

Research on Strategies of Promoting the Development of Students' Physical Health Management in the New Period

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Keywords: New period, Physical health, Management

Abstract: in the new period, with the progress of science and technology and the rapid development of economy, people's living habits are constantly changing, and the physical health of Chinese students shows a declining trend year by year. The healthy growth of students can not be separated from the management of personal physical health. At present, there are various problems in the physical health management of college, middle school and elementary school students in our country. In response to these problems, the author formulates corresponding coping strategies based on specific conditions to promote the effective improvement of students' physical health.

1. Introduction

With the acceleration of people's pace of life, students' living habits gradually deviate from health, and their health awareness is also constantly decreasing, which eventually leads to the deterioration of students' physical health. This is also very unfavorable to the future development of society. Therefore, the whole society should pay attention to physical health management, formulate effective improvement measures to help students improve their health, and achieve comprehensive development of morality, intelligence, physicality, and beauty.

2. Existing Problems of students' Physical Health Management

2.1 Students' Health Awareness is Weak

In the context of the new era, the Internet has spread to thousands of households, which makes many students spend their spare time online, and they rarely participate in sports. According to investigations, most students only care about the content of physical education classes and physical fitness tests, but do not fully understand the true meaning of physical health. At the same time, it also shows that students' health awareness is generally low, and their awareness of physical health is also very weak.

2.2 Health Education in Schools is Inadequate

At present, the focus of most school health education in our country is still on the surface, and it has not really penetrated into the true connotation of physical health. The reason is the lack of comprehensiveness of teachers' understanding of health education, which leads to the obvious

inadequacy of the school's health education for students^[1]. In addition, schools do not pay attention to physical education, physical education time in primary and middle schools is often occupied by cultural courses. However, physical education in universities is only offered in the freshman and sophomore years, and only one section per week, which to a great extent weakens the physical health education of students in schools.

2.3 Insufficient Attention to Family Health Education

Children's physical health education is the responsibility of the school, and family health education is also indispensable. However, due to the serious test-oriented education in our country, students are under tremendous pressure under such an education mode. They spend almost all their energy and time on learning cultural knowledge. Moreover, most parents pay more attention to their children's test scores and ignore their physical health; in addition, many parents are too busy to work and do not have time to pay attention to the health of their children. This situation eventually leads to the children's health problems, and can not be effectively resolved.

3. Strategies to Promote students' Physical Health Management

3.1 Students Should Enhance Their Health Awareness

In the new era, with the continuous improvement of the quality of life, people's health awareness is also constantly enhanced. In such a social trend, students in school should also keep pace with The Times, pay attention to their physical health, improve their health awareness. In addition, students must have a comprehensive understanding of the in-depth meaning of physical health and exercise in a correct, reasonable and healthy way. Therefore, students should establish a new concept of health to improve health awareness. At the same time, it is necessary to actively participate in various sports activities and gradually develop good living habits in the most healthy way, so as to promote their own healthy and comprehensive development^[2].

3.2 Schools Should Strengthen the Management of students' Physical Health

3.2.1 Make Physical Education Compulsory

Due to the continuous reform and innovation of the education system, many schools have relaxed the requirements for physical education, and physical education teaching focuses more on students' hobbies. However, in the process of physical education teaching, some contents are relatively boring, such as strength quality or endurance quality training. Many students can't raise their enthusiasm and enthusiasm. At this time, physical education teachers should properly add some mandatory teaching measures in the classroom^[3]. Nowadays, students in all grades have serious inertia, poor consciousness and lack of exercise. Therefore, strengthening the compulsory physical education in schools is an important measure to improve students' physical health level. At the same time, it also promotes the smooth development of physical education teaching to a certain extent.

3.2.2 Improve the Physical Education Teaching System and Establish a Monitoring System for students' Physical Health Management

The school should improve the teaching system of physical education according to the specific conditions of the current students, and establish a scientific and reasonable monitoring system for students' physical fitness on this basis. In the process of specific practice, it is necessary to

continue to innovate and reform the physical education class, and use the most correct and effective method to promote the physical health of students^[4]. In the process of monitoring and managing students' physical health, teachers should timely find the shortcomings and deficiencies in physical education teaching, and improve and perfect them. Make the whole physical education teaching system form a virtuous circle, and finally realize the goal that every student can grow up healthily and happily.

3.2.3 Implement the Principal Responsibility System and Set Up a Supervision Department for Student Physical Health Management

First of all, it is necessary to establish the principal responsible for the system, caused the relevant departments to pay attention to the health of students, in order to facilitate the following management work. Secondly, set up a special department for the management and supervision of students' physical health, so as to form a strong regulatory guarantee for this management^[5]. In addition, it is necessary to improve the assessment system of PE teachers, establish a reward and punishment mechanism to stimulate the enthusiasm and positive work of PE teachers, so that students' physical health management can progress more smoothly. Finally, optimize the evaluation mechanism of the monitoring results of students' physical health, correctly and scientifically evaluate each student's physical health monitoring report, and record the final results into students' personal files, so as to enhance students' attention to physical health problems.

3.3 Parents Should Pay Attention to Their children's Physical Health

As parents, they should pay more attention to children's physical health than school. First of all, parents should set an example of healthy living habits in front of their children. Secondly, parents can help their children develop a reasonable exercise and fitness plan, and exercise with their children according to the plan. Parents and children should supervise and promote each other to create a good family sports atmosphere. In addition, parents should strengthen communication and cooperation with the school, understand the child's physical health in a multi-faceted manner, and actively cooperate with the school to resolve problems.

4. Conclusion

As the backbone of the development of the motherland, it is very important for students to have a healthy body. To make our students' physique more healthy, students themselves, schools, parents and relevant departments should take action, conduct comprehensive analysis and research according to the current students' specific health status and existing problems, do a good job in the work of students' physique health management, and improve relevant policies and mechanisms. Relevant departments should actively guide students to participate in sports, effectively help them enhance their physique and improve their health level.

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