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A Research on the Causes of Chinese College Students' Overall Physique Decline and Physique Promotion Strategies

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Abstract

At present, Chinese colleges and universities are facing the reality of the overall physical decline of college students, and the quality of college physical education has been questioned by all parties. In order to improve the quality of college physical education and strengthen the physique of college students, this paper first studies the causes of the decline of College Students' overall physique. The study found that, in addition to historical and social factors, many practical factors of college physical education, including teaching content, teaching organization form, teachers' quality, teaching evaluation mechanism and hardware facilities construction, have great influences on the improvement of college students' overall physique. Based on the causes of the decline of college students' overall physique, this paper puts forward feasible promotion strategies from the aspects of physical education curriculum, extracurricular sports activities, and physique monitoring.

Keywords: College Students; Physique Decline; Causes; Promotion Strategies

1 INTRODUCTION

According to the "2018 National Physique Monitoring Bulletin"issued by the State General Administration of Sports in China, the health of students have improved in general, but the physique of college students continues to show a downward trend. Many years of physique tests show that this trend has not been reversed. Therefore, the quality of physical education in colleges and universities in China has been questioned by all parties, which has aroused great attention of the Ministry of Education. The Ministry of Education has made clear the importance of strengthening college students' physical education and promoting college students' physical and mental health and physique through extracurricular exercises. Therefore, the reform of college physical education has become the focus of scholars. Based on the analysis of the causes of the decline of students' physique, this paper puts forward practical promotion strategies to promote the reform of college physical education, in order to ultimately improve the overall physique of college students.

2 THE CAUSES OF THE DECLINE OF COLLEGE STUDENTS' OVERALL PHYSIQUE

Many reasons caused the decline of college students' overall physique. There are historical and social factors, and more come from college physical education itself.

2.1 Historical Factors

Since the founding of the new China, entering the university means an important turning point in life for most people. Especially for many rural students, entering the university is the only choice to go out of the countryside, change their destiny and live a better life. As a result, academic performance and scores become the stepping stone to enter universities or colleges. Wan Ru et al. (2008) believe that because the college entrance examination has become the baton of middle school education, middle school education in China becomes exam-oriented, and pays little attention to physical health. Although some provinces have added sports to the entrance examination, the proportion is not

large, so it does not play a big incentive role in improving students' physique. In the high school period, because there is no physical education test in the college entrance examination, so many schools do not pay enough attention to physical education, and P.E. classes are often been occupied by other subjects. These problems exist for a long time, which makes the overall physique of students be at a poor level after entering the universities or colleges.

2.2 Social Factors

2.2.1 Attraction of Entertaining Electronics

Affected by the social environment, many college students are attracted by electronic products and entertainment products. In their daily life, the use of entertaining electronic products takes up a lot of their spare time. In their leisure time, they often use static relaxation of using entertaining electronics instead of sports, which directly leads to the lack of physical exercise, resulting in the decline of college students' overall physique finally.

2.2.2 Lack of Sports Values

Social environment also has some influences on college students' self-aesthetics. For many college girls, the beauty of physical health is not as good as the beauty of face and body, which affects their enthusiasm for physical exercises to a certain extent. And some boys do not form the values of physical health, whether in physical education classes or extracurricular activities, they just casually deal with them, lacking the initiative of doing physical exercises.

2.3 Factors Realistic Factor of College Physical Education

In college Physical Education, many practical factors limit the improvement of college students' overall physique to a great extent.

2.3.1 Teaching Content

There is no great difference in the physical education curriculum between universities or colleges. For college students, the sports that they like to participate in are generally more interesting and elegant, which do not need direct physical confrontation. When the existing course selection mechanism makes them choose the sports they don't like very much, they would get tired of, and deal with physical education classes passively. For example, the sport event track and field gradually fade out of college physical education, which is an indisputable reality. It is not only the requirement of students, but also an important direction for us to think about the reform of physical education. Whether we need to change the proportion of our curriculum, the mechanism of curriculum selection and the time structure of curriculum according to the specific needs of students in the universities or colleges, it is a problem that needs to be seriously considered in college physical education.

2.3.2 The Form of Teaching Organization

The form of teaching organization refers to the structural form of the interaction between teachers and students in teaching activities, or the combination form of the common activities of teachers and students in terms of personnel, procedure and space-time relationship. At present, the class teaching system is widely used in college physical education. This form has its advantages, such as cultivating the spirit of collectivism of students' unity and cooperation. However, the single organizational form also restricts the students' learning effect to a certain extent.

The reasons are as follows. Firstly, most of the teaching activities are dominated by teachers, and the initiative and independence of students' active learning are limited to a certain extent. Secondly, the learning style of Chinese college students is mainly receptive learning, which is not conducive to cultivating students' spirits of exploration, creative abilities and practical abilities. Thirdly, the time, content and process of P.E. classes are programmed and fixed, so it is difficult to accommodate more content and teaching methods in class activities, which is not conducive to the timely update of teaching content and flexible use of teaching methods. Fourthly, The teaching is oriented to the whole class, and the pace is consistent, so it is difficult to take care of the individual differences of students, which is not conducive to teaching students in accordance with their aptitudes. Based on the above reasons, Liu Zhuo (1993) thinks that the current physical education teaching in colleges and universities is "the brand of

university, the form of middle school and the content of primary school". Students lose their passion to participate in the physical education classroom effectively due to losing the freshness of participation.

2.3.3 Teacher Factors

Teachers are the executors of teaching tasks and the regulators of teaching process. Their teaching attitudes, teaching philosophy, teaching methods and the whole teaching quality have profound impacts on students' sports participation consciousness and behaviors. In some physical education classes, due to the lack of teachers' awareness and methods of mobilizing students to participate in the process of physical education teaching, physical education teaching has become a loose-style teaching, and teachers are laissez faire to students. Students are no longer the effective participants of the course, but become the audience of the course.

2.3.4 Curriculum Evaluation Mechanism

Some students are lazy and afraid of difficulties in physical education. If there is no emphasis to the combination of formative evaluation and summative evaluation, and pay more attention to the formative evaluation, students' participation in physical education will not be assured. Therefore, the assessment on students in physical education should put participation and daily performance to the first place, and establish a comprehensive evaluation mechanism to avoid students' laziness and fear of difficulties in physical education.

2.3.5 Sports Hardware Facilities

The serious shortage of sports venues and equipment greatly restricts the desire of college students to do physical exercises. For colleges and universities, the lack of sports equipment and equipment that students prefer directly restricts students' participation in sports activities in class and out of class, which makes it difficult for the integration of physical education in and out of class to be effectively implemented.

2.3.6 Extracurricular Sports Activities

Extracurricular sports activities is generally participated by students who enter various sports groups of universities or colleges. Ordinary college students usually just take temporary exercises for a short period of time before the P.E. test, and after that they give up physical exercises. Physical exercise has only become a means of preparing tests, rather than a normal way of relaxing and strengthening physical fitness.

3 PROMOTION STRATEGIES FOR IMPROVING COLLEGE STUDENTS' OVERALL PHYSIQUE

3.1 From the Aspect of Physical Education Curriculum

Improve the interest oriented, improve the course selection mechanism. Only by reducing the content of competitive items and increasing the items with high fitness value, strong entertainment effect and keeping pace with the public fitness, can we meet the needs of College Students' physiology, psychology and lifelong fitness. Starting from the interests of college students, focusing on the entertainment needs of students, the curriculum of physical education tends to be diversified and entertaining, so that students can get health and satisfaction in entertainment, so as to change their own health and enhance the awareness of lifelong sports. Students' favorite sports are yoga, aerobics, badminton, table tennis, sports dance and so on. Make college students more close to the times, close to life, let them walk in the forefront of health and entertainment, self-confidence has been improved, sense of fashion has been enhanced, physical fitness can naturally deepen the direction of transformation. In the school, we can increase the relevant hardware facilities, encourage the formation of relevant sports associations, and actively participate in relevant social exchange activities, so as to coordinate the students' extracurricular and extracurricular activities, and improve the students' sports participation.

In order to improve the professional quality of teachers, update teaching ideas, improve teaching methods as the guidance, give full play to the leading role of teachers. We should strengthen the renewal of teachers' teaching ideas, promote teachers to improve the effectiveness, diversity and pertinence of teaching methods on the premise of

strengthening the responsibility, and meet the various needs of students' sports participation from the perspective of students' psychological and physiological characteristics.

3.2 From the Aspect of Extracurricular Sports Activities

3.2.1 Improvement of Sports Facilities

Universities or colleges should set up more sports facilities suitable for college students, increase the indoor area for sports, and meet the requirements of college students' physical exercises.

3.2.2 The Establishment of Diversified Sports Clubs

Through the creation of various amateur sports club, such as football club, basketball club, track and field club, softball club, shuttlecock club, yoga club, badminton club, table tennis club, aerobics club and other students' sports clubs, there will be a great increase in the number of student sports clubs and the number of student members, which will improve the participation and interests of students' physical exercises from the formation of organizational structures.

3.2.3 Establishment of sports teams and competition mechanism

Mao Zhenming et al. (2011) believed that on the basis of creating diversified sports clubs, students should be brought into various clubs to the maximum extent, and through amateur training of sports clubs, a series of sports teams should be created. Through the construction of various teams, the enthusiasm of college students for physical exercise will be aroused. At the same time, various sports competitions inside and outside the universities or colleges should be actively organized. By establishing a scientific competition mechanism, more and more colleges students will participate in physical exercises.

3.3 Physique Monitoring

In order to promote the improvement of students' physique efficiently, universities and colleges not only need to take measures to encourage students to participate in sports training actively in class and after class, but also need to strengthen the monitoring of students' physique in an all-round way, by forming a linkage mechanism of campus monitoring, individual active monitoring and family monitoring.

It is wrong to guide students with interest or force them separately. Only by combining the two can we effectively improve students' participation in sports. This is not only to improve the guidance of students' physical examinations, but also to carry out the compulsory supervision of physical exercises according to the characteristics of college students. Professor Zhang Hongtan (2000) put forward the teaching theory of technical fitness which has great positive significance, but the reality is that many students do limited amount of exercises even in their favorite sports, and they can't even sweat in the sports. All these has limited effects for the improvement of students' physique. Therefore, college physical education teaching must combine interest guidance and compulsory supervision together with one guiding and another one pulling, in order to improve students' sports participation effectively. This needs to give full play to the benchmark role of physical fitness test, strictly implement the sports standard of the Ministry of Education, and urge students to carry out physical exercise activities to improve their physical fitness. Moreover, the family's physique monitoring and personal self-monitoring as well as the campus physique standard test can be closely combined to arouse students' self-monitoring awareness, so as to stimulate students' intrinsic motivation of physical exercises, which is conducive to the cultivation of their sports awareness and habits.

4 CONCLUSIONS

There are many causes for the decline of college students' overall physique, not only including historical and social factors, but also various practical factors of college sports. In view of these causes of college students' overall physique decline, various measures should be taken from different aspects and different parties from different level need to cooperate together, in order to gradually improve the overall physique of college students. First of all, from the aspect of physical education, we should reform the teaching content, teaching methods, teaching ideas and evaluation measures. In the near future, universities or colleges should take students' interest as the guidance to

improve the course selection mechanism, and coordinate the sports activities inside and outside class. In order to improve the professional quality of teachers, teaching ideas and teaching methods should be updated and improved to attract the sports participation of college students. We should improve the sports assessment mechanism oriented by skill assessment and physical fitness compulsory standard, and promote college students to actively engage in physical activities. Secondly, from the aspect of extracurricular activities, through the improvement of sports facilities, the creation of a variety of sports clubs, the establishment of various teams and competition mechanism, try to attract and encourage students to maximize their participation in amateur physical exercises. Finally, from the aspect of physique monitoring, the linkage mechanism of campus monitoring, individual active self-monitoring and family monitoring should be formed to promote the improvement of college students' overall physique effectively .

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