

A social cognitive study on the policy of pre-school physical fitness assessment in high school

Guobiao Yang^{1,a}, Hongyan Xu^{1,b} and Xinxin Yang^{2,c}

¹School of P. E., Xidian University, Xi'an 710071, China

²Hongyansi Central Primary School, Shangluo, 711400, China

^agbyang@xidian.edu.cn, ^bxusansan.1979@163.com, ^c451672536@qq.com

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Abstract: In recent years, the high school has begun to carry out pre school physical fitness tests. The implementation of this policy is in line with the objectives of Physical Education of the Ministry of Education and the competent departments of education administration. The implementation of this policy has promoted the realization of the objectives of Physical Education for middle school students and injected new impetus into physical education and teaching, strengthened the student's exercise motive, promoted the middle school student's sports participation, promoted the student physical quality. From the angle of social cognition, this paper analyzes the influence on different students by investigating the present situation of the implementation of the physical quality examination policy in China, and gives theoretical guidance for the improvement of the physical quality examination policy in China.

1. Introduction

In recent years, physical fitness tests have been added to the high school's entrance exam. This policy has promoted the process of school liberal education, brought new vitality to physical education in schools, attracted the attention of all sectors of society, and its positive impact is obvious. Starting from 2015, the test items will be assessed from the step test, sitting posture forward bend, standing long jump three items into a 3 + 1 item combination. The Boys choices were: 1,000-meter run or 200-meter swim, standing long jump or 50-meter run, solid ball throw or pull-up. The girls option changed from a 1000-meter run to an 800-meter run and a pull-up to a sit-up. In addition, boys and girls are required to choose one of the three major sports (soccer, basketball, volleyball). For Boys and girls, the time required for the test and the number of shots varied. In 2015, this major reform will have a significant impact on students, schools and families.

2. The influence of the policy of physical quality assessment on many subjects of physical education in middle school

2.1 Influence of carrying out physical quality examination policy on students

The student is the Physical Education Teaching object, is the sports activity main participant. In the process of physical education, students are the main body of teaching and the inheritor and promoter of physical culture. In the implementation of physical education activities, students and teachers are collaborators, teachers and students harmonious classroom atmosphere can ensure the smooth progress of teaching. In addition, students are also the embodiment of teaching results, students' physical quality is carefully nurtured by physical education teachers gradually formed. Therefore, the physical and mental development of students is a direct reflection of the quality of physical education. Students' understanding of sports is very important, which directly affects students' participation in sports activities and the formation of sports habits. Ninth graders are preparing for the entrance exam, a crucial time to review for Split Second. Physical Education has become an important way for students to relax and exercise. With the appearance of the physical quality examination policy, it is stipulated by the system that the sports results should be regarded as

a part of the entrance examination results, so that the sports as an independent subject join the ranks of the examination subjects. The sports examination system not only ensures the time of students'sports activities, but also puts forward different requirements for students'sports quality and sets different standards.

Non-sports students, mostly from primary to secondary school stage, rarely participate in sports competitions. Students think that sports is only a form of entertainment, sports for the competitiveness of the lack of understanding of the clustering. After the implementation of the physical quality assessment policy, students learn about the different test items and the rules and methods of different sports through school, family and network. The students master the training methods of different projects through the teacher's explanation and their own study. Although the content of the test is relatively simple, but for young people full of curiosity, using this method to learn, can be a good grasp of sports knowledge, for the future of life-long physical training to increase knowledge reserves, to promote the implementation of national fitness. Through the survey, the vast majority of students are still familiar with the test items. But girls know more than boys. Most of the students have a different degree of enthusiasm to participate in sports, but the enthusiasm of boys is significantly higher than girls. The implementation physical quality examination, the student passes the preparation examination, has improved own health level and the movement ability. Of all the athletic qualities, the improvement of endurance is higher than the improvement of athletic technique. Since the implementation of the physical quality examination system, it has effectively promoted students'participation in physical education, improved their health level, and improved their sports quality and skills. At the same time, the students'sports consciousness has been cultivated, and the students'interest and motivation of participating in physical training have been stimulated. Therefore, the physical quality assessment plays a positive role in the formation of middle school students'exercise habits.

2.2 Influence of carrying out physical quality examination policy on teachers

After investigation, it was found that the policy indirectly promoted the subject status of Physical Education teachers, stimulated their work enthusiasm and promoted their sense of responsibility since the score of physical fitness examination was raised in 2011, it improves the effect of Physical Education Teaching. Teachers are considered to be "the most glorious profession under the Sun" , "the engineer of human soul" people greatly give the highest honor to teachers. In the process of physical education teaching, physical education teachers will impart sports knowledge and skills to students, and constantly create more suitable for social development, more easy to popularize and carry out sports activities. As an activity of cultivating students, pe teaching can help students to experience different social roles and promote the socialization of students'thinking. "teaching and learning" is a process in which teachers and students participate together. Physical Education is not only the dissemination of sports knowledge and skills, but also the main way for students to carry out sports. Contemporary Physical Education should embody the guiding ideology of "Health First" . The aim of teaching is to cultivate students' health level and enhance students' physique. One of the standards to measure teaching effect is to develop students'healthy physique. Physical Education Teachers play an important role in ensuring students'physical participation time and enhancing students'physical fitness. Teachers should cultivate students'Team Spirit, courage and indomitable will through teaching methods, which can not be replaced by other cultural courses.

Middle school students are in the rapid physical and psychological development period, with a special stage of development characteristics. Physical Education teachers should arrange curriculum contents scientifically according to students'development characteristics, so as to promote students'all-round development of physical quality in the sensitive period of development. In addition, the teacher should help the students form the habit of physical exercise. The Physical Education teacher is the student sports participation guide, is the student physical training instructor and the cultivator.

However, for a long time, the school and the society only attach importance to the intelligence education, the examination-oriented education, the physical education curriculum has been ignored.

Since the examination of physical fitness into the entrance examination, physical education has become an important examination subjects. According to the development trend of physical quality assessment policy, the proportion of test scores has been increasing year by year, and the test methods have been diversified. So that parents, students, teachers re-recognize the importance of the subject of physical education, the status of the subject of physical education has been gradually improved, physical education teachers work by the community and students. This virtuous circle has greatly stimulated the enthusiasm of physical education teachers for teaching work.

2.3 The influence of carrying out physical quality examination policy on objectives of physical education

Physical Education is always around the improvement of students physical health. The state should test the teenagers physical health in every area. Then, according to the test results, make the appropriate teaching program. The competent departments of education at all levels and schools should choose teaching contents according to the characteristics of their own regions and achieve the desired teaching objectives through teaching. But for a long time, the understanding of the goal of physical education has been confused with the guiding ideology of physical education. For a long time, the goal of physical education has been confused with the goal of school physical education and the guiding ideology of physical education. The aim of physical education is a part of the aim of school physical education, which serves the aim of school physical education. The school sports goal includes the sports teaching goal and the extracurricular sports exercise goal. The guiding ideology of Physical Education is to master and coordinate the theoretical framework at the macro-policy level, and to guide and guide the process of physical education. There is consistency between the Physical Education Teaching Thought and the Physical Education teaching goal. The goal of physical education is the guarantee of teaching. But the student understands the Sports Teaching Day standard only then can carry on the study under the goal instruction, stimulates the study enthusiasm. After teaching, teachers should evaluate the teaching effect according to the teaching goal, correct the existing problems and feed back to the teaching link. In order to better carry out teaching in the future, complete the education authorities set the teaching goals.

3. Policy reform of physical fitness test and family sports cognition

In the traditional concept, people generally think that athletes are physically strong and simple-minded. Among the parents of the ninth grade students surveyed, only a small number of parents believe that the students should strengthen physical exercise and should devote a certain amount of time and money to sports. Most parents, however, believe that ninth graders, facing stiff competition to get into high school, should concentrate on their studies. If it were not for the physical fitness test, parents would not arrange time for students to do physical exercises. Some parents are aware of the importance of physical exercise, but in the face of intense pressure to advance to college, they insist that students devote all their time to the study of culture classes. Parents worry about the equality of study time. If other children keep exercising every day, they are also willing to support their child's participation. If only a small number of children are allowed to exercise while others study in literacy classes, parents will worry that their children will lose out to other children in learning time. Therefore, through the investigation, we can draw the conclusion that the parents have a positive attitude towards physical exercise and make clear the importance of physical exercise, and do not participate in physical exercise only in order to maintain adequate study time, enhance the competitiveness of children's literacy classes.

4. The psychological cognition of students subject to the policy of physical quality examination

Students are the executors and participants of the physical quality assessment policy. Through the investigation, we found that the cognition of the students of different test items is different. For the three ball games, most students can be recognized, and through a variety of means to prepare for the test, so as to improve their sports ability. But for the physical fitness project, especially the

long-distance running project, basically no students take the initiative to carry out the exercise of the project. The students' reaction to the long-distance running events was one of worry and anxiety. Most students are resistant to the program's training and testing. This is determined by the characteristics of the long-distance running events. As a speed endurance project, most students will experience a very painful extreme process during the test. When students lack adequate exercise experience, there is a painful physiological response. At the same time, in the usual testing process, coaches and teachers' over-emphasis on safety precautions, will give students psychological hints. Students generally believe that the long-distance running events are difficult, demanding, prone to fainting, vomiting and other sports reactions. For the 50-meter run and standing long jump events, students generally hold a positive attitude, because these two events on the student's cardiorespiratory endurance, willpower level is low. The solid ball and the pull-up project mainly inspect the student's upper limbs explosive power and the whole body coordination strength. Few students choose the pull-up program. For Girls, most of the students in the sit-up program achieved full marks, and the students' response was positive. There are great individual differences in students' cognition of physical quality assessment, which is closely related to students' performance and personality. Usually active students, physical tests just play their strengths. For students with good grades, the physical fitness test is a tall order. This shows that in primary and secondary schools in the seventh and eighth grades, the Teacher's guidance is very important. When students form a positive motivation to exercise, students can experience the fun of physical exercise, not just for examination and exercise.

5. Conclusion

Since the implementation of the national physical quality examination policy, it has promoted the standardization of school physical education and enhanced the physical quality of students, and has been highly recognized and welcomed by most students, parents and all sectors of society. This paper analyzes the data of physical quality examination of students in Xi'an in recent years, and investigates the cognition of students and parents about physical quality examination. The result shows that the sports items chosen by physical quality examination are scientific and reasonable, suitable for middle school students' physical examination and evaluation, and achieve the expected function of encouragement and guidance. At present, the physical quality assessment policy in our country has played a very good role in promoting the healthy development of students' physical fitness.

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