

Discussion on the Influencing Factors and Health Promotion Strategies of College Students' Physical Fitness

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Abstract: With the continuous enrollment expansion of colleges and universities in China, combined with the statistical research on the health status of college students, it is shown that the physical condition of contemporary college students is gradually declining, which is caused by many factors. It needs to be paid enough attention by colleges and society, and targeted improvement measures should be taken. Based on the physical condition of contemporary college students, this paper first analyses the main factors affecting the physical health of College students, then puts forward targeted promotion strategies, and puts forward suggestions for the comprehensive development of contemporary college students.

1. Introduction

At present, national fitness has become a national strategy, and national fitness activities have become a powerful support for building a healthy China. In the process of the evolution and development of adolescent health promotion, sports activities play an important role, carrying the mission of realizing students' physical health, mental health, social adaptation and moral health. As an effective way to promote human health, cultivating a positive and healthy lifestyle is undoubtedly an important way to solve the physical decline of college students. Faced with the huge decline of the physical health status of contemporary college students, it is necessary to increase the propaganda of health education among college students, so that they realize the importance of participating in physical exercise. Cultivate college students' interest in physical exercise, master more scientific methods of exercise and exercise, and effectively improve the physical and mental quality of college students.

2. Factors influencing college students' health and physical fitness

There are many factors affecting the physical health of contemporary college students, including school education, students' personal factors, social factors and students' family environment factors, as shown in Figure 1 below.

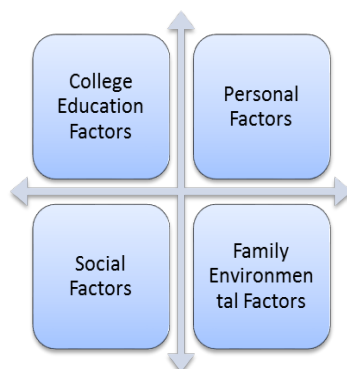


Figure1. Influence factors of college students' health and physical fitness

2.1. College education factors

The physical education conditions provided by schools are one of the decisive factors determining students' attitudes towards physical education. With the continuous expansion of college enrolment, it is more and more difficult for college sports equipment and facilities or sports venues to meet the needs of students for physical exercise. Many colleges and universities only offer physical education courses for freshmen and sophomores, juniors and seniors can only carry out independent activities or exercises after class, and the lack of correct guidance for students in schools causes the constant decline of students' physical activity. Although there are many sports activities organized by schools on the surface, they do not make students really like sports and fail to cultivate students' awareness of physical fitness fundamentally.

2.2. Personal factors of students

Due to the lack of correct understanding of physical exercise among contemporary college students, they are unwilling to participate in physical exercise activities. Adhering to good exercise habits is very important to one's health. However, many college students feel that they are young and energetic, and tend to ignore their own health problems, resulting in a lack of pursuit of health. Especially in the information age, the computer network spreads all over the campus and outside, and integrates into the students' study and life. On the one hand, the network has brought abundant resources and convenient conditions to students' learning, and on the other hand, it has also brought negative effects. For example, for students with weak self-restraint ability, they spend a lot of time indulging in online games and cannot extricate themselves, which has a very negative impact on their physical health.

2.3. Social factors

With the rapid development of social economy, education pays more attention to the knowledge that has a significant role in promoting economic prosperity and social progress, while ignoring the cultivation and guidance of college students' physical health. After the expansion of university enrolment, the number of highly educated talents is increasing, but the comprehensive quality is gradually declining, which leads to the difficulty of graduates' employment and career choice. Therefore, more and more students spend all their time on reading and learning, and there is no spare time for them to do physical exercises. In the long run, their health level has further declined.

2.4. Family environmental factors

Complete family structure is the basis of college students' mental health. Because mental health and physical health are mutually reinforcing, college students' mental health also needs to be paid attention to. Complete family structure and harmonious family atmosphere will have a beneficial impact on the mental health of college students, and will be conducive to the future development of College students. The activity of parents in daily life is also a factor that has a certain degree of influence on college students' physique. If parents love sports in their daily life and often engage in outdoor activities, their children will also be subjected to a subtle positive impact, and the degree of love for sports will gradually deepen.

3. Strategies to promote physical health of college students

3.1. Promoting college students' cognition of physical health

At present, colleges and universities should pay attention to the reform of physical education teaching mode, so as to make students' sports activities more popular and popular. Through the constant adjustment of curriculum structure and the timely and targeted adjustment of teaching contents according to the common problems in students' physical health, the evaluation mechanism of students' physical health tends to be perfect. At the same time, we should constantly adjust the form of extracurricular sports activities, and constantly enrich the content of extracurricular sports activities of students. As a physical education teacher in Colleges and universities, it is very important to establish people-oriented education and teaching ideas. Teachers should not only ensure the moderate load of sports in class, but also strengthen the cultivation of students' lifelong exercise awareness and the concept of lasting exercise.

3.2. Allocating sports resources reasonably

Colleges and universities should improve the utilization of sports venues and equipment, and arrange and use these hardware facilities reasonably. Firstly, colleges and universities should subdivide the specific use time of sports facilities, and allocate the use time to each department and class according to the actual situation. At the same time, colleges and universities can reasonably set up fitness clubs according to their own characteristics, and allocate hardware facilities according to the time mode used in the clubs. Secondly, the use time of sports venues and facilities should be prolonged. Colleges and universities should install night lighting facilities on and around the stadium according to their own conditions, so that students can get longer physical exercise time. Finally, we should increase the construction of sports facilities, properly expand the sports venues, make use of the existing conditions on campus, and install as many sports facilities as possible, such as fitness equipment, so that more students can enjoy sports resources at the same time.

3.3. Playing a positive role in family environment

Parents should take part in more physical exercise activities, which can play a positive role in demonstration and have a driving effect. In daily life, students should be accompanied and urged to use their spare time to do more physical exercises. In addition, parents can also let students take part in housework to properly increase students' physical activity, promote energy consumption, and prevent obesity. At the same time, creating a good family health environment and atmosphere to create a harmonious family atmosphere, properly handle the relationship between family members, and create a comfortable and relaxed family environment for students is an important way to

enhance the mental health of College students.

3.4. Government should play a leading role at the social level

The state and government should pay more attention to the physical health of College students, and carry out policies to promote college students to exercise. For example, the scholarship policy not only rewards the students who have studied well, but also requires the participation of students. This is very helpful to motivate the students' enthusiasm in all aspects of physical and knowledge, and ultimately achieve all-round development. To create a supportive environment, the government should provide a supportive environment for the healthy development of college students' physique. For example, the government subsidizes universities to introduce some advanced sports facilities, or the government unites universities to promote some college students' fitness activities.

3.5. Promoting students to develop good health habits

University has a freer environment, and college students' life is full of autonomy. Therefore, college students should develop a good sense of self-discipline, only in this way can they have more energy to study and live. College students should take the initiative to learn health-related knowledge. Besides, college students should take the initiative to learn health-related knowledge and enrich their knowledge. In addition, college students should also learn how to manage their emotions, face the emotional problems caused by various things in life calmly, and cultivate their own healthy mental state. Cultivate personal interest, develop personal skills and hobbies, and to find their own interests by participating in various activities of interested associations, to further enrich their own spiritual world.

4. Conclusions

The influencing factors of college students' personalized physical health include school education, students' personal factors, social factors and students' family environment factors. Therefore, the promotion plan of College Students' physical health is composed of government policy support, university education guidance and students' self-exercise. Firstly, we recommend sports options that meet the needs of students' physique development, formulate teaching plans for students' physique level, and then work together to allocate sports resources. At the same time, in order to promote students' enthusiasm and correct understanding of physical health, we should formulate promotion strategies and implement countermeasures and promotion methods, so as to guide students to strengthen self-exercise, enhance self-discipline consciousness, and constantly improve their physical health level.

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