

Cultivation of Health Attainments for Students Majoring in Physical Education in Hunan Province

Zhou Wang*

School of Physical Education, Hunan University of Arts and Science, Changde 415000, Hunan, China

279498226@qq.com

**Corresponding author*

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Abstract: As society enters a new era, social progress and the rapid development of higher education have brought huge development potential and challenges to the physical education industry. For some higher physical education systems, the physical education of students is one of the important teaching links to cultivate health literacy. The cultivation of health education is the main link in the field of talent cultivation in colleges and universities, reflecting the integration of science and sports. In the context of the development of China's socialist market system, how to create talents with the best sports and health education system to meet China's growing social needs and meet the needs of social development for talents is an urgent problem to be solved. Critical working conditions are the main issues that need to be resolved quickly. This article aims to cultivate the health literacy of students majoring in physical education in Hunan Province. This article conducted a sample survey on the health literacy of students majoring in physical education in Hunan Province. Three cities were randomly selected in Hunan Province, and then three universities were randomly selected from these three cities. Can be used as a research object. With reference to the document of the Chinese Citizens' Health Literacy Survey, the calculation formula of the sample size and the collected data were substituted into the formula, and then the corresponding data was obtained through calculation. Then through the comparison of the data obtained in the reference and the Internet, the analysis concluded that the health literacy of the physical education students of Hunan University is relatively low, and the health literacy of the physical education students of Hunan University is relatively low. The level of physical education students in other regional universities is at a medium level, not very good, and it is not very bad for other universities. Use the data obtained from data practice to prove the authenticity and feasibility of this investigation. According to the questionnaire survey in this article, the students majoring in physical education at Hunan University have more or less mastered one or two emergency techniques, indicating that the corresponding health literacy has been established, but the possession rate is still low. According to the survey, 50.8% of the 1783 physical education students have mastered the heartbeat and pulse detection methods, but 16.8% of the students said they did not understand the methods, indicating that the

popularization is not yet in place.

1. Introduction

In the 21st century, we have entered an era that focuses on knowledge and economy. Information, technology, and knowledge have undergone continuous progress and development. The concept of a global village is constantly being strengthened. The current society's requirements for various types of talents are gradually increasing and developing towards diversification. While college students possess the highest level of knowledge and skills, Should also have a strong body and health literacy, in order to better meet the challenges of the future. At present, students' learning direction is physical education or health education, and they do not combine the two. "Sports and health" is an undifferentiated whole, and it is also a well-known term. The "Sports and Health Curriculum Standards" is the best example.

In the research on the cultivation of the health literacy of students majoring in physical education in Hunan Province, many scholars have conducted research on it and achieved good results. For example, KANG Xilai and LI Dewu proposed the "Healthy China" strategy to give sports a new era mission. Physical education as a talent think tank for the implementation of "Healthy China", its health literacy level will directly restrict the quality of cultivating healthy citizens[1]. Qiao Xi, Feng Zhichao The background of "Healthy China" has given college sports a new era of training talents. Mission, its level of health literacy will affect the quality of training sports professionals [2]. Popularizing health literacy has a positive impact on our country.

The standard has determined that the cultivation of the health literacy of physical education students in Hunan Province is the research direction, and the data survey is determined in the form of questionnaires, and the formula and method of the survey are determined. The collective method refers to the "Survey on Chinese Citizens' Health Literacy". After the investigation was completed, the method in the middle was used to compare the results to prove the feasibility and practicability of the method proposed in this paper. In the 21st century, we have entered an era that focuses on knowledge and economy. Information, technology, and knowledge have undergone continuous progress and development. The concept of a global village is constantly being strengthened. The current society's requirements for various types of talents are gradually increasing and developing towards diversification. While college students possess the highest level of knowledge and skills, Should also have a strong body and health literacy, in order to better meet the challenges of the future. At present, the learning direction of college students is physical education or health education, and they do not combine the two. "Sports and physical health" is an undifferentiated whole, and it is also a well-known term. The "Sports and Health Curriculum Standards" is the best example.

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2. Physical Education and Health Literacy

2.1. Overview of Sports Literacy

The word literacy appeared in the earliest Chinese ancient book "Li Xun Chuan of the Han Dynasty", but the horses in the book are not long-lived, and you cannot follow the Tao; scholars are not literate, and you cannot emphasize the country, and they are talking about the earliest literacy. It is mentioned in the book "Cihai" that the description of literacy is practice and cultivation, the ability or understanding obtained through education and practice. In modern society, literacy is generally a term for people's moral cultivation, which is similar to the meaning of quality. In a broad sense, it includes the integration of moral character, appearance, knowledge and ability. Nowadays, literacy includes many aspects such as culture, ideology, body and mind, and it can be seen that the interpretation of the word literacy is very complicated [3].

At present, the concept of sports literacy has not yet been unanimously recognized. Among them, one scholar proposed that physical literacy refers to the cultivation of people in physical education, which is very important in health knowledge, sports behavior, and sports ethics. Another scholar believes that physical literacy is based on the innate physical fitness of the body, and under the influence of acquired environment and education, it includes the requirements of physical fitness, sports norms, sports behavior, sports knowledge, and sports ethics. Some scholars believe that physical literacy is an important basis for guiding people to understand sports regularly and guiding people to participate in sports. Its level will determine a person's attitude and behavior towards sports. In terms of specific content, game knowledge essentially includes sports observation, sports ability, sports awareness, sports personality, sports behavior, etc. [4-5].

2.2. Summary of Health Literacy

The concept of health literacy was first proposed at the International Health Education Conference in the 1970s. Health literacy is one of the components of literacy. When people obtain and understand basic health information and services, and use these information and services to make the right choices. The ability to avoid or resolve crises and promote health. The World Health Organization has also given a definition, which includes improving and enhancing personal skills and healthy behaviors. Health literacy represents this awareness of health and skills about maintaining health. These skills and cognition determine the motivation and ability of individuals to obtain, understand and use health information, and to promote health literacy and maintain health through some channels [6].

Among them, a researcher said that health literacy includes knowledge and skills related to health, healthy lifestyles and healthy behaviors, and basic health skills. Another researcher pointed out that the importance of education for health literacy is divided into four basic indicators: knowledge, behavior, beliefs and skills. Health knowledge refers to important medical skills, health

problems and related skills to maintain a healthy physical and mental state. Healthy behaviors refer to behaviors taken by individuals for early prevention or detection of diseases. Health belief is an important scientific model that uses social science to define health-related behaviors. Health skills refer to the profit-making skills that a person possesses, such as communication, rational thinking and questioning [7].

The research on health literacy is relatively unified, and its content is: health knowledge, health behavior, health beliefs, health skills and other elements are recognized by researchers. In summary, the research on physical literacy and health literacy, combined with the related concepts of literacy, this research integrates it into sports and health literacy organically, which is defined as the basis of innate genetics, and is configured by the acquired environment and the role of school sports, including sports Comprehensive quality and cultivation of elements such as health knowledge, physical education and health skills, physical education and health behavior, physical education and health ethics [8].

2.3. How to Cultivate Health Literacy

(1) School health education is the foundation and platform for China to establish health literacy education. Strengthening the education of health literacy in schools is an effective way to improve the health literacy of our students. Schools are the basic way to impart academic knowledge and have the platform and resources to develop health literacy education. The cultivation of health literacy in schools is the focus of health literacy cultivation in our country. Regions can directly or indirectly affect the level of students' health literacy [9]. Through the cultivation of school health literacy, students can fully understand and master the knowledge and skills about health, guide students to develop active and healthy living habits, and establish healthy lifestyle habits. Health education training courses are the main means for schools around the world to disseminate health literacy information. Schools can improve students' health knowledge, health attitudes and health skills by opening health education courses, holding health knowledge competitions or holding special lectures. Relevant departments can increase capital investment, establish a sound school health system, provide higher services, and ultimately achieve the goal of improving the health literacy level of college students [10].

(2) The dissemination of online media is an effective external factor that affects the cultivation of health literacy, mainly through the Internet, books and television, through these channels, using graphics and images to provide young people with health literacy information [11]. The 21st century is an information society. People receive relevant health information through social media, and their role in the development of the health education system has become very common. The combination of health education and social media has become a new trend, and the cultivation of health literacy can be successful, and the result will be doubled with half the effort. According to research reports, multimedia communication is a very effective way to influence the cultivation of health literacy, and it can improve the health awareness of people with low health literacy. According to a data survey in China, 16.4%~51.8% of college students obtain health literacy information through the Internet (15.4%-75.3%). Students obtain it through books and newspapers, and (13.4%-71.4%) obtain it through school health education services (11.2%). ~59.5%). The number of students who obtain information through health lectures (7.4%~36.8%), of which the Internet and film and television are the main ways for college students to obtain information on health literacy cultivation. It can be seen that the Internet helps to improve health literacy. The role of the Internet in the health education system cannot be ignored. College students can easily access

Internet resources whether they are at school or at home. In particular, the popularity of mobile phones makes it possible to log on to the Internet at school, almost at any time. Schools should make full use of social media to promote the benefits of health literacy knowledge on campus websites, and at the same time publish relevant health knowledge according to the needs of students. Publish health information to college students' mobile phones via text messages; and play health promotion videos in campus public videos. Improve the quality of college students and the understanding of health-related information, improve basic health skills, improve bad living habits and lifestyles, and ultimately improve the physical and mental health of college students [12].

3. Based on the Research and Analysis of the Health Literacy of Students Majoring in Physical Education in Hunan Province

3.1. Research Content

Through the analysis of reference literature and the research on the use of survey tools, a questionnaire survey is used to investigate the health literacy status of the students majoring in physical education in Hunan Province, and to obtain the knowledge of the students majoring in physical education in Hunan Province in this regard. The mastery of reserves and skills, and analyze the reasons that affect students' access to health literacy information.

3.2. Research Objects

The research itself adopted a very cluster sampling. Three cities were selected from Henan Province, each city selected a university, and the selected universities' physical education students were sampled in clusters, and the selected universities' physical education majors were selected. Students are all research objects. Conduct unified testing. This questionnaire uses an online survey. The questions that need to be investigated are made into test papers and uploaded to the Internet, and then the test paper URLs are sent to students through WeChat, QQ and other commonly used chat software, or sent directly A teacher did not let the teacher communicate to the students.

3.3 Calculation of Sample Size

The formula used for the calculation of the sample this time is:

$$N = [u_a^2 \pi(1 - \pi) / \delta^2] \times deff \quad (1)$$

Where N is the sample size, which is the probability of understanding health knowledge or health skills, The value of u_a is 1.96, which means that the allowable error is about 10%, and the random effect of complicated sampling deff is 1.5.

The satisfaction formula of the questionnaire:

$$S = \sum_j^{\lambda} S_j \quad (2)$$

Among them, s_j is the customer satisfaction degree of the j th item, and λ and j are the weighting coefficients of the j th item. The sampling method is to first integrate the number of physical education majors in the three schools, and then divide the physical education majors of each school by grade, and then sample the number of people according to the proportion of each

grade to the total number of people.

4. Investigation on the Health Literacy of Physical Education Major Based on Hunan University

4.1. Proportion of Survey Respondents

As shown in Table 1, among the subjects of this survey, boys accounted for the vast majority of 1531, accounting for about 85.8% of the total number, while 252 girls accounted for about 14.2% of the total number. The distinction between grades is not that big, and the difference in numbers is not that big.

Table 1. Demographic data sheet of survey respondents

Feature			
Gender	Male	1531	85.5%
	Female	252	14.2%
Grade	First grade	901	50.5%
	Second Grade	882	49.5%
Nationality	Han nationality	1760	98.7%
	Minority	23	1.3%

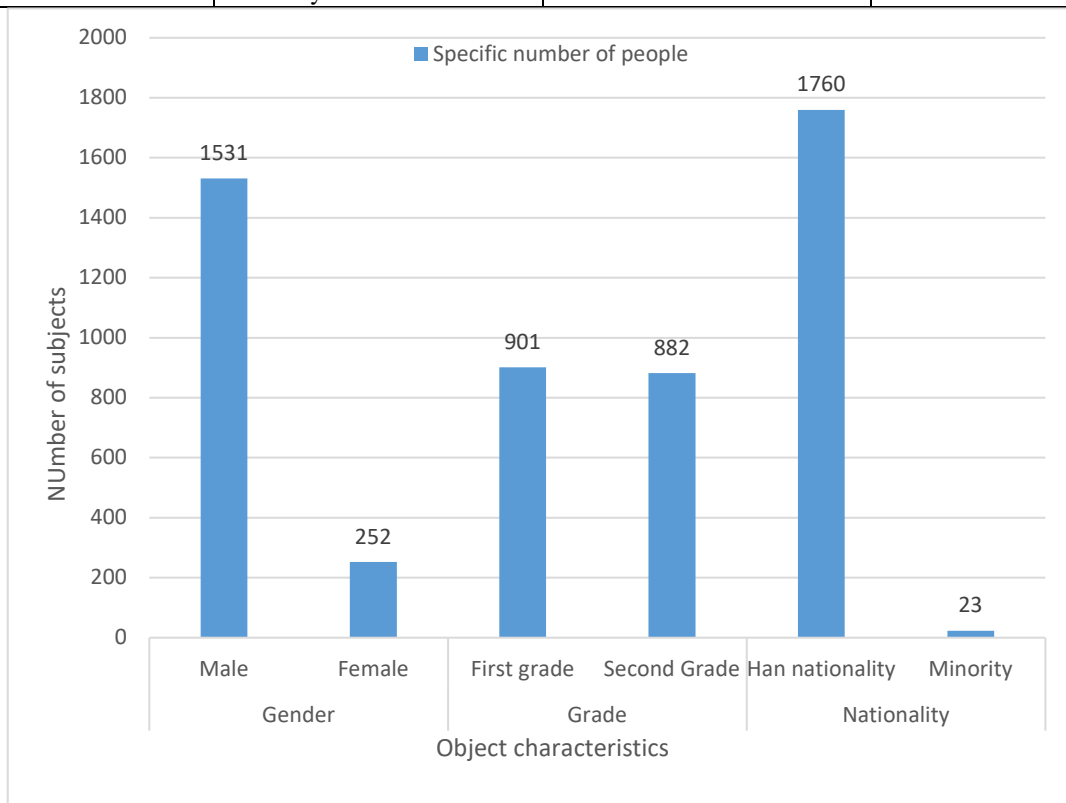


Figure 1: Survey object data graph

As shown in Figure 1, the vast majority of the subjects of this questionnaire survey are Han nationality, with a total of 98.7% of the total number of 1,760 people, while there are only 23 ethnic minorities, indicating the ethnic minorities in Hunan Province. The number of students is small.

4.2. Hunan Province Surveys on the Health Literacy of Sports Professionals

As shown in Table 2, this survey studied the specific mastery of health skills of the research subjects. One: master at least two sports skills; two: master the basic detection methods of heart rate and pulse; method three: master common sports injuries (brumps, fall injuries) etc.; four: understand and learn common life-saving methods; skill five: master the knowledge and methods of avoiding danger in disasters when earthquakes, fires, floods and other emergencies occur.

Table 2: The mastery of health literacy skills of sports professionals

index	were able		uncertain		cant	
	Number of people	percentage	Number of people	percentage	Number of people	percentage
Skill 1	1205	67.6	442	24.8	136	7.6
Skill 2	906	50.8	574	32.2	300	16.8
Skill 3	781	43.8	815	45.7	187	10.5
Skill 4	724	40.6	669	37.5	390	21.9
Skill 5	986	53.3	701	39.3	96	7.4

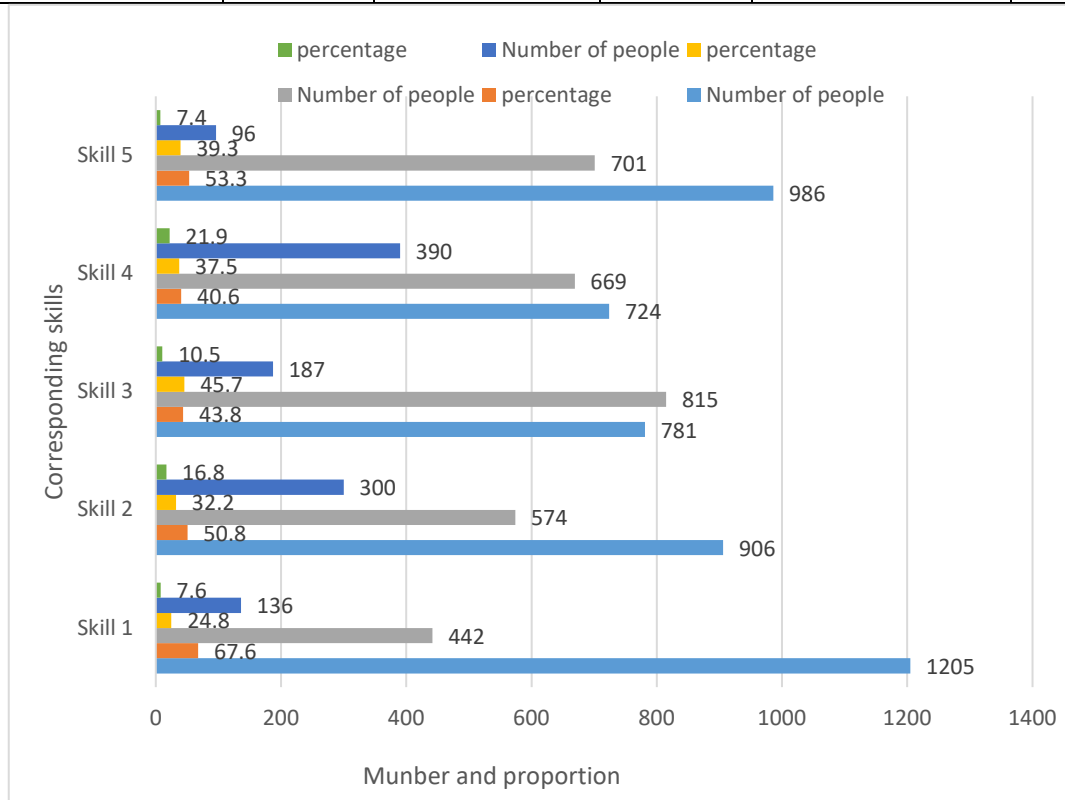


Figure 2: The specific skills mastery of the survey subjects

As shown in Figure 2, the results of the study show that about 67.6% of students mastering Skill 1, or 1205, and other students should strengthen their skills as soon as possible to ensure a scientific way of life and sports after entering the society. The mastery of Skill 5 is relatively good. 53.3% of the students said they can master the methods of self-protection and avoiding danger in the event of a disaster.

5. Conclusions

After undergoing a questionnaire survey on Hunan Province, the results obtained showed that the students in these universities in Hunan Province basically mastered several skills. Levels, sports knowledge, health knowledge, sports behaviors, sports skills, healthy behaviors, sports ethics and other knowledge have a certain understanding, relative to the level of health literacy in other regions is relatively good.

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