



The Analysis on the Investigation of the Current Situation of College Students' Physique Health and the Countermeasures of Functional Exercise

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Abstract: Healthy physique is the foundation of the college students to study well and live well. With the rapid development of economic construction in our country, people's living standards continue to improve, but the physique of the modern college students does not become better and better. On the contrary, the health survey of some universities shows that modern college students' physique in physiological function, athletic ability, physical quality and other aspects tends to be weaker. Contemporary college students are an important force in the economic construction of our country. The physical health of college students deserves wide attention and high emphasis. Starting from the analysis on university students' physical health situation, this paper puts forward the corresponding improvement strategies in view of the college students' physical health problems, hopes to actually improve the ability of physical exercise of college students, enables students to study well, at the same time, also to have a strong physique to lay a healthy foundation for pursuing a long-term ideal life.

Keywords: College Physical Education; Students' Physique; The Investigation On The Current Situation; Functional Exercise

Young students are the hope and future of the motherland. In recent years, the ministry of education in our country attaches great importance to the physical health of young students, emphasizes the establishment of the "health first" educational concept, advocates young students to enhance their physical health, temper the learning mind, shape a sound personality through scientific and reasonable physical exercise. However, in the actual process of physical exercise in colleges and universities, most of the young students show an inactive and passive attitude towards physical exercise and lack interest and perseverance in physical exercise. The reason is that contemporary college students ignore physical exercise, not only affected by their subjective thinking, but also limited by the school environment, teachers' guidance, exercise equipment and other various factors. If colleges and universities want to effectively improve physical exercise awareness and habit of contemporary college students, it is necessary for college leaders and teachers to carefully analyze the restricting factors, and actively adjust strategy.

1. The analysis on the investigation of college students' physique health status

1.1 Students lack the awareness of physical exercise since childhood

As contemporary college students live in an era with rich material, there are not many opportunities to perform hands-on practice since their childhood. Before going to university, many college students not only lack the awareness of physical exercise, even do not have strong ability of the basic self-care, such as washing clothes, folding quilts and cleaning the room. From this perspective, college students lack the awareness of physical exercise, which can be said to be affected by their living environment since the childhood. It is not necessarily that college students really do not like sports.

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doi: 10.18282/le.v9i4.930

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1.2 Academic pressure distracts students from physical exercise

In the current university education system, the main teaching goal is to cultivate application-oriented talents in the society. Most of the students' time and energy are devoted to learning the knowledge of specialized courses. Due to the pressure of academic work, many students have no time to pay attention to physical exercise. Occasionally, there are some opportunities to take physical education classes. Due to the limited time in class, students simply relax themselves. They lack a deep understanding of various sports, so it is difficult for them to form their own interest and passion in physical exercise.

1.3 The atmosphere of colleges does not place enough emphasis on physical exercise

With the development of quality-oriented education in our country, many colleges and universities are advocating the strengthening of students' physical exercise, but when it comes to specific actions, the atmosphere of colleges often does not pay enough attention to physical exercise. Teachers of other professional courses, for example, often "borrow" physical education classes, and colleges and universities do not form a strict assessment mechanism for the physical education curriculum assessment every year. Most of the students can easily pass the assessment through the simple form of exercise, which has little regulatory effect on students, so it is difficult for the students to wholeheartedly attach great importance to the regular physical exercise.

2. The countermeasures of function exercise of college students' physique health

2.1 Strengthen students' awareness of physical exercise

Only when students attach importance to physical exercise in ideology can they practice physical exercise in action. In this sense, college teachers should combine with students' growing environment to change students' awareness of not doing and enjoying physical exercise. Specifically, the physical education teachers can adjust it from these aspects: Firstly, physical education teachers cannot adopt mechanical and unified teaching methods. They should know each student's physique condition in the preparation stage of the physical exercise. They should also formulate corresponding physical exercise plans according to the sports acceptance ability of students, arrange some more sports for the students with good body, and pay attention to the scientific nature of sports and guide students step by step for students with bad physique; Secondly, as the time of physical education courses is limited, physical education teachers should integrate physical exercise into students' extracurricular life in a planned way. For example, physical education teachers can organize some sports competitions, which can not only exercise students' bodies, but also cultivate students' interest in sports; Thirdly, in the process of physical education, physical education teachers should not only scientifically guide students to do physical exercise, but also popularize the connotation of physical education curriculum from the perspective of theoretical knowledge to make students realize the significance and value of physical exercise.

2.2 Pay attention to the teaching effect of physical education curriculum

There are many courses in universities, not only including physical education courses, but physical education courses should not be ignored. Especially under the modern educational concept, physical education courses play an important role in cultivating students' physique, physical and mental literacy. The reason why some college students have no time to pay attention to physical education curriculum is that on the one hand, they are influenced by the pressure of other subjects and on the other hand, the teaching design of physical education curriculum is inadequate. At present, most of colleges obviously pay little attention to the teaching effect of physical education curriculum. If the physical education curriculum evaluation is as strict as other subjects which are emphasized by colleges and teachers, the students also will not ignore the importance of physical education curriculum. Even though they have the pressure of other subjects, the students will figure out some ways to squeeze time to take exercise and learn knowledge related to physical education curriculum.

2.3 Build a campus atmosphere for physical exercise

To actively build the atmosphere of physical exercise in colleges and universities, in addition to avoiding the problems in traditional physical education and not allowing teachers from other disciplines to "borrow lessons", it is necessary to pay attention to the testing of students' physical health, so that students can understand that colleges pay

more attention to students' physical health which is not just a slogan. Colleges should make efforts to do well in the testing of students' physical health from these ways: Firstly, colleges and universities should often carry out some first-aid knowledge drills and training, enabling students to master the first-aid knowledge and enhance their awareness of safety and protection; Secondly, in order to better carry out the physical health test for students, colleges and universities need to arrange professional medical personnel to accompany the test to ensure that some unexpected situations occur during the test; Thirdly, for each student's physique health test result, colleges and universities should set up a file and record the student's physical condition in detail, so that the student can feel "physique health" is also an important information in the personal learning file.

3. Conclusion

Enhancing the physical health of contemporary college students does not necessarily have to be achieved through the time of physical education classes, colleges and teachers should take the concept of "lifelong exercise" deeply into the minds of students, which makes students consciously, actively and happily take exercise. Students not only actively participate in physical exercise courses arranged by colleges, but also develop the good habit of their own regular exercise under the lesson, such as running in the morning and at night, swimming, ball games and other sports. While encouraging college students to take an active part in physical exercise, universities can also organize more interesting sports competitions, which enables students to feel the joy and significance of sports through the competitions. Once students develop their own sports interests, the goal of physical exercise will be naturally realized.

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