



Research on Retired Soldier Students as Physical Education Assistants

Minchuan Huang  and Shengkai Huang * 

School of Computer Science, Guangdong University of Petrochemical Technology, No. 139
Guandu 2nd Road, Maonan District, Maoming 525000, China

*3380292146@qq.com

Abstract. Against the backdrop of the Healthy China 2030 initiative and the demand for high-quality digital development in university physical education, the scope of college physical education curricula has been continuously expanding, and the adoption of digital teaching databases has become an inevitable trend. Integrating data from extracurricular social sports competitions and exercises into personal sports learning databases enables customized training programs and timely adjustment of training strategies. This study aims to establish a digital database through peer-led training and practical observation, with a three-level hierarchical completion certification system. A comprehensive mechanism is constructed featuring AI-powered real-time positioning and safety monitoring, as well as dual incentives of academic credits and quality development certification. It further forms a customized learning model and knowledge map, supporting an interactive intervention scheme adapted to campus sports applications, and standardizes teaching assistant functions. For extreme sports courses, retired college soldiers with solid physical and technical capabilities are introduced, supported by computer sensing automation and intelligent data analysis to provide timely decision-making support. Based on a survey of 63 physical education students, the talent training program is updated annually to improve college students' physical fitness and comprehensive quality, cultivate high-quality digital physical education teachers, and provide references for the reform of physical education in higher education institutions.

Keywords: Military-Sports Integration, Retired College Student Soldiers, Physical Education Reform, Physical Education Teacher.

1 Introduction

Under the Healthy China 2030 and Building a Sporting Powerhouse strategies, China has rolled out policies emphasizing adolescent physical health, with school physical education as a key focus. Amid national defense modernization, higher demands are placed on college students' political awareness, academic qualifications and physical condition in conscription. Demobilized student veterans, with strong discipline and

fitness shaped by military training, serve as a valuable on-campus resource to boost college physical education and national defense awareness.

Demobilized student veterans boast professional training skills, strong execution and organizational abilities, making them excellent PE teaching assistants. They can help supplement teaching resources, integrate military norms into sports, and universities can offer them certificates, positions and subsidies accordingly. [1] (see Fig. 1).

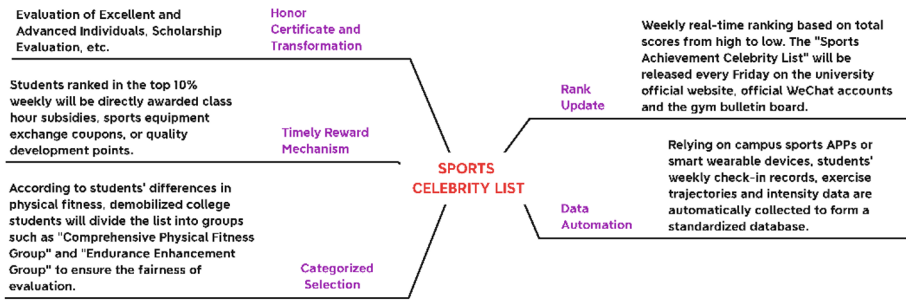


Fig. 1. Training System Design Principles.

2 Initial Concept of Integrating Retired Soldiers into Sports

This study centers on retired college student soldiers and builds a goal, incentive and guarantee system based on military-sports integration. Peer education enables smooth communication and mutual trust between retired soldiers and other students, forming a win-win situation. With the support of campus organizations, it promotes scientific training and helps the long-term development of military-sports integrated education [2]. Military training is arranged hierarchically at different school stages, with basic drills in junior high, endurance and strength training in senior high, and intensive physical and tactical training in university (see Fig. 1). Such a system follows the development of motor skills and matches PE training goals. Retired student soldiers, with good military and physical qualities, can play an exemplary role in organization and guidance, helping improve training effects and support high-quality talent cultivation. This model enables retired student soldiers serving as PE assistants to obtain internship experience and remuneration, while integrating military literacy with professional practice and career planning. Other students can get targeted physical training to meet relevant physical standards, with credit incentives and safety measures supporting their overall development [3]. It helps optimize campus management, upgrade physical education and national defense education, and form replicable reform results. It also serves national strategies by improving youth health and strengthening national defense reserve forces. With reasonable cost and good replicability, it has broad application value in PE reform and campus construction. (see Fig. 2)

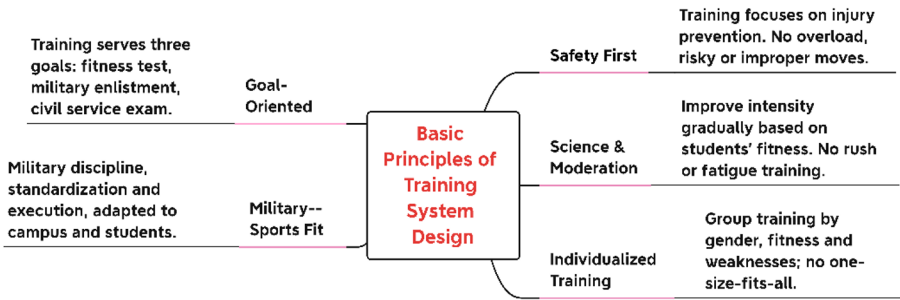


Fig. 2. Sports Influencer Ranking.

3 Conception & Methods: Retired Soldiers in Sports Instruction

This study uses literature review, questionnaire, mathematical statistics and case analysis. Stratified random sampling was adopted to select students and retired soldiers, with 63 valid questionnaires from 70 distributed. Quantitative and qualitative data are combined to understand students' sports needs, revealing problems in teaching and health guidance, and providing an empirical basis for constructing relevant training and incentive mechanisms [4].

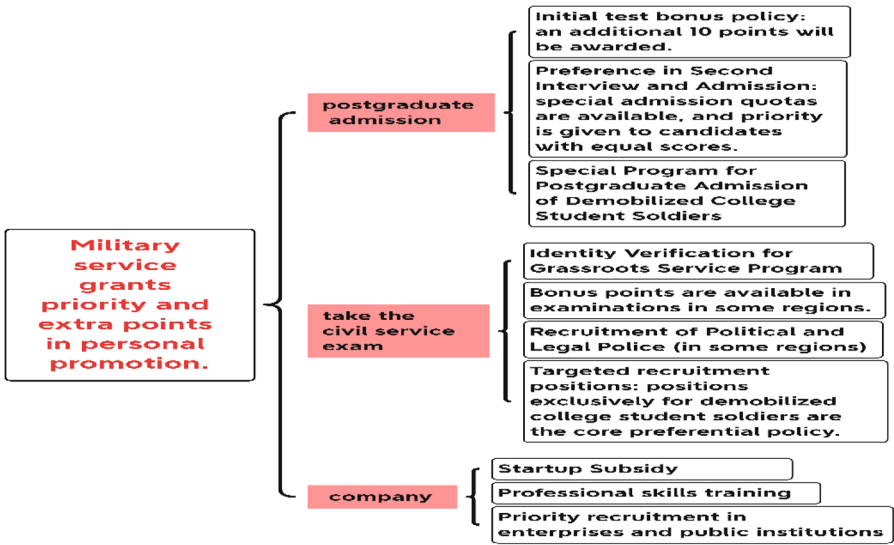


Fig. 3. Service Benefits & Priorities.

The project cooperates with the university's armed forces department and adopts a flat organizational structure with clear responsibilities. All members need to complete standardized pre-job training and pass assessments before taking posts[5]. The

university has set up complete management and incentive mechanisms, providing equipment, supplies and honors, credits and other supports. Retired student soldiers can obtain certificates and subsidies after training, which help their future employment (see Fig. 3). Relevant credits can be included in comprehensive evaluation, effectively stimulating students' initiative in physical exercise and forming a stable professional team [6] (see Fig. 4).

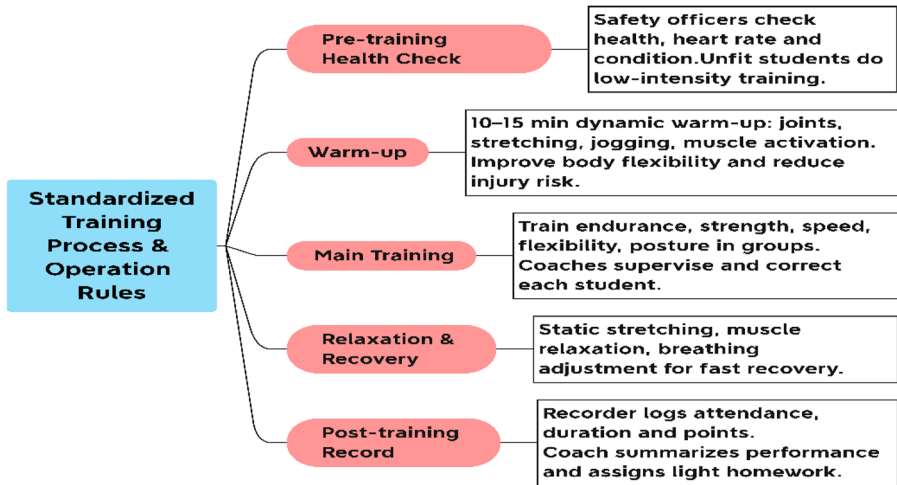


Fig. 4. Standard Training Process.

Research Data Results and Analysis: This study carried out a questionnaire survey through Wenjuanxing focusing on sports interest, event attention and career orientation. A total of 70 questionnaires were distributed and 63 valid ones were collected, with an effective rate of 94%. The sample consists of 46 males and 17 females, including 18 retired college student soldiers. The whole research process is standardized, which lays a reliable empirical foundation and truly reflects the needs of the research group [7] (see Fig. 5).

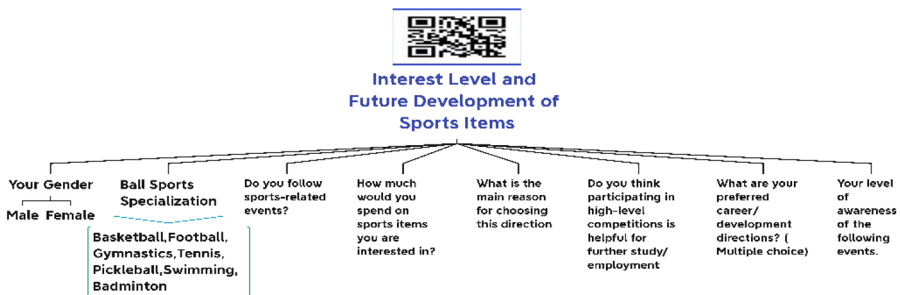


Fig. 5. Questionnaire Content.

As shown in Figure 6, basketball and tennis are most popular among PE majors. Students pay the most attention to regional competitions, followed by national ones and international ones. Therefore, this study suggests forming a military-sports pioneer team led by retired student soldiers to enhance students' physical fitness and career competitiveness [8].

Figure 6 shows that PE majors prefer stable careers such as PE teachers and civil servants, while many also plan for military service and postgraduate study. Few choose fitness coaching or entrepreneurship, showing an obvious preference for job stability [9] (see Fig. 6). Therefore, it is advisable to promote military-sports integrated education by using the advantages of retired student soldiers. Universities can train them as PE teacher backups, encourage enlistment, support postgraduate research, improve physical fitness through military training, and offer entrepreneurship courses to build a diversified career development system. [10] (see Fig. 7).

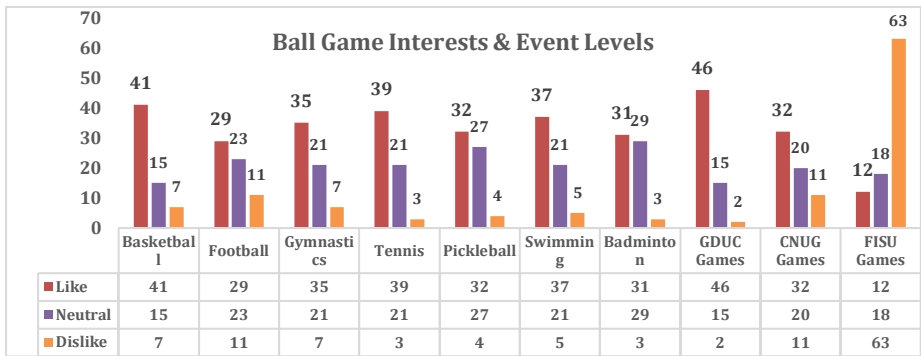


Fig. 6. Ball Game Interests & Event Levels.

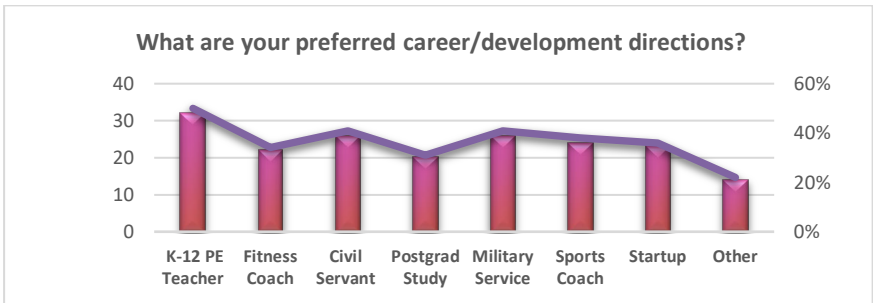


Fig. 7. Career Exploration of Sports Majors.

4 Conclusions

The military-sports integrated model led by retired student soldiers effectively improves students' physical health and defense awareness and gains wide recognition. The study has certain limitations in research depth and resource conditions. Future

research will enhance long-term tracking and personalized analysis. In practice, safety-oriented teaching and supporting mechanisms will be improved to realize the diversified value of retired student soldiers in college physical education.

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