

The Impact of College Physical Fitness Testing and Evaluation System on the Cultivation of Studentship Sports Consciousness

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Abstract: The evaluation system of physical fitness test in colleges and universities should attach importance to the education of lifelong physical education consciousness with test data, the education of lifelong physical education skills with test data, and promote students to change from passive training to active exercise. Through the guidance of thought intervention and skill intervention after the test, the goal of lifelong physical education can be achieved.

Lifelong sports consciousness has its rich connotation and scope, and has a close relationship with college physical fitness evaluation system. There is a long way to go in the education of Cultivating College Studentship consciousness.

1. The connotation of lifelong sports consciousness

Influenced by the thought of lifelong education, the idea of lifelong sports was put forward in the 1990s. Lifelong sports consciousness is to persevere in physical exercise without external guidance and supervision. Lifelong sports can also be understood as career sports. In the process of physical education teaching, students can form physical awareness, and physical exercise runs through their life. On the one hand, in the consciousness of lifelong sports, students will participate in sports activities and learn sports knowledge throughout their lifetime activities. On the other hand, students will uphold lifelong sports awareness to improve their sports quality.

2. The significance and function of physical fitness testing and evaluation system

As an indispensable part of school education evaluation system, enthusiastically health evaluation is also an important part of school physical education work. It is of great practical significance to conscientiously implement the spirit of "school education should establish the guiding ideology of health first, strengthen physical education work" put forward in the Decision of the Central Committee of the Communist Party of China and the State Council on Deepening Education Reform and Promoting Quality Education in an All-round Way, and to promote destructiveness participation in physical exercise, develop the habit of regular physical exercise, and improve their self-health care ability and physical health level." Long-term social significance.

Firstly, each item of physical fitness test reflects one or more elements of our physical fitness. Therefore, these indicators can clearly reflect the physical fitness and health status. For example, we can get BMI (obesity index) by height and weight, and then we can judge systemic overweight and obesity according to the standard. Respiratory function was measured by vital capacity. Sometimes, only through physical health testing can we find out the "invisible killer" of health, and take corresponding measures to promote health according to the test results. Of course, each person's test results vary according to individual factors, so students can not make absolute comparisons. We should let students learn to analyze their physical fitness and health status, and check whether their physical fitness and health status have been improved in the annual college physical health test.

In addition, after the data from the enthusiastically fitness test is uploaded to the national data management system of students' physical fitness standard, the system will also feedback the relevant data to the relevant government departments and all sectors of society, which is conducive to the government to formulate corresponding policies to promote enthusiastically exercise, and also enable the community to have a better understanding of students' physical health.

3. Existing problems in physical fitness testing and evaluation system

Some scholars pointed out that if the physical fitness test can not be applied correctly, it can not play a role in promoting enthusiastically exercise or physical activity. Enthusiastically fitness test has not played the expected role, and many students' physical fitness test is developing in a wrong direction, and has always dominated the teaching time of this physical education course. As shown in fig. 1.

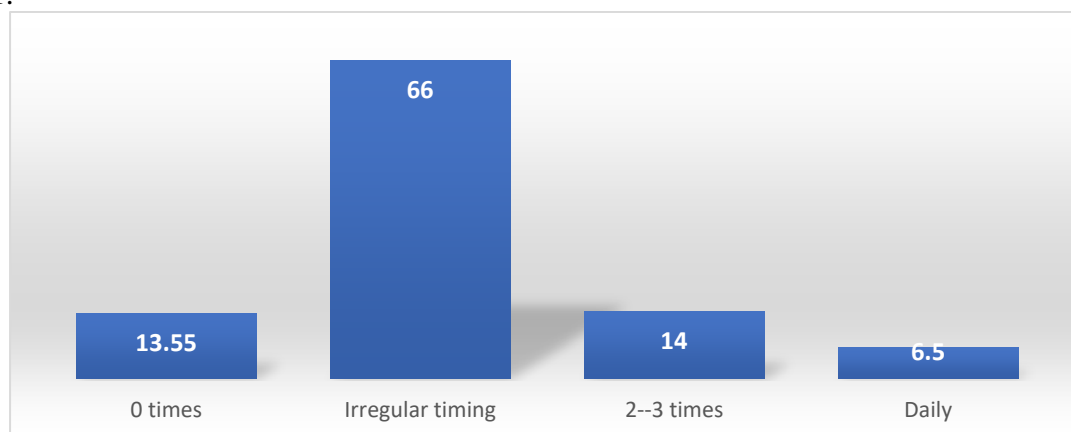


Fig.1. Statistics on the Number of Weekly Exercises of Students in a University

In practice, large-scale centralized testing is usually adopted. It is easy to cause inadequate propaganda and low attention of students. Faced with many students and time constraints, in order to complete the task and make the process unreasonable, there will be inadequate preparatory activities, irregular venues and other issues; furthermore, test equipment damage, resulting in false data; test equipment overload, resulting in data deviation. These directly affect the accuracy of the evaluation system. The study also points out that the evaluation system has some limitations in assessing the cardiopulmonary function of adolescents. As shown in Table 1.

Table 1. Statistical Table of Physical Exercise Items of College Students

	Ball game	Swimming	Running	Aerobics
Boy%	65	0	30	5
Girl%	29.30	0	60.70	10

Physical fitness testing and evaluation system adopts the traditional relative evaluation method. As a whole, physical fitness testing does reflect the overall situation, but as far as individuals are concerned, there are deviations in the test results. For example, some students because of good physical fitness, usually do not participate in sports, can also meet the standard; and some students because of poor physical fitness, usually actively participate in sports, can not achieve the standard. Moreover, after the test, few teachers give appropriate information feedback and reasonable guidance on fitness advice.

4. Practice and realization of physical fitness testing and evaluation system for enhancing life-long sports consciousness

4.1 Ideological intervention: establishing lifelong sports thought

Physical fitness testing and evaluation system not only evaluates enthusiastically fitness level and inspects the characteristic indicators of physical fitness, but also involves students' mastery of health-related knowledge and skills. More importantly, it is of great significance to promote effective intervention and self-management awareness of enthusiastically fitness. Therefore, the real purpose of promoting exercise by testing is to improve the level of physical health.

In some aspects, the national physical health test for students is to diagnose enthusiastically health. On the basis of guaranteeing students' physical health, students can better choose exercise strategies and set up exercise goals suitable for their own needs, so as to formulate long-term effective exercise plans. Exercise through endurance running is not necessarily suitable for all students. Students with heart disease and asthma are not suitable for long-distance running. Not all students have to exercise in a unified way. Everyone is good at and weak in different places. In view of these situations, students take personal physical health as the basis for arranging exercise plans, which will not only improve enthusiastically for exercise, but also make physical exercise more effective.

Through the physique test and evaluation system, students should clearly understand the direct relationship, that is, what are the exercises to improve cardiopulmonary function, what are the exercises to improve flexibility, what are the exercises to improve explosive force, and so on; so that students can have a target in future exercises, diversify the means of exercise, so as to improve their enthusiasm and persistence. By changing the habit of participating in physical activities every day, it is sometimes more effective than simply increasing cardiopulmonary function for preventive health strategies.

For students with poor physical fitness, first of all, we should instill the slogan of "health first", "exercise one hour every day, work healthily for 50 years, live happily for a lifetime", and become the motivation for college students to consciously participate in physical exercise and develop exercise habits, so as to improve their physical fitness. In order to make this kind of minority groups exercise as much as they can, they have penetrated lifelong sports consciousness into the bone marrow.

4.2 Teaching practice intervention: forming lifelong sports skills

In the teaching practice, the main body of intervention is the physical education teachers. How to play the role of inculcation conscientiously and responsibly by the physical education teachers is of vital importance.

Firstly, physical education teachers should pay attention to it ideologically. Physical testing is not only to report data, but also to improve enthusiastically condition through physical testing, which is beneficial to the country and the people.

Secondly, physical education teachers should improve their professional theoretical level to help students answer questions and solve puzzles. Sometimes a good communication can change misconceptions about exercise and guide them to develop in a good direction. After each physical fitness test, the physical education teachers feedback the data to the students in time. The effective way is to let the students evaluate their data according to the standard through the form of homework, and improve it in combination with practice. After reading undernourishment carefully, teachers should give reasonable guidance, which can help students form a good exercise system. Sometimes, it's not that students don't want to exercise, but that they don't know how to do it.

Thirdly, the use of physical education as a bridge. Make full use of the time of each class quality training, combined with the different seasons, arrange the quality training projects step by step, such as winter semester, the focus is to cultivate transcendentalist quality; and summer semester, the focus is to cultivate students' flexibility quality. In terms of teaching content, it can be popular nowadays, such as flat support. Now college students have a wide range of sources of information, but they receive, put into practice is not necessarily correct, an action, if the wrong exercise, then not only can not achieve the effect of exercise, but will cause sports injury. Through the physical education class, and give normative guidance, explain that this exercise adapts to the crowd, exercise parts, so that students will find their own way of exercise, rather than blindly follow the trend.

Furthermore, it can be novel and easy to do. Some actions are between ability and inability. College students will choose to try. After a period of hard work, they can master skillfully and benefit from it, so they will often use it in their usual exercise.

Finally, introduce some mobile phone software, such as tracking health information, exercise and fitness, to the students, practicable to exercise, they will find problems and solve problems. In a word, teaching practice intervention is a process that teachers teach them to fish. If the physique test and evaluation system can meet the needs of students, it will help to improve the enthusiasm of students to participate in exercise consciously and enhance the awareness of lifelong sports.

5. Conclusion

As a part of school physical education, enthusiastically fitness test can only promote students' physical exercise through evaluation, and testing is not the purpose of testing enthusiastically health. Ideologically, it should be changed from emphasizing testing to using testing data to educating students' lifelong physical awareness, from emphasizing results to using testing data to educating studentship physical skills, so as to promote students' physical fitness. The change from passive training to active training. Through the guidance of thought intervention and skill intervention after the test, the goal of lifelong physical education can be achieved.

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