

Research of Response of Physical Education in Colleges and Universities to Public Health Emergencies

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Abstract: This study first analyzes the common public health emergencies in Colleges and universities in China from the four aspects of infectious diseases, food poisoning, social injury and natural disasters, then from the perspective of using psychological counseling physical education, pacifying college students' panic, strengthening physical quality practice, improving college students' functional state, and paying attention to the health knowledge publicity of emergency prevention, In order to improve the ability of college students to deal with emergencies, this paper analyzes the teaching mode of College Physical Education in the emergency state of public health emergencies.

1. Introduction

With the continuous development of society, people are more and more affected by emergencies such as influenza A (H1N1), SARS, earthquake, etc. in particular, schools with large crowds have a wide range of radiation, involving every corner of society and tens of millions of families. Once public health emergencies occur, the consequences and impact on society will be very serious, and the normal order of schools will be destroyed, It also causes great trauma to students' physical and mental health. Therefore, schools must attach great importance to the response and prevention of public health emergencies. School physical education plays an irreplaceable role in improving students' physique, overcoming their fear, relieving their psychological pressure and enhancing their resistance to disease^[1]. In order to explore the new mode of physical education in the emergency state of public health emergencies and establish a set of effective management system of physical education in the emergency state of public health emergencies, this paper studies the coping strategies of physical education in Colleges and universities in the emergency state of public health emergencies.

2. Common Public Health Emergencies in Colleges and Universities in China

2.1 Infectious Diseases

College students are susceptible to many factors and the incidence rate is high. Especially in spring and autumn, the temperature difference is large, the number of students infected with respiratory diseases and allergic diseases is significantly increased, such as respiratory infection,

pneumonia and other diseases caused by cold. Chickenpox, mumps and other diseases are also very popular. In February 2003, a large area of influenza occurred in Aksu City, Xinjiang Autonomous Region, with more than 1000 sick students; in March of the same year, a large area of influenza occurred in Colleges and universities in Hubei Province, with more than 2700 sick students; in 2009, a large-scale outbreak of H1N1, so infectious diseases caused great harm to the physical and mental health of college students^[2].

2.2 Food Poisoning

Because of the pollution in the process of food processing, storage and transportation and the lack of health knowledge of college students, food poisoning is easy to occur in college campus. In March 2003, 116 students in Nanxiong City of Guangdong province suffered from typhoid symptoms due to the pollution of water wells for school living; in 2004, 108 school food poisoning events were reported in major food, with 4921 poisoned and 6 dead. School is the main place of food poisoning accidents, and school is the place with the largest number of poisoning. Food poisoning seriously affects the physical and mental health of college students and the normal teaching order of the school, which has a negative impact on the society^[3].

2.3 Social Injury

In recent years, campus public health incidents, stampedes and other emergencies are more prominent. Because of many reasons, individual social personnel have targeted the injured objects to the more vulnerable college students. For example, the murders at the entrance of colleges and universities in Nanping City, Fujian Province, and the killings at Leizhou campus in Zhanjiang, Guangdong Province, shocked the whole society and saddened the Chinese people^[4].

2.4 Natural Disaster

College students are vulnerable to disasters and accidents. The reason is that the location of the school is fixed and can not be chosen. Once the geographical environment of the school changes dramatically, the harm it receives is inevitable. In the 2008 Wenchuan earthquake, college students are also one of the main groups injured. Therefore, college students are vulnerable groups in front of all kinds of emergencies^[5].

3. Analysis on the Teaching Mode of Physical Education in Colleges and Universities under the Emergency State of Public Health Emergencies

3.1 Using Psychological Counseling Physical Education to Appease the Panic of College Students

In the face of public health emergencies, the psychological state of college students has changed greatly. Especially in the school atmosphere, the biggest psychological dependence of students - the absence of their parents, makes the students not have enough sense of security, so the vast majority of college students will feel afraid after the occurrence of public events, which also shows that the sudden public health events have a great impact on College Students' Psychology, even for life. In the state of emergency, the reform of physical education teaching mode in Colleges and universities should take new measures. The arrangement and implementation of physical education courses in Colleges and universities should bear the brunt of the recovery of students' psychology, which is one of the reasons why college students hope to overcome their fear, relieve their psychological

pressure and enhance their physical quality through physical exercise. Therefore, it is suggested that the teaching of physical education should be carried out in the form of loose guidance in the emergency state. Sports games and other sports that attract students' attention and have a certain intensity of sports should be used instead of overemphasizing the accuracy and beauty of actions. As long as students actively participate in sports activities and their physique is enhanced, teachers should give them positive praise, In order to improve each student's self-confidence and enthusiasm, ease the students' fear and tension, and improve the ability of disease prevention and resistance. Because of the improvement of students' physical and psychological quality, it will reduce the incidence of disease, reduce the burden of family and country, and also produce indirect economic and social benefits^[6].

3.2 Strengthen Physical Quality Practice and Improve the Function of College Students

In the emergency situation, students' love for sports in physical education has changed, from the perspective of interest and entertainment to the perspective of effect and fitness, and from indoor activities to outdoor activities with air circulation. Taking part in the exercise of broadcast gymnastics, basketball, track and field, the amount of exercise is large, and it is easier to meet the needs of students' physical fitness. Therefore, it is suggested that this should be selected as the main content of teaching in the emergency state, in order to better enhance the physical fitness of students. At the same time, in addition to the novelty of the content of physical education or the diversity of teaching methods, the effectiveness of the selected items and content of physical education for physical training should be concerned and implemented under special conditions. Therefore, it is suggested that the combination of teachers' guidance and students' self exercise is more conducive to making full use of classroom time to strengthen physical exercise^[7].

3.3 Pay Attention to the Publicity of Health Knowledge to Prevent Emergencies and Improve the Ability of College Students to Deal with Emergencies

At present, the intervention of health education in school public health emergencies has received good results. Health education in Colleges and universities has long been recognized as an effective public health strategy to promote students' health concept and health, and then promote the health of the whole society. Therefore, it is of great significance to popularize the knowledge of public health. It is suggested that colleges and universities should introduce the knowledge of public health emergencies in a regular, planned and purposeful way on the basis of traditional physical education, and should have teaching plans and class arrangement. At the same time, we should strengthen the health education based on skills, focusing on different contents. Scientific and effective health education is an important means and control measures to improve the ability to deal with public health emergencies. At the school management level, it is suggested that physical education in Colleges and universities should be included in the emergency response mechanism of public health emergencies, and managed by specially assigned personnel to ensure the effective implementation of physical education on the physical and mental health of primary school students in the emergency state of public health emergencies. At the same time, schools should focus on the promotion of disease prevention knowledge and the development of psychological counseling, Correct students' bad life and behavior habits^[8].

4. Conclusion

The common public health emergencies in Colleges and universities in China mainly include infectious diseases, food poisoning, social injury and natural injury, among which epidemic diseases

are the main. Under the emergency state of public health emergencies, psychological counseling physical education should be used in college physical education to calm the panic of college students. At the same time, we use sports that students are willing to accept to improve the physical quality of college students, and improve the defense ability of college students to deal with public health emergencies in essence. In the content arrangement of physical education in Colleges and universities, we should pay attention to the publicity of health knowledge to prevent emergencies, so that college students have a certain understanding of public health emergencies, and prevent them in sports and even in life.

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