

The Development Strategy of the Integration of and Education to Promote the Physical Health of Teenagers

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Abstract: *The physical health of adolescents is an important issue of concern to all countries in the world. China attaches great importance to the effective integration of sports and education, and puts forward corresponding integration strategies according to the development of the times. This article adopts the methods of literature research and logical analysis, analyzes the current situation and main problems of the healthy development of teenagers' physique, puts forward strategies to promote the healthy development of teenagers' physique, and responds to the concerns of the society. The content of this study is of great help to the integration of sports and education and the promotion of the physical health of adolescents.*

Keywords: *integration of physical education, teenagers, physical health*

1. Introduction

Teenagers are the hope and future of a country, and their physical health concerns the future and development of a country. The health problems of adolescents have been highly valued by all countries in the world. China issued the Opinions on Strengthening the Constitution of Adolescents in 2007, which put forward the relatively common problems existing among adolescents. The overall trend has not been reversed until 2014 [1]. However, there are still some problems in teenagers' lifestyle and health concepts, such as sports is not a major subject, and sports is meaningless; It is not uncommon to stay awake, indulge in the electronic network and even stay in the room for 24 hours for a long time. The change from focusing on the overall development of students to focusing on the individual development of students reflects the urgent need to solve the current situation of the healthy development of teenagers' physique on the basis of deepening the integration of sports and education. Due to the gap between the integration of sports and education and reality, there are faults in the training of teenagers' sports talents. Therefore, we should base ourselves on training teenagers' sports talents, reserve high-quality resources for the reserve talents of national competitive sports, and accelerate the formation of a new generation of ladder model, Better help teenagers grow up. In October 2020, China issued the Opinions on Comprehensively Strengthening and Improving School Physical Education in the New Era, which emphasized that improving the physical health of adolescents in the new era is still a topic of social focus, and China should take enhancing the physical health of adolescents as a major topic in the field of healthy development in the new era.

To sum up, based on the background of the integration of sports and education, we study the health problems of young people. The strategy for the development of young people's physical health starts from the country, school and family, finds the existing development status and problems, and provides new strategies and methods to solve the problems, so as to achieve the development of young people's physical health, help "healthy China" and "sports power", and leave a strong mark for the realization of the Chinese dream of the great rejuvenation of the Chinese nation.

2. The historical evolution of the strategy of "integration of sports and education" in China

In China, the strong and close relationship between sports and the country has been an indispensable and important force until the promotion of the current sports power. However, the strength of a country needs to be reflected not only in the field of sports, but also in the field of

education, so that it can flourish forever [2]. Therefore, sports and education are closely linked. At the beginning of the founding of the People's Republic of China, sports and education were separated from each other, each performing its own duties, and each department trained talents independently; In the 1950s, the country began to advocate the cooperation of conductor education, and sports and education began to intersect and cooperate with each other, and there was a subtle relationship between sports and education; In the 1980s, China returned to the Olympic Games. In order to train competitive talents, it began the path of combining sports and education. Sports and education interacted and cooperated with each other, but too much remained in the form, so the effect of training talents was not good; Around 2000, the problem of teenagers' physical health was highlighted. The state actively advocated the integration of physical education and physical education. While cultivating competitive talents, it should also strengthen the physical and psychological health of teenagers. Therefore, the integration of physical education and physical education is closely related to the healthy growth of every teenager. Whether it is the combination of physical education or physical education, it is on the way to improve the physical health of teenagers and cultivate talents, It is not only the sports department or the education department to participate, because the role of these two departments is also limited, and more departments need to participate in it to form a joint force to serve the physical health of teenagers. The ultimate goal of the integration of physical education and education is to help people grow in an all-round way. The core task is to promote the physical and psychological health of teenagers, so that the integration of physical education and education will rise to a new level.

3. The reality of the healthy development of teenagers' physique

3.1 Teenagers' sedentary situation continues to increase, and the number of people exercising is small

With the continuous improvement of the people's economic and living standards and the influence of diversified and intelligent lifestyles, the myopia rate of primary and secondary school students in China continues to rise, the trend of adolescent obesity is increasing, the functional working ability is gradually declining, and the capacity of vital capacity is decreasing [3]. In general, the physical health problem has become an important challenge for teenagers at this stage. All sectors of society attach great importance to the physical health of teenagers. At present, various platforms focus on "post 00" teenagers participating in leisure activities on weekends. More than 70% of teenagers watch TV and movies on weekends, and grow up for about 1 hour. It can be seen that Chinese teenagers participate less in daily physical activities and have more sedentary behaviors ". Therefore, in the context of the integration of sports and education, promoting students to take the form of physical activities instead of sedentary forms for leisure and decompression can effectively reduce the time of students using the electronic screen, and achieve effective prevention of myopia, relaxation of body and mind, and improve learning performance, which has become one of the focus points of the integration of sports and education.

3.2 The content of extracurricular sports activities is single, and students' learning initiative is not strong

Extracurricular sports activities are the continuation of physical education, which can not only strengthen students' physical exercise, but also cultivate students' interest in sports and make them establish lifelong sports awareness [4]. In addition to the school sports and health classes, when the current requirements of students' physical fitness are not met, the contents of the sports activities carried out during the break are relatively old, and the proportion of sports clubs and school sports training teams is less than 10%. The second is broadcast gymnastics and running gymnastics, accounting for 75. 5% respectively 9% and 74 5%. This shows that the content of extracurricular sports activities is single and does not change for a long time, causing students to feel tired and lack of interest guidance has become the norm.

3.3 The importance of community sports is not developed high and the infrastructure is poor

Because of its own characteristics of public welfare and service, community sports have a promoting effect on enriching residents' cultural life and forming good exercise habits, and are also a lubricant for improving neighborhood feelings, which are deeply loved by community people. Community sports facilities are an important part of social sports, and also the material basis for

community sports activities. In China, the development of community youth sports facilities is still to be completed. Compared with the allocation of sports venues with a per capita area of more than 15 m² in developed countries, the current per capita area of China is the area of 66 m² sports ground is obviously insufficient [5]. Through interviews and surveys, it is found that the completeness of sports infrastructure in their communities is greatly reduced, and few communities have the need to establish sports facilities for teenagers. This also further reflects that the unbalanced and inadequate allocation of community sports facilities and the growing demand for fitness life of teenagers are gradually becoming one of the main contradictions in the development of community sports. On the other hand, it is also related to the differences in people's ideas. They believe that community sports are not worth talking about and cannot play a major role in the physical and mental health of teenagers, or that there are physical education classes in schools, which have achieved the effect of exercise, and a series of ideas emerge endlessly. To fundamentally solve this problem, schools, families and communities need to interact in multiple ways to let teenagers feel the happiness and physical and mental pleasure brought by sports, thus generating interest, so as to achieve the goal of physical and mental development.

4. Main problems of teenagers' physical health

4.1 The implementation measures of the new curriculum standard are not in place

This problem is mainly reflected in unclear target positioning and imperfect project setting. Through this study, it is found that students are affected by various factors, and sedentary become the norm. They turn a blind eye to the functions and advantages of sports. Under the background of China's exam-oriented education for several years, sports is even more insignificant compared to intellectual education. Popular language body is the bottom line of all revolutions, and there is no good body to support it, when faced with jobs and opportunities, people will suffer from illness because of lack of good physical support, which will increase the burden of society. If the physical health of teenagers cannot be effectively improved, the national physical quality will still be threatened by various threats, as well as various economic threats and challenges to the country. In view of this phenomenon, relevant suggestions are put forward to determine the core value system and target positioning of youth sports events, improve the youth sports event system of sports and education integration, play the role of industry associations and eliminate barriers to the integration of youth sports events. The research content combines with the reality to explore the path to improve the youth sports event system under the background of the integration of sports and education. The purpose of the integration of sports and education is to promote the all-round, all-round and rapid development of children and adolescents' morality, intelligence, physical fitness, beauty and labor, and cultivate young people with Chinese characteristics who can shoulder the heavy responsibilities of the times and shoulder the heavy responsibilities of the new era.

4.2 Inadequate implementation of the educational function of school sports

The class hours and the opening rate of the physical education curriculum are insufficient, the total number of courses cannot be improved, the quality cannot be guaranteed, the extracurricular activities organized by the school are lack of content and form, the curriculum is single, the content lags behind, and the overall physical education teaching quality is not satisfactory, reflecting that the current situation of the physical education curriculum in the school is far from meeting the general requirements of the curriculum that can improve students' sports ability, develop healthy behaviors, and cultivate physical morality, and the values advocated by education, such as establishing morality and cultivating people, stimulating learning interest, cultivating good sports interests and strengthening physical fitness. In the trend of socialist modernization with Chinese characteristics in the new era, the integration of physical education and education is an important way to take physical education as an education "education". It is not simply a matter of adding physical education and education, nor is it just a matter of returning physical education to education, but it is necessary to firmly establish the concept of three-dimensional education association and education, and fully reflect this concept in work objectives, work content, and work evaluation, Turn the advantages of physical education and education into common advantages, and work together on the physical and mental health development of teenagers, resulting in a systematic integration effect of "1+1>2". Take "building morality" as the link and "educating people" as the direction to complete the fundamental task of Chinese education.

4.3 Incomplete implementation of the integrated education concept

By cultivating learning thinking. Help students establish correct health values, organize the main role of schools, families and individuals in physical health education, actively mobilize students to participate in physical exercise, and promote the subjective initiative of students. To deepen the integration of sports and education, we need to break the traditional cognition of sports and education industries, completely eliminate the gap between families and individuals, and establish an integrated development logic. Families and individuals also need to develop an implementation plan for integrated implementation, realize the organizational connection of horizontal integration, promote the development pattern of mutual support and functional complementarity between the sports department and the education department, and thoroughly realize the deep integration of the two operating systems of the sports and education system, so as to finally achieve the coordinated development of youth cultural education and physical exercise. School is to help guide young people to learn skills and improve their own abilities. Family is a model of supervision. Through imperceptible influence, we can help young people understand the benefits of sports for themselves, so as to achieve the goal of physical and mental health. In the process of promoting "integration of sports and education", we should actively stimulate the vitality of social organizations, form a multiple and multi-level linkage mechanism of home-school individual society, and make the integration of sports and education practical.

5. Strategies to promote the healthy development of teenagers' physique

5.1 Constantly enrich the contents and methods of extracurricular sports activities

Speed up the reform of physical education; Enrich and improve the system of youth sports events; Improve the quality of physical education and health courses; Schools should continue to improve the archives of healthy growth of young students' physique; Record the daily physical exercise and health monitoring information of teenagers, and regularly feedback the physical health information of students to the society and parents. We should grasp two aspects: first, we should cultivate famous sports teachers and enhance the teaching level of teachers; second, we should deeply explore the scientific connotation and educational value of sports through the integration of multifaceted and multi-functional extracurricular sports activities, homework and training, create opportunities for students to participate in sports activities, reduce the learning burden of students, and let students return to their original aspiration and nature. Cultivate students' determination to take on the mission and temper their will. Cultivate good social youth with all-round development of morality, intelligence, physique, beauty and labor.

5.2 Change the theory of achievement

First of all, we should cultivate young people to carry out scientific fitness methods and improve their core sports literacy. Secondly, we should educate children to develop in a balanced and all-round way, change the idea of "heroes are based on achievements", and under the guidance of relevant Chinese policies, help students establish the idea that physical exercise and cultural learning are both at the same level, both of which are essential activities in their learning career. Once again, parents need to create a good family sports atmosphere. Parents should set an example, take the lead in physical exercise, and form a good family exercise atmosphere, which can not only improve physical and mental health, but also strengthen the communication between father and son, build a bridge of communication, and make the family live in harmony.

5.3 Actively cultivate students' health concept

Strengthen physical exercise, cultivate a healthy and scientific lifestyle, reduce internet time, regularly participate in various sports activities, ensure adequate sleep time, pay attention to diet, nutrition and living habits, actively participate in physical exercise, and enhance the healthy development of physique. Accelerate the improvement of policies related to adolescent physical health, promote the implementation and supervision of the policies, effectively help students cultivate personality, improve quality, develop sports ability, cultivate healthy behavior, sports morality, enhance physique, and enjoy the scientific core quality of fun in physical exercise, and make the "integration of sports and education" become the hub of the combination of education and sports

departments to form a joint force, let "education body" and "education character" be implemented.

5.4 Pay more attention to the healthy development of teenagers

As a major force to promote the physical health of teenagers, community sports is the main force to promote the in-depth development of "integration of sports and education" and deepen the reform of the education system. For example, first of all, we can organize more competitions among various projects, such as the preliminary competition between the communities and the group competition between the communities, to improve the initiative of teenagers; Secondly, speed up the construction of hardware facilities and equipment in the community, so that teenagers who want to participate in exercise and training can have a place to go. The most basic thing is to provide some basketball courts, badminton courts, table tennis courts and 200M plastic runways, etc., to provide a comfortable exercise environment, supplemented by the form of competition, to fundamentally establish the concept of active health, and internalize sports activities into the daily needs of the people.

5.5 Further implement the curriculum standards of physical education and health

Implement the requirements of "church, diligence and regular competition" and "students exercise for 1 hour in school and 1 hour outside school every day", strengthen the organic combination of in-class teaching and extracurricular sports activities, and the multiple linkage of school, family and community sports. The Promotion Plan for Youth Sports Activities precisely proposes that the quality of school sports curriculum activities must be improved. Through research, it is found that junior high school is slightly better than senior high school in terms of compulsory education. In the curriculum, classroom physical education is the main channel and classroom for students to master skills and accept sports knowledge. Under the background of the integration of physical education and education, the school actively carries out high-quality physical education and health courses, which is the basic guarantee for the continuous promotion of the integrated model of "learning, practicing, and regular competition" for students.

6. Conclusion

"Integration of sports and education" is the call of the times and the vane of sports development. It is the general trend to promote the deep integration of sports and education and jointly promote the healthy development of teenagers' physique. We should speed up the formation of a linkage mechanism through the supervision of the new school sports curriculum, and establish a dynamic management and monitoring system for the development of youth sports; According to students' own needs, they are required to master 1-2 basic sports skills; Change the theory of achievement and promote the all-round development of students; Realize the integration of schools, families, communities and individual students, and improve the physical health of teenagers. Therefore, take education as the fundamental task, promote the modernization of teenagers' physical health management ability, create a new situation for the reform and development of school physical education, realize the two-way drive of physical education and education, cultivate and promote the physical health of teenagers, and cultivate the socialist construction talents with strong will and excellent ideological quality.

Acknowledgements

This work was supported by the Nanchong Municipal University Science and Technology Strategic Cooperation Project (no.20SXGJSK0004) and Nanchong Social Science Research "Fourteenth Five-Year Plan" 2022 Key Project: Research on College Students' Physical Health Promotion Evaluation System (no.NC22A025).

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