problems have also come to the fore. In this context, schools and physical education teachers need to pay attention to the comprehensive development of students' physical and mental qualities. This paper concludes that physical education is an important means to improve students' physical fitness and enhance physical fitness, and the value and function of Physical exercise are diversified. Physical education can effectively help students maintain good physical fitness, meet the basic conditions of their body, improve the comprehensive quality of students, and make students become sound people with rich knowledge and cultural connotations, as well as healthy spirit and strong physique.

**Keywords:** physical exercise, physical quality, functional value

## 1 Introduction

Physical education is an important way for students to strengthen their physique and an important means to promote all-round development. For students who are still in their teenage years, there is a great deal of plasticity both physically and mentally. Physical education teachers should be good at seizing this opportunity to optimize their body and mind. In actual teaching, physical education teachers should take the initiative to improve and innovate their own teaching methods, so that students have a strong will quality, good psychological quality and lifelong sports awareness, cultivate students' awareness and habits of independent exercise, maximize students' personal physical exercise competitiveness, and promote the construction of school sports culture[1]. Based on this, this paper discusses the functional value of physical exercise in improving the physical fitness of different student populations from the perspective of the functional value of physical exercise.

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## **2 Research on the functional value of physical exercise to students**

### **2.1 Guide students to establish a sense of self-discipline and develop good exercise habits**

Physical exercise is not a simple sport, but a technology based on the laws of human movement and requires mastering the core essentials contained in it. Only by mastering this technique will the student's body become stronger due to scientific and reasonable physical exercise. The basic goal of Physical exercise is not only to master and use Physical exercise technology, but also to help students feel the unique charm of Physical exercise spirit from Physical exercise, through Physical exercise can help some students who are not self-disciplined enough in learning or lifestyle to cultivate their sense of self-discipline, and experience the happiness brought by self-discipline through Physical exercise. On this basis, in the teaching of Physical exercise, teachers let students exercise self-restraint, so that students can understand the meaning of "lifelong Physical exercise ", and promote students' "autonomy" with the concept of "health". Only in this way can the effectiveness of physical activity be guaranteed[2]. Therefore, in the process of physical education teaching, physical education teachers should pay attention to the cultivation of students' self-discipline ability.

### **2.2 Help students maintain a good figure and enhance students' self-confidence**

Physical exercise is a great way to exercise and shape your body, so teaching students the correct practice posture and movement essentials helps to develop students' physical flexibility. In addition, through scientific Physical exercise training, the effect of stretching the body can be achieved. Students are able to optimize their body curves through strength training, and for those with obesity problems, Physical exercise can help them stay in good shape. In addition, students do some Physical exercise warm-up exercises, which help to stretch the muscles before strenuous exercise, and promote the muscle movement to stretch in advance, which can also effectively reduce spinal problems. Physical exercise can enable students to have a strong body and good living habits, while continuously improving their immunity, but also gradually improving their resistance to diseases.

### **2.3 Help students regulate emotional stress and maintain a good attitude**

Physical exercise can help students maintain a calm mood in physical exercise, and through some effective physical exercises, students can empty their brains during exercise and temporarily forget about their learning troubles. At the same time, At the same time, in the whole process of physical exercise , students must closely follow the beat of physical exercise , after a long period of physical training, can improve students' ability to control negative emotions, so that students can maintain a peaceful attitude in a variety of situations, which can help students improve attention, timely eliminate the

impact of negative emotions on learning, life, so that they have more positive understanding of life[3]. Students will make higher demands on their own progress, cultivate their talents, adapt themselves to society, and learn how to deal with things. In physical exercise, friendship comes first, competition second. Through the summary of the laws of contradictions in physical exercise, students can learn the universal principle of how to solve contradictions. Therefore, students can also learn to calmly deal with various contradictions in their daily life in the future, and effectively avoid these contradictions and alleviate their own nervousness in case of accidents.

#### **2.4 Cultivate students' spirit of collaboration and cooperation, and promote communication and interaction among students**

Physical exercise is a new way of life that is on the rise, and interest in physical exercise is growing today. physical exercise can not only satisfy people's yearning for a better life, but also strengthen their physique and promote their all-round development. In the case that most modern people are in a sub-healthy state, Physical exercise can allow people in a sub-healthy state to exercise their bodies well. Physical education teaching requires good teacher-student interaction, which is a key to mastering the essentials of Physical exercise[4]. Physical exercise is a sport that requires the cooperation of students. In physical exercise, they help each other but compete together; Both friends and rivals. Through physical exercise, students can better cultivate interpersonal relationships and understand the principles of being human. An open physical education teaching environment can expand students' communication circle, establish good interpersonal relationships, and greatly help improve students' psychological quality[5]. Physical exercise teaching can keep calm in complex interpersonal relationships in the future, so that students can meet new peers, expand interpersonal communication, but also let more people recognize themselves, which is very helpful for promoting students' self-growth[6].

#### **2.5 Cultivate students' courage to dare to try, and exercise students' brave quality**

For students, the stage of education is a critical period for their physical development, they have strong expressiveness, and they have a brave heart hidden in their hearts. For the student group, they are good at imitating the things they are exposed to, and they are also vulnerable to the environment around them. This is actually an external expression based on the characteristics of students' physical and psychological development, which is a preliminary manifestation of courage, but if not properly guided, it is likely to have a negative impact on students. A wrong, blind "bravery" does not bring self-confidence to a student, on the contrary, it can have a large negative impact on their character. And Physical exercise are a great way to exercise students' bravery. By imitating and trying new moves in teaching, students can constantly surpass themselves and maintain positive emotions and attitudes. The characteristics of physical education that integrate knowledge and action can also be reflected in the daily teaching of physical education, so that students can improve their psychological quality and par-

ticipate in Physical exercise activities more courageously, which is conducive to cultivating students' courage[7].

## **2.6 Guide students to establish correct values and improve students' comprehensive literacy**

In terms of correctly guiding students' values, physical education teachers are required to actively implement quality education, and physical exercise requires high perseverance and endurance of students, because some Physical exercise movements are more difficult to implement, and students must be helped and cooperated by others to successfully complete Physical exercise training. Therefore, in the process of physical exercise training, physical education teachers must effectively guide students to form correct values. Therefore, physical education teachers must step by step, take stimulating students' interest in learning as the starting point, guide students to consider Physical exercise training methods and their application from a higher level, so that students can achieve a good balance between Physical exercise learning and cultural learning, and promote the simultaneous improvement of students' cultural literacy and Physical exercise skills[8].

## **2.7 Enhance students' ability to resist stress and solve problems, and face learning and life calmly**

In Physical exercise, every student face challenges, accepts challenges, and overcomes difficulties. Physical education can exercise students' will, enhance students' problem-solving skills, and cultivate their excellent moral character. Each student has different degrees of pressure ability, can learn many new physical exercise game methods and techniques in practice, at the same time, continuous physical exercise training, is also a test of students' will, students will experience success and failure in the process of Physical exercise competition again and again, and even sometimes lose confidence because of the repeated suppression of the other party, but under the encouragement and guidance of teachers, students can learn how to adjust their emotions in Physical exercise practice. In the days to come, he will know how to face difficulties and strive to reach a higher level by learning and practicing more. In the process of preparing for physical exercise competitions, students need to do certain physical exercise repeatedly, practice and learn at the same time, which is also a challenge for them.[9]. Over time, in the future study and life, their willpower will naturally become stronger, and they will be able to face the difficulties encountered positively and deal with them indifferently[10].

## **3 Conclusion**

In summary, physical education is an important means to improve students' physical quality and enhance physical quality, and the value and function of physical exercise are diversified. The process of physical education teaching is not only the process of

cultivating students' interest in physical exercise and physical exercise skills, but also the process of honing students' will and quality, and shaping students' mental outlook, character and even values. Physical education can effectively help students maintain good physical quality, meet the basic conditions of their body, and improve the comprehensive quality of students. Physical education teachers should pay attention to cultivating students' optimistic and positive attitude, cultivation and edification of enterprising spirit, so that the good atmosphere of physical exercise ethics can be spread, improve the overall quality of students, and make physical education play a greater role in improving the overall quality of students.

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