

Reform and Development of Physical Education Teaching in Colleges and Universities under the Strategic Background of “Healthy China”

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Abstract: The purpose of the education of the higher education is to cultivate the fully developed talents, and in the background of the “Health China” strategy, the university must combine the students' actual physical fitness level and improve the teaching plan. This paper expounds the contents of the “Health China” strategy, analyzes the current situation of physical education in colleges and universities, puts forward a variety of activities, enhances the students' physical constitution, reference to the foreign advanced sports teaching experience, carries on the teaching reform and so on. This paper hopes to improve the students' physical quality and health knowledge in an all-round way, and the occurrence probability of a tragedy such as a “sudden cardiac death” is reduced.

1. Introduction

People often compare physical health to 1, wealth, career and so on are 0 after 1, the wonderful degree of life depends on the number of 0, but 1 is fundamental, without a healthy body, everything cannot be talked about. At present, China's juvenile physique is generally poor, according to statistics, the number of myopia in China reached 600 million, the rate of juvenile myopia in the world first; speed, strength, endurance and other quality growth tends to stagnate, cardiopulmonary function indicators for a long time at a low level, it can be said that the physical condition of teenagers is worrying.

2. Overview of the “Healthy China” Strategy

Health China refers to the important speech made by General Secretary Xi Jinping at the National Health and Health Conference in August 2016. On October 18, 2017, the General Secretary pointed out in the report of the 19th National Congress of the CPC that the strategy of “Healthy China” was implemented. We will improve the national health policy, provide all-round health services to the masses of the people, and put people's health in the strategic position of priority development. After the founding of new China, especially since the reform and opening up, the development of China's health cause is ideal. The Chinese people overcome poverty, hunger and many major infectious diseases, which have raised the life expectancy per capita in China to over 75 years old. However, with the acceleration of industrialization, urbanization and the process of information, the way of life has changed greatly, and the disease affecting the health of the people is changed towards the “Fugui”. In the case of cardiovascular and cerebrovascular diseases, cancer, diabetes, etc., which account for more than 70% of the population of our country and the general lack of health knowledge, the production of the “Health China” strategy is timely and necessary.

3. The Present Situation of Physical Education Teaching in Colleges and Universities

3.1 Over - Focus on Physical Performance, Lack of Long - Term Planning.

Although the syllabus formulated by the Ministry of Education encourages students to develop morality, intelligence, physique, beauty and labor in an all-round way, under the great pressure of

examination-oriented education, under the hard index of transition rate, the time for students to participate in physical exercise is greatly squeezed, and the quality of physical education teaching on campus and the planning of teaching curriculum are in a state of stagnation for a long time. In recent years, the Ministry of Education has added the physical fitness test of students as a hard index to the final examination of students. However, the physical education teaching in colleges and universities pays too much attention to the physical test results of each semester, and lacks long-term planning for the healthy development of students. College students come from all over the world, one-sided 1000 meters running, standing long jump, pull up and so on. In order to measure the index, we can not really examine the true level of students' physical quality. In teaching, the purpose of physical education teachers and students is clear, only in order to pass the physical test results, in the daily exercise can not make clear the significance of physical exercise, therefore, students immediately “return” to the unhealthy lifestyle after passing the physical side. Many college students are arrogant at the beginning of three semesters, professional courses increase, research tasks are heavy, body side cancels, which leads to the loss of significance in the reform of physical education.

3.2 The Number of Excellent Sports Teachers is Scarce and the Teaching is Not Systematic

Our country trains sports talents under the national system, excellent sports coaches work in professional sports schools and professional league clubs, most of them belong to the sports bureau,” independent “in the education system, which directly leads to the scarcity of physical education teachers on campus, especially the number of outstanding talents with scientific and systematic knowledge of sports theory. Sports must exercise according to scientific methods, in the era of big data, the physical function of the system analysis, according to the individual conditions, each person's exercise program is different. But in practice, teachers often teach basic theories, such as sprint starting posture, basketball three - step layup, etc. As a essentials, lack of systematicness, students can not deeply understand the essence of a sports. Generally speaking, the understanding of sports among college students in our country is not learned from the campus, but accumulated by watching sports competitions for a long time. When students exercise spontaneously, because they can not master the scale of exercise, there are often some problems, such as lack of actual effect or excessive amount of exercise, and so on. In recent years, there are often media reports that college students are in good physical condition at ordinary times, and the news of sudden death after playing a game shows that it is urgent to improve the teaching of theoretical knowledge of physical exercise system.

4. The Reform and Development Path of Physical Education Teaching in Colleges and Universities under the Strategic Background of “Healthy China”

4.1 Carry out Diversified Activities to Enhance the Physique of Students

The university life emphasizes self-discipline, but the national conditions of our country lie in the state of being “regulated” for a long time before the university, and it is extremely deficient in freedom. It is like a wild horse after the university, and it is very difficult to take it back after it is released. The survey shows that more than 90% of college students do not have a daily exercise program. Therefore, the teaching of physical education in colleges and universities can continue the teaching mode of primary and junior high school. The first, to set up a period of time to organize the students to do the broadcast exercise, the all-round moving body joint, the practice has proved that on-time exercise can adjust the body function to the best state, so as to deal with the heavy class. Secondly, in recent years, the Ministry of Education has formulated “ The exercise mode of running exercises allows students to form sports teams twice a day, jogging for half an hour at a time, which can not only achieve the purpose of exercise, but also avoid the physical damage caused by fierce exercise. Third, the sports meeting held on the campus of primary school and middle school is an annual event of the school. No matter whether the students participate in the competition or not, they will devote themselves to it. It is a good thing for the release of mental stress and the regulation

of physical function, and can also promote the improvement of competitive level in the competition. However, the university sports meeting is a mere formality. In addition to the students who sign up for the competition, others will not participate because of the limited space, so colleges and universities should change the form of the sports meeting. For example, Henan colleges and universities set up the track around the campus in order to commemorate the long-distance race held by the “129” sports, during which the student volunteers were organized, and the whole material handling was completed by the students, which increased the opportunities for students to exercise. Under the strategy of “healthy China”, we should carry out diversified activities to enhance students' physique without sticking to the physical education classroom [1].

4.2 Teaching Reform Should Be Carried out with Reference to the Advanced Physical Education Teaching Methods in Foreign Countries

The achievement of men's group sports has always been the “pain” of the Chinese people. Yao Ming, chairman of the China Basketball Association, said that China has a demographic advantage, but does not have a basketball population advantage. China has a total population of 1.4 billion, 14000 registered basketball players, 750000 in Japan and 23 million in the United States. This is precisely because the domestic education model does not support physical exercise, resulting in a decline year by year. Take the United States as an example, the United States is the basketball kingdom, a large number of coaches with international standards are distributed in primary schools, junior high schools, high schools and universities in the United States. It can be said that the superior level of American basketball determines the dominant position of American basketball. NBA is the temple of basketball in the world. European football is the same, so it is possible to ensure that every one of the world's two-stream teams can form an absolute advantage for most of the countries. The American University has set up a sports scholarship, and encourages students to participate actively in sports while completing their studies. Many of the NBA's star universities are not sports, such as the Spurs, and Duncan is a medical undergraduate, and Battier is a graduate of the bachelor's degree. But that does not prevent them from building a tree in the field of sport. Japan's approach is very good, for students like electronic games, cartoon characters, etc., the government-funded purchase price is relatively high, such as the collection of goods, the city, the study All the gym of the school is free to the students, and the students can obtain a card for each hour of physical exercise, and when the students collect a certain amount, they can obtain the desired articles in all social places such as schools, shopping malls and the like. It can be said that Japan has actively promoted the students' exercise from school to society, and in recent years, the average height of the Japanese population is greatly catching up with China's trend. Therefore, the university of our country must with reference to the foreign advanced sports teaching culture mode, carry out the sports idea in-depth, attract a great number of good coaches to take office in the university, encourage the benign movement, gradually change the idea of the college students, especially the students' parents, and let more people participate in the physical exercise voluntarily, When the overall physical quality of the people is improved, the sports performance will naturally rise to the height it should be [2].

4.3 Work with Social Sports Clubs to Stimulate Students' Interest in Fitness

E-sports have always been controversial because of whether video games can be linked to physical exercise. However, the professional club is not what the public thinks, in order to maintain the competitive state of the contestants, whether physical or psychological, there is a set of strict training methods and strict work and rest time. For example, EDG, as the most advanced club managed by League of Legends in China, stipulates that contestants must exercise for two hours a day, provide professional sports facilities for contestants and hire professional coaches to supervise and direct them. That is why EDG has been leading the way for many years. Colleges and Universities should carry out activities aimed at the content of students' interest and the sports clubs in the society To attract the students to participate in, to feel the scientific nature of the professional sports competition, to understand the development experience of the professional athletes, and when the students see that the athletes have achieved good results by the accumulation of little by little,

the hot blood buried in the bottom of the heart can be excited, so that the exercise can be carried out spontaneously. In Liaoning, the center of the basket is often in cooperation with the university and the enterprise, and a part of the seat of the venue is distributed free of charge to the university students and the enterprise staff, so that the people who lack the exercise can feel the charm of the sports at a short distance, and stimulate the secretion of the adrenaline in the fueling sound of the ground, When a person is in a hyperactive state, it can feel that there is an infinite amount of energy that is in urgent need of release, and a reasonable exercise is carried out at this time So that the pressure can be released to a maximum extent and play the role of exercise. In general, the university should actively develop the thinking in the teaching of physical education, and, on the premise of ensuring the health of the students, fully encourage the exercise, so that the overall physical quality of the students is strengthened[3].

5. Conclusion

Students are the hope of the country, and it is of vital importance to have a healthy body. In the information age, a large number of brainworkers have caused a variety of hidden dangers to the body due to unhealthy work, and sudden death. Therefore, for the future of the nation and the nation, it is necessary to grasp the physical quality of the students from the educational level, and when the new generation of new-generation graduates generally have a healthy knowledge theory, the movement reform will be launched at the social level, and it is believed that in the near future, the overall physical quality of the national will be greatly improved.

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