

Research on the Application of New Media Art in Improving the Physical Fitness of Five-year Junior College Students

Deqiang Liu
Linyi University
Linyi, China

Abstract—This paper aims to find the matching point between new media art and physical education and students' self-sports training by studying the practical application of new media art at home and abroad in physical exercise. Meanwhile, it is hoped to promote the reform of college physical education through new media art teaching methods and assist the five-year college students to form correct sports values, lifelong physical exercise awareness and scientific exercise methods accompanied by improving physical fitness. Then, a network sports fitness platform will be built based on new media art-oriented school, family and community sports integration.

Keywords—*new media art; physical quality; five-year junior college students*

I. INTRODUCTION

The 21st century is an era of information, visualization and experience. Applying new media art to physical education and physical exercise of five-year junior college students is the only way for China's education to stepping to internationalization. As far as physical education teaching in colleges and universities is concerned, the involvement of new media art will bring convenience and development to physical education teaching in three aspects. Firstly, the new media art has a huge backstage space of network. With the help of Internet communication technology, more new media art forms will be introduced into physical education in colleges and universities, which will be more conducive to the research of new media art teaching theory combined with physical education teaching practice. Secondly, the embedding and intellectualization of the new media terminal greatly improves the communication performance of the software system and hardware itself of the information-based teaching equipment. Moreover, it is more beneficial to the development of intelligent educational equipment dedicated to physical education and physical exercise. Thirdly, the new media art will make the future of education more humane, and the socialization of art learning will turn into a reality. As the main body of learning, self-help teaching mode will be more popular with learners. Teachers can also get rid of repeated mechanical work, optimize the teaching process, and strengthen the creativity of teaching. Blog, MSN, QQ, Weibo, Wechat and other new media interactive software applications are no longer a hot topic. In the future, more and more similar new

media interactive applications will be introduced into school teaching as a form of open communication. New media has gone far beyond the scope of tools by influencing people's way of thinking and life in a new form of experience. Habits, aesthetic orientation and code of conduct also enrich new media art resources and broaden the application scope of new media art.

II. APPLICATION ANALYSIS OF NEW MEDIA ART IN PHYSICAL EXERCISES IN CHINA AND FOREIGN COUNTRIES

The research on the application of new media art in the physical education of colleges and universities and the physical exercise of five-year junior college students is still in its infancy. After the literature search carried out through the theme of "new media and physical exercise" in CNKI, 10 articles can be found. In the meantime, there are 10 articles related to the literature on the theme of "New Media and Five-Year Junior College Students' Health", and there is no literature on the "Application Research of New Media Art in Improving the Physical Fitness of Five-Year Junior College Students". It can be seen that the educators of higher education in China's colleges and universities have already had a preliminary understanding of the "sports training" based on the new media art, and put forward some shallow views and opinions; but specifically for the five-year junior college students, the research of this group on physique health is relatively rare. Therefore, it is of great significance to carry out the investigation and countermeasure research on the status quo of the five-year junior college students.

The application of new media in physical exercise in foreign countries is mainly reflected in the real-time broadcast and security tracking of new media. For example, the use of the new media real-time broadcast function in Germany allows students to know the use of nearby gymnasiums and the number of exercisers in the museum through the news reports of new media, so that they can choose the exercise program to save time and improve efficiency. In addition, Japan uses the positioning function of new media and the real-time screen transmission function to ensure the safety of students' outdoor activities.

On the whole, the research on the application of new media art in physical education at home and abroad is scattered in

various publications, and the quality is uneven. The research on making use of new media art to strengthen students' physical exercise to promote students' physical fitness is still in its infancy.

III. THE NECESSITY OF APPLYING RESEARCH ON NEW MEDIA ART IN IMPROVING THE PHYSICAL FITNESS OF FIVE-YEAR JUNIOR COLLEGE STUDENTS

A. *The State Pays More and More Attention to Students' Physical Quality*

The National Standards for Physical Health of Students emphasizes that "Sunshine Sports of National Hundreds of Million Students" shall be widely carried out, and students should be encouraged to go to the playground, go to nature, and go to the sun to form a youth sports training boom. It embodies the state's high regard for the physical quality of middle and high school students. Young students are the future of the motherland and the main force of China's modernization in the 21st century. A healthy body is the basic premise for young people to serve the motherland and the people. The physical fitness of young people will directly affect the modernization process of our country as well as the prosperity of the Chinese nation. Only by fully understanding the importance of healthy growth of adolescents can the physical fitness of adolescents be effectively enhanced, ultimately achieving sustainable human development.

B. *The Current Five-year Junior College Students' Physical Fitness Is Worrying*

The sixth national physique health survey report showed that the physical fitness of five-year junior college students continued to decline slowly: physical fitness such as lung capacity, speed and strength continued to decline; the number of obese students increased; the number of "bean sprouts" increased; the rate of myopia among students is maintained at a high level. To this end, the relevant state departments have continuously issued policies on improving the physical fitness of students. The government is actively adopting measures and administrative interventions to make the overall reform of school sports work in a direction that is effective. With the implementation of the National Standards for Physical Health of Students, all kinds of schools are paying more and more attention to the monitoring of students' physical fitness. Exactly, this research is carried out under such a large background.

C. *The Five-Year Junior College Students Are a Special Group of College Students*

The five-year junior college students are a special form of schooling for the transition from secondary vocational education to higher vocational education in our country. The students are mainly from junior high school graduates around the age of 15 years. These students are similar to high school students in the first three years of physical development and in the next two years, they are similar to the first and second grades of college and junior college students. At present, there are about 820 undergraduate colleges in China, 1,228 higher vocational colleges, 311 independent colleges, and 70 branch-

running schools. In addition, vocational colleges, independent adult colleges, and some colleges and universities also held some higher vocational education, finally forming a larger scale of higher vocational education. Therefore, the five-year college students are now a fairly large group. It is of great practical value and theoretical value to study their physical health status and influencing factors.

IV. THE THEORETICAL VALUE OF NEW MEDIA ART IN IMPROVING FIVE-YEAR JUNIOR COLLEGE STUDENTS' PHYSICAL FITNESS

A. *Helping to Promote the Teaching Reform of Physical Education Course in Colleges and Universities*

On the one hand, new media art can be used as teaching aids to assist physical education. With its rich artistic expression, new media art is helpful to promote the content of physical education teaching to be more vivid and intuitive. New media technology, with its controllable and reproducible interactive characteristics, will make physical education teaching really short-term, efficient, simple and easy to learn, which is conducive to stimulating students' enthusiasm for independent learning, and is beneficial help them to master sports skills. On the other hand, under the influence of the new curriculum reform, the unique characteristics of new media art, such as interaction, multi-dimensionality and integration, bring a spring breeze of the times to physical education teaching in colleges and universities, helping students to understand science and art, and promoting the development of their innovative consciousness, innovative thinking and innovative ability.

B. *Helping to Improve the Physical Quality of Five-year Junior College Students.*

Based on the investigation and analysis of the physical fitness of some five-year junior college students, the author put forward some suggestions to improve the poor physical fitness of them, and provide students with scientific methods of physical exercise, a good way of life and rest, and a reasonable nutritional diet structure, so as to comprehensively improve the their physical fitness and health level, so as to increase their physical fitness and health insurance as well as health care ability.

C. *Helping to Provide Scientific Basis for Schools to Carry Out Various Sports Activities*

Through the research of this topic, it is possible to intuitively understand the current situation of five-year students' physical quality, and then, find out the shortcomings through investigation followed by putting forward countermeasures. In addition, it can provide more direct, more scientific and more systematic first data for all kinds of five-year junior colleges to implement the new "Health Guidance Program". At the same time, it is of great significance to provide detailed reference basis for schools to carry out various kinds of sports activities, set physical education courses, arrange teaching syllabus and for students' extracurricular exercise and so on, which is of great social and practical significance to further improve students' health and

realize the strategic goal of transforming examination-oriented education into quality-oriented education.

V. THE PRACTICAL VALUE OF NEW MEDIA ART IN IMPROVING FIVE-YEAR JUNIOR COLLEGE STUDENTS' PHYSICAL FITNESS

The application of new media art in improving the physical fitness of five-year college students is to upgrade and optimize the physical education classroom teaching with the help of network teaching platform, QQ group, Wechat and other social platforms, combining the learning culture of five-year junior college students and the psychological characteristics of teachers and students in China so as to enable a deeper integration of curriculum learning and group discussion, and then to get rid of the current dilemma of classroom teaching in China from a fundamental level and a new teaching mode followed by opening up a new teaching mode. Compared with traditional sports teaching, sports teaching based on new media art has the following unique practical value:

A. *New Media Art Promotes Students' Enthusiasm in Exercise and Learning*

For students, the application of new media art is sure to stimulate their interest in learning sports and the desire to explore knowledge, which is helpful to cultivate their ability to think independently and explore independently; the competitive desire brought by the online sharing function of new media art can stimulate students to do more physical exercises, thereby improving their physical quality. For example, when the new media art is applied to the high jump teaching in school physical education class, the high jump action will be changed from one or several demonstrations by the original teachers to the free display of the new media art. Students can make use of the characteristics of the new media art according to their own learning and exercise needs, so that they are allowed to clearly and intuitively form the image of various high jump movements. And then the enthusiasm of students for sports learning will be boosted, promoting them to actively carry out physical exercise and learning.

B. *New Media Art Extends the Teaching Time of Physical Education*

For the physical education teaching in colleges and universities, the timeliness and regional characteristics of new media art can extend the teaching time of physical education. This will play a very good supporting role when the teaching time of physical education is insufficient. College students usually have two P. E. classes per week, which are calculated according to 45 minutes of each class. Without the preparation activities and the final organizing activities, the time for students to learn P. E. knowledge systematically is not much. There is almost no time for individual student guidance. Therefore, the characteristics of the new media can be well reflected in a timely and geographical manner. In non-physical education class time, physical education teachers is allowed to upload some animated videos about sports through App software like Wechat, such as "scientific weight loss", "belly curling" and so on. Through a series of surveys, many college students, especially female students, hate sports lessons very

much in adolescence, and even more hate teachers teaching exercises similar to long-distance running. In the process of physical education teaching, if students are allowed to do 1000-meter running and other exercises, they usually sweat heavily after running, which is not conducive to the teaching of other disciplines. Long-term aerobic exercise is an important way to lose weight and keep fit. Therefore, according to the needs of students at the present stage, teachers can publish courses similar to long-distance running on the communication software of new media, so that students are given chances to learn how to control their heart rate after class, and what kind of load is more conducive to weight loss. This teaching method is better than teaching in class in long-distance running. In addition, similar to the Olympic and other related sports knowledge, teachers can also upload through App software, so that it is conditional for students to do targeted, selective reading based on their preferences, which allow them to read and learn in their spare time every day. This is exactly a good extension of the teaching time of physical education.

C. *New Media Art Promotes the Linkages among Schools, Families and Society*

First of all, as a communication medium, new media can transmit various forms of media information, such as voice, text, pictures, and video and so on. At the same time, new media has a one-to-many communication function. Through the use of new media, physical education teachers can regularly organize and publish some psychological and physiological problems and sports and health knowledge that students encounter in physical exercise through the new media, so that students 'parents can also do learning, and make joint efforts for students' physical exercise and physical health. Secondly, in the connection between school sports and social sports, school sports can cooperate with fitness clubs in the new media, because fitness clubs belong to the sports industry of professional fitness. Their specialty is better than school sports in fitness, self-cultivation and fat reduction. The development of clubs can also influence students in schools and their homes through new media. It is a win-win cooperation to attract students or their parents to become their members.

VI. CONCLUSION

In short, the new media has become an important tool for five-year junior college students to obtain effective sports information and assist them in physical exercise. New media art has a good guiding effect on college students' sports behavior. The higher the frequency of college students using new media, the greater their influence on new media art will be. At the same time, the dissemination of new media art promotes the formation of correct sports values of five-year junior college students, which has a positive impact on their sports behavior. Therefore, five-year colleges and universities and their sports workers should make full use of this positive role of new media art. While creating some good conditions and training places for college students, more courses should be offered on the combination of new media art and sports information, so as to enhance college students' understanding

of new media art in sports, and then improve their sports behavior ability and physical fitness.

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