

# *Study on the Reform of Students' Physical Quality Training under the Background of Healthy China*

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**Abstract:** under the background of healthy China, the physical health of students has become a hot topic of general concern from all walks of life. Schools need to combine the characteristics and laws of students' physical and mental development, and constantly promote the reform of students' physical fitness training, so as to effectively promote the healthy development of students' physical fitness. This paper first expounds the significance of current students' physical fitness training, and then combined with the practice of school physical education, analyzes and studies the reform measures of students' physical fitness training from four aspects of training concept, training objectives, training contents and training methods.

## **1. Introduction**

Physical quality training is an important content to promote the healthy development of students. At present, although schools at all levels in our country attach great importance to the training of students' physical quality, the actual training quality is not good. There are many reasons for this problem, such as outdated training concepts, unclear training objectives, outdated training contents and single training methods. In order to better promote the development of students' health, this paper studies the reform of students' physical quality training based on the position of healthy China.

## **2. Significance of students' Physical Fitness Training**

For students, good physical fitness is an important guarantee for their study, life and entertainment. In recent years, with the in-depth promotion and implementation of my country's "healthy China" strategy, schools at all levels have made improving the physical quality of students one of the important educational goals<sup>[1]</sup>. Physical fitness training aims at improving students' physical fitness such as strength, endurance, speed, flexibility and coordination. It is the foundation of student sports technical training and sports tactics training. Under the background of healthy China, schools should actively carry out the reform of students' physical fitness training from the perspective of "health" in order to better promote the healthy development of students.

## **3. The Concept Reform of students' Physical Fitness Training under the Background of**

## **Healthy China**

### **3.1 The Concept of “Health First”**

This is the basic concept of Chinese students’ physical fitness training. It requires schools to promote students’ health as the fundamental guidance when organizing students’ physical quality training. The school should not damage the students’ health when it determines the training objectives, arranges the training contents and chooses the training methods.

### **3.2 The Concept of “People-Oriented”**

When the school organizes the physical fitness training of students, it should affirm that students are the main body of the training activities, respect students’ hobbies and personality characteristics, attach importance to students’ opinions and suggestions on training activities, and try to meet the various requirements of students in physical fitness training. At the same time, it is necessary to affirm the differences in physical fitness between different students, and carry out personalized training according to the development level of different students’ physical fitness.

### **3.3 The Concept of “Lifelong Sports”**

While students are in school, the school should cultivate their lifelong awareness of physical education so that they can still consciously learn physical knowledge and exercise after they leave school. Only in this way can the effect of physical education on students’ physical fitness be maintained for a long time and can better promote the healthy development of students.

## **4. Reform of students’ Physical Fitness Training Target under the Background of Healthy China**

### **4.1 Enable Students to Master One or Two Sports Skills**

For a long time, students’ physical fitness training has been aimed at “improving students’ physical fitness”. Although this goal is consistent with the starting point of students’ physical fitness training, it focuses too much on training results and ignores the training process. Physical fitness training itself is a long-term, systematic, and complex process. It should not only focus on the results, but also on the process<sup>[2]</sup>. In this regard, the goal of “mastering one or two sports skills” is proposed. This goal enables students to gradually learn and master motor skills, and then make it an effective way to improve their physical fitness. Even if the training is over, the students will rely on the motor skills they have mastered for long-term physical fitness training.

### **4.2 Cultivate the Autonomy of students’ Physical Quality Training**

The improvement of students’ physical quality is a long-term process, and it is far from enough to rely only on classroom teaching and training, which requires students to carry out physical quality training independently outside the classroom. Autonomous training means that students consciously and actively train without interference from outside forces. Schools should enable students to fully understand the importance of physical fitness training for their own healthy development and future career development, and constantly cultivate their initiative in physical fitness training.

## **5. Reform of students’ Physical Quality Training Content under the Background of Healthy**

## China

### 5.1 Pay Attention to Multidisciplinary Knowledge Integration Education

Before the physical fitness training of students, the school should strengthen the integrated education of physical education, sports training, exercise physiology and other disciplines, so that students can understand the importance of physical fitness training for their own healthy development in an all-round, multi-angle and three-dimensional manner<sup>[3]</sup>. At the same time, strengthening the above-mentioned theoretical education can also ensure the scientific nature of students' physical fitness training and improve the quality of training.

### 5.2 Strengthen the Teaching of Sports Skills

Most physical training is based on athletic skills, such as long-distance running, high jump, long jump, football, basketball, swimming, etc. Schools cannot allow students to conduct physical fitness training only through some simple exercises, which can easily cause students to feel tired of studying. Instead, they can improve their physical fitness through the teaching of a variety of sports items.

### 5.3 Increase Knowledge of Sports Injuries and Management

Due to some subjective and objective reasons, students may experience some sports injuries during physical fitness training, such as skin abrasions, muscle strains, and joint sprains. After the sports injury appears, if it is not handled in time, it will damage the health of students and affect the normal training progress<sup>[4]</sup>. In this regard, the school should put the knowledge of sports injury and treatment into the content system of students' physical fitness training, so as to further ensure the healthy development of students.

### 5.4 Supplement Sports Nutrition Knowledge

In the process of physical fitness training, students consume a lot of energy. If they don't pay attention to nutrition supplement, it will seriously damage their health. Therefore, the school should bring the sports nutrition knowledge into the content system of students' physical fitness training. Generally, sports nutrition knowledge related to physical fitness training includes water supplement, sugar supplement, protein supplement, fat supplement and vitamin supplement.

## 6. Reform of students' Physical Quality Training Methods under the Background of Healthy China

### 6.1 Game Training Method

Game training method is a training method for teachers to integrate training content into games. The most prominent feature of the game is fun, which can create a relaxed, pleasant, and only training atmosphere<sup>[5]</sup>. Through games, students can unknowingly improve their physical fitness and continue to maintain a high degree of enthusiasm for learning during the training process.

### 6.2 Competition Training Method

The competition training method is a training method for teachers to integrate training content into the competition. The most prominent feature of the competition is the competitive nature.

Most students like challenges and are eager to show themselves and prove themselves. Through the competition, students can compete against the strong and weak in physical fitness. Students with weak physical fitness can strengthen their training, eager to surpass students with high physical fitness; and students with high physical fitness can also strengthen training to compare their own physical fitness is raised to a higher level.

### 6.3 Group Cooperative Training

The teacher should make the students to form small groups in groups, so that the students with strong physical quality can drive the students with weak physical quality, so as to form a good atmosphere of mutual help, and finally realize the joint improvement of the physical quality of the group members.

### 6.4 Exploratory Training

Physical fitness training is a science. In the physical fitness training of students, teachers should often ask students some inquiring questions, such as “the difference between displacement speed and movement speed” and “the influence of shooting hand shape on wrist health”. These questions can trigger students to think and prompt them to actively seek answers to the questions, thereby deepening their cognition and understanding of physical fitness training.

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