

# The Promotion Effect of School Physical Education on Physical Health of Young Children\*

Jinfu Xu

Fujian Jiangxia University  
Fuzhou, China 350108

**Abstract**—In order to explore the role of school physical education in promoting the physical health of young children, this paper discusses from three aspects: physical education course teaching, extracurricular sports activities and the research on school physical education and student health under test-education. Through this research, it is found that the contemporary scholars mainly focus on the research of improving the physical education curriculum, enriching the content of sports teaching, catering to the students' interest and carrying out independent stage of curriculum reform etc., lacking a research on the Integrated Stereo physical Education Curriculum system of Middle and Primary Schools which is conducive to the healthy growth of Children and adolescents from the Perspective of Psychological and Social adaptation.

**Keywords**—school sports; young children; health

## I. INTRODUCTION

The cultivation of students' physical health is one of education's eternal themes. Among all subjects education, Chinese students spend the longest time in physical education class and extracurricular physical activity, running from kindergarten to university. The school is the main place to carry on the comprehensive development education to the young students. School physical education is a vital part of education, which plays an important role in improving teenagers' physical fitness. It is believed that one of the basic and primary tasks of physical education in schools is improving students' physical and mental health and enhancing students' physique. At present, the physical fitness of teenagers has been declining year by year, which proves that the school physical education work still needs to be improved and corresponding measures should be taken to complete the primary task of school physical education work.

## II. RESEARCH ON THE CURRENT SITUATION OF PHYSICAL EDUCATION COURSE TEACHING AND STUDENT HEALTH

School physical education is one of the important approaches to promote the physical health of teenagers. How to accelerate the process of school physical education reform to better promote the physical health of teenagers has become the top priority of current research. In general, a

large number of documents have pointed out that the physical health of students has essential connection to physical education teaching in schools.

For example, from 1985 to 1995 and 2000, Liu Jisheng conducted a survey of male and rural college students aged 19-22 years in China. The results show that in the past 15 years, the body shape level of college students in our country has generally been on the rise. But the function and the quality index, except the individual index enhances slightly, the others all present the downward trend. It also puts forward a new model of cultivating students' consciousness of participating in physical activity by fully utilizing the results of physique research, clarifying the direction of teaching reform, and cultivating students' interest in physical exercise through understanding students' hobbies [1].

Zhang Chunfang also mentioned in the documents that the responsibility of the school is one of the important factors for the decline of students' physique. And the best way to solve the problem is to strengthen the reform of school physical education. Only by strengthening the reform of schools can we achieve the goal of promoting the development of students' physical health [2].

For improving the overall quality of physical education teachers, first of all, the improvement of physical education curriculum requirements is faster than the development of physical education teachers' own quality. What is more physical education teachers lag behind in learning new sports projects and implementing new policies and regulations; secondly, the occurrence of some sports safety accidents, which makes some school leaders, physical education teachers and parents have more trepidation. The result is that, Students can only participate in some relatively simple project in the physical education class, in some schools the PE class even became the leisure activity class, and these factors all have the significant influence to the school physical education curriculum teaching development [3].

As for the physical education curriculum and teaching materials, Professor Ji Liu pointed out that we should face up to the reality of the decline in the level of physical health of young people and positively promote the reform of physical education curriculum. In view of the physical health status of students in China, Tang Jingping and Tang Feng put forward some reform suggestions that the physical health of students in colleges and universities can be adapted to the actual

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conditions: try to build a diversified teaching model and vigorously promote the teaching content and reform of form and methodology [4]. In order to make the students pay more attention to their own health, some scholars develop the physical education teaching mode in colleges and universities, they think that the "physical health" and "technical teaching" of school curriculum can be combined to establish a new type of physical education curriculum system which is more in line with each other[5].

Nowadays, with the emphasis of national policy and the re-recognition of education, many scholars have further opinions and suggestions on the healthy development of school students' physique. It is believed that the reform of physical education teaching should include many aspects, such as the renewal and restoration of physical education teaching content, the perfection of physical education curriculum system, the better exertion of students' subjectivity, and by changing the content of physical education and changing the teaching form of physical education, students can give full play to their interest in physical education, give play to their special strengths, and let them choose the items they like to participate in physical exercise. Or the school can implement credit system to promote students' interest in physical education and promote students' conscious of physical exercise [6]. Li Bin, on the other hand, believes that students' physique should be combined with "lifelong physical education" through the new viewpoint of formulating different sports fitness prescriptions to carry out self-management and self-development of physical education for college students thus the effective occurrence of physical and mental health of college students [7].

Some scholars also put forward different levels of countermeasures in view of the lack of physical health promotion in the current physical education teaching. First of all, we should pay attention to the characteristics of sports and effectively divide them; secondly, we should strengthen the multi-dimensional construction from the perspective of health promotion evaluation (such as short-term effect, medium-term effect and long-term benefit). Thirdly, for the standard of physical health, the selection of indicators should reflect the development level of different physical qualities; finally, in order to ensure and improve the implementation of health promotion in school physical education teaching, the establishment of corresponding policies is indispensable [8].

Therefore, in order to improve the physical condition of students in school physical education curriculum. It is necessary to take some measures as followings. Firstly, strengthen the understanding of students' physical health in relevant departments and schools and stimulate the enthusiasm of students to participate in physical exercise, so as to further strengthen the students' understanding of physical education curriculum; secondly, improve the content of physical education curriculum and pay attention to the diversity of physical health evaluation; lastly, deal with the relationship between physical education teaching and physical health.

### III. THE INFLUENCE OF EXTRACURRICULAR SPORTS ACTIVITIES ON STUDENTS' PHYSICAL HEALTH

Extracurricular sports activities means the physical exercises that students use their spare time to strengthen their physique, activate their body and mind, improve their sports skills and enrich their amateur cultural life [9]. The importance of extracurricular sports to students' health is self-evident. At present, most domestic scholars have done a lot of research on extracurricular activities. For example, Qu Xiaochun scholars conducted questionnaires on the effects of physical fitness tests and sports activities on students in different middle schools. The results showed that the physical fitness level of students in schools that often carry out extracurricular sports activities was much better than that in schools that do not often carry out extracurricular activities, especially in some cardiopulmonary functions and flexibility items, there were significant differences compared with students in general schools[10]. This also provides a scientific basis for promoting the development of school sports activities. Some scholars have investigated the physical health of college track athletes, and found that inadequate extracurricular sports activities are the cause of inconsistent health between men and women; and the endurance function of students who often participate in extracurricular activities contributes most to physical health; and they suggest that students in school should increase the propaganda of lifelong sports ideas [11].

According to literature retrieval, in order to further study the importance of extracurricular sports activities to the health of students, extracurricular sports on the mental health of students were investigated to a certain extent. For example, Zhou Lijun conducted a questionnaire survey of 2052 middle school students' participation in extracurricular sports activities and mental health in Zhejiang Province by using the self-designed questionnaire on the status of "Symmetric Questionnaire for Extracurricular Sports Activities of Middle School Students in Zhejiang Province" and "Psychological Health Diagnostic Test". The results show that there are different degrees of correlation between the participation of middle school students in extracurricular sports activities and various factors of mental health in Zhejiang Province. Therefore, she also put forward three suggestions for different physical and mental characteristics, different treatment of middle school students of different gender and grade, increasing the number of extracurricular sports activities and prolonging the time of extracurricular sports activities, and actively and scientifically guiding students to participate in extracurricular sports activities [12]. Li Wei and others' experiments on the implementation of heart-building exercise prescriptions in middle schools, college physical education classes and extracurricular sports activities also show that after the implementation of the prescriptions, the students who participate in sports have made significant progress in interpersonal communication, learning adaptation, will and emotional factors [13]. It means a lot to us. And Zhu Wei tested and analyzed the influence of extracurricular sports activities on the mental health of college students in Beijing. It was also found that compared with students of the same age group in national universities,

the mental health status of ordinary college students in Beijing is better than that of them, especially men are better than women. It is believed that long-term sports activities with medium exercise amount have a good effect on the mental health of college students [14].

To sum up, extracurricular sports activities are not only conducive to the physical development of students, but also play a good role in promoting the psychological and social aspects of adolescents.

#### IV. RESEARCH ON SCHOOL PHYSICAL EDUCATION AND STUDENTS' HEALTH UNDER EXAMINATION-ORIENTED EDUCATION

According to the current domestic scholars' research on school physical education and students' health, we find that examination-oriented education is also one of the important factors affecting school physical education and students' health. Since the promulgation of the Regulations on School Physical Education Work, most provinces and municipalities in China have included the scores of physical education assessment into the total score of entrance examination, which has further promoted school physical education [15]. Since the implementation of the physical education entrance examination system, there have been two interruptions. According to the survey, the students' enthusiasm and initiative in participating in sports activities were affected during the interruption years, and the students' physique decreased significantly [16]. Some scholars also used stratified sampling method to survey the students who took part in the physical education entrance exam. Statistics show that the cardiovascular system's function and endurance quality of the students in universities, middle schools and primary schools have been declining for 20 years. Only the physical conditions of the students in junior three keep rising, because they had taken part in the physical education exam in the graduation exam. During 1992-2001, Tianjin implemented the physical education of secondary school entrance examination plus examination. During this period, the physical quality of students had been significantly improved. However, after the implementation of the new assessment method in 2002, the physical quality of students had declined seriously [17][18]. And a scholar Xu Baoyu has made an empirical investigation on the physical examination for the middle school entrance examination. The results show that there are obvious differences in students' physical fitness, especially in the aspects of physical function and physical fitness [19]. From the respect of stakeholders, Ma Xiumei has made an analysis of the different interests of various parties that from the state, local government to students, on the basis of the "transition rate" and the development of sunshine sports activities. It is also found that examination-oriented education has a significant impact on students and their families; however, it has also many drawbacks at the same time. For example, the curriculum is not flexible enough, and the project is lack of variety, etc. [20].

Therefore, we can summarize from the research of the above scholars that physical examination may directly promote the development of students' physical health. But

from my point of view, physical examination is not a long-term measure, only when physical examination promotes students' physical health, the schools and students no longer exercise for examination, can students consciously and actively participate in physical exercise, and ultimately promote healthy development, which is the ultimate goal of implementing physical examination.

#### V. CONCLUSION

To sum up, Chinese scholars presently have made a series of investigations on how to promote the physical health of adolescents and children at the level of school physical education. Personally, the goal of school physical education for students from primary school to university is to serve for the development of students' healthy growth. What's more, it is important for school to focus on the physical education, psychological shaping, social training and personality building of students. Therefore, it is very important to establish an integrated three-dimensional physical education curriculum system at all stages of school physical education. However, throughout the current research situation, the current scholars mainly focus on improving the physical education curriculum, enriching the content of sports teaching, catering to the students' interest and carrying out independent stage of curriculum reform etc. Although a few scholars have put forward the viewpoint of constructing the three-dimensional physical education curriculum system, few studies have been done on how to construct the system, especially the studies on how to construct an integrated three-dimensional physical education curriculum system for the healthy growth of adolescents and children (physical, mental and behavioral), which is analysis from the perspective of psychological and social adaptation.

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