

# Study on the Training Path of College Students' Physical Literacy under the Perspective of Healthy China

Wang Wenrui

Taishan College, Tai'an, Shandong, 271000, China

**Abstract:** *Healthy China is an important goal of China's future development. In the "Healthy China 2030 Planning Outline" promulgated by The State Council, it is pointed out that health is the inevitable requirement of promoting the all-round development of mankind, but also the basic condition of economic and social development. The implementation of the outline is of great significance to accelerating the construction of socialist modernization. Building a healthy China, themed by jointly building and sharing, and promoting health for the whole people, aims to promote a healthy lifestyle, establish a complete system for promoting health, and realize the health of the whole people. College students assume the important responsibility of national development. The cultural literacy and health situation of college students are directly related to the future development of the nation, so the health management education for college students is very important. Physical education and health are inseparable, so in the process of physical education in colleges and universities, we should strengthen the training of students' physical literacy, optimize the training mode, establish students' awareness of lifelong physical education, improve the overall health level of college students, and then promote social development.*

**Keywords:** *healthy China; college students; physical literacy; training path; research*

## 1. Introduction

With the continuous improvement of people's quality of life, physical and mental health has become the basic demand and guarantee of people's life. In order to promote the healthy development of the people, The State Council has put forward the strategic goal of a healthy China and made clear plans for the future of the nation and the country. Universities are the frontier region of the development of new ideas, and also the main battlefield for spreading the connotation of healthy China. In recent years, the goal of physical education in colleges and universities has realized the transformation from the promotion of intellectual education to the promotion of students' all-round development of morality, intelligence, physique, beauty and labor, which is helpful to students' physical and mental development. The physical education in colleges and universities should not only teach students sports skills, but also develop students' excellent sports character. But there are still some bottlenecks in the process of college students' sports literacy training, this study is the significance of college students' sports literacy training content, analyze the present situation of college students' sports literacy, and put forward the effective measures of college students' sports literacy training and training path, hope to help college students' sports literacy education measures.

## 2. The significance of college students' physical literacy cultivation under the perspective of healthy China

In the context of a healthy China, promoting the health of the people has become a strategic goal at the national level. College students are the future pillars of the country and shoulder the important task of building socialism. Therefore, it is very important to cultivate college students' physical literacy. On the one hand, it can make college students realize their personal value, and on the other hand, it can also promote college students to make contributions to the whole society<sup>[1]</sup>. Improving college students' physical literacy ability can promote the formation of healthy psychology, improve the overall quality level, and then add luster to the cause of sports. The significance of college students' sports literacy training is mainly divided into the following aspects: first, cultivate college students' sports literacy can promote students' physical and mental health, through the college students physical exercise guidance,

promote students to actively participate in physical exercise, improve their physical quality, and college students' immunity will improve<sup>[2]</sup>. At present, college students will face certain learning pressure and employment pressure in the process of school, which are prone to anxiety. After the cultivation of physical literacy, the psychological state of college students will become stable, their inner pressure will be released, promote physical and mental health, and over time, they will form a positive attitude towards life. Second, the cultivation of college students' physical literacy can make college students adapt to the society faster. With the continuous development of social economy, employment is difficult, and college students will undergo great social pressure after graduation and entering the society. The formation of good physical literacy among college students can promote college students to calmly face the pressure, enhance the overall core quality of students, form a tough and valuable moral character, so that college students can adapt faster under social pressure, promote the realization of personal value, and then make a certain contribution to social development<sup>[3]</sup>. Third, cultivating college students' physical literacy can also improve students' communication ability. With the continuous development of the Internet, contemporary college students like to accept new things, more and more college students begin to indulge in the Internet, and the communication between students is reduced, thus affecting the healthy development of college students<sup>[4]</sup>. By guiding students to carry out sports, instill sports spirit and cultivating students' lifelong sports concept, teachers can make students improve their interest in sports, integrate sports spirit into daily life, and enhance students' interactive communication ability. Each sports program will involve the cooperation process between students, students and the collective, in which it can cultivate students' cooperation ability, and have a certain role in promoting the interpersonal relationship in the future employment process. In addition, students adhere to sports can also hone their own will, college students can learn to adjust their own psychological state, in the game to establish a correct outlook on life, continuous learning to optimize, the formation of an unyielding spirit of sports, is conducive to their own growth and development.

### **3. The status quo of college students' sports literacy**

#### ***3.1 College students lack of active sports behavior awareness and weak sports foundation***

College students in the previous learning stage due to the high intensity of pressure, the physical quality is poor, most students did not develop the habit of physical exercise<sup>[5]</sup>. After entering the university stage, students have rich spare time to exercise, school also provides students with various elective courses and a variety of campus activities, but due to the lack of the cultivation of sports awareness, students generally class not active, poor action, etc., sports class students just received the attitude to participate in exercise, more passive. In the course of traditional sports classroom teaching, physical exercise is limited to simple skills training, and for physical exercise of students emotional regulation lack of education, generally adopts the traditional teaching methods and training methods, ignore the students' sports consciousness, and students due to the lack of exercise, sports foundation is relatively weak, higher requirements for endurance sports, students complete more difficult, and affect the health. Therefore, in the process of physical education teaching in colleges and universities, we should strengthen the cultivation of students' physical literacy. On the one hand, we should instill the idea of physical exercise to students, on the other hand, we encourage students to take the initiative to participate in physical exercise, constantly improve their sports skills, and develop good sports habits<sup>[6]</sup>.

#### ***3.2 College students lack of the mastery of sports knowledge, lack of sports practice ability***

College students' ability to master physical education knowledge is not strong, and most students' cognition of physical education knowledge stays on the role of physical fitness, while ignoring the important value role of physical education in relieving mental pressure and promoting communication ability, when the joint is damaged after exercise, students also lack the correct handling measures<sup>[7]</sup>. Due to the limitations of economic conditions and other factors, physical education courses in many colleges and universities are public sports courses, such as badminton and basketball, etc. Teachers lack innovation in the course content, the test standards are relatively simple, students cannot improve their enthusiasm in physical education classes, and sports items lack challenges. In the teaching process, teachers also focus on students' sports skills, lack of detailed explanation of sports knowledge, sports injuries and other knowledge, so that college students are very passive in the process of participating in sports activities, lack of physical practice ability, easy to make physical exercise present the opposite effect<sup>[8]</sup>.

### ***3.3 Lack of guidance in physical education classroom, university physical education teachers lack of core literacy training consciousness***

Physical education teachers are the core of physical education teaching in colleges and universities, and the main goal is to realize the teaching content and the teaching goal of healthy physical education<sup>[9]</sup>. But most of the current PE teachers lack of training students' core quality idea, also lack of lifelong sports education thought, make the teacher in the process of professor only stay in the sports teaching, teaching content lack of innovation and guidance, affect the implementation of healthy Chinese concept, students lack of guidance in the classroom, and affect the healthy development of students. In the evaluation process of physical education teaching, it is only limited to the demonstration of fixed sports movements and the standardization of students' movements, but there is a lack of certain tests on students' core quality and behavior. In addition, colleges and universities also lack of corresponding supervision when carrying out campus activities, students lack of certain planning in the process of arranging extracurricular physical exercise, often according to their own preferences, colleges and universities lack of correction of students' bad living habits, so that many college students to stay up late, excessive eating and other bad habits that affect health.

## **4. The training path of college students' physical literacy under the perspective of healthy China**

### ***4.1 Cultivate college students' physical fitness thoughts, and encourage students to take the initiative to participate in exercise***

The sports culture atmosphere in colleges and universities has a certain influence on stimulating college students to participate in physical exercise. Colleges and universities should create a sports learning atmosphere, which can have a subtle influence on students<sup>[10]</sup>. Schools can organize more group activities, and hold open exercise facilities in the school, to activate the campus atmosphere, and improve the overall cohesion effect of sports culture on the campus. The activities can be carried out with the theme of leaving the dormitory, and the corresponding links can be set to publicize the strategic goal of healthy China before the start of the activity. School associations and various associations can also participate in the preparation process of the competition, lowering the threshold of the competition, so that more students can experience the fun of physical exercise in the activities. Students can promote their own communication ability in sports activities, and show their own sports level, stimulate students' spirit of cooperation and the spirit of striving for the first, and then improve students' moral quality. The school can also invite professional athletes to the school to exchange and share, so as to convey sports and fitness ideas to students and encourage them to develop the good habit of exercise. The physical education teaching methods in colleges and universities should also break the limitations of the traditional teaching concepts, innovate the teaching methods, and inspire the students to actively participate in the sports projects. Sports elective courses should give full play to the advantages of all kinds of sports items, establish the space for students to exercise independently, and fully mobilize students' enthusiasm for sports. The school can also hold special courses to improve the physical and mental quality, stimulate students' interest in sports participation, adapt to the law of students' physical and mental development, and promote the healthy development of college students. In addition, colleges and universities should regularly open the campus sports venues and sports equipment, establish a management mechanism to meet the sports needs of college students, advocate a healthy lifestyle, and give full space and support for students' physical exercise. It can also be encouraged students to drive each other to exercise, set exercise cycle for students, play a collective effect, make long-term exercise become a habit of students, and integrate into their study and daily life.

### ***4.2 Optimize the physical education courses, implement and cultivate students' core physical education literacy***

Under the trend of educational reform and continuous optimization, students' core quality of sports has become a key content in the teaching process. It is not only necessary to exercise the excellent quality of students' independent learning and active exercise, but also to instill the sports culture knowledge and moral ideological content to students, so that students can develop in an all-round way. The physical education teaching in colleges and universities is also constantly breaking the restrictions of the traditional teaching mode, aiming to cultivate students' core accomplishment, realize the quality-oriented education policy, cultivate students' sports skills and sports emotional moral accomplishment, so that students can inject physical exercise thoughts into their daily life and practice

the concept of lifelong physical education. At present, university physical education teaching classroom is often based on basic courses and elective courses, basic courses are set according to the talent training direction of each school, while elective courses are based on the research direction of school physical education teachers, different teachers carry out various courses at the same time, and students choose subjects according to their own interests. In addition, colleges and universities can also give full play to the dissemination and publicity ability of physical education, organize and carry out instructive health lectures, tell students about the benefits of sports training on physical health, inform students that they should enhance physical exercise, monitor their health for a long time, prevent the occurrence of various diseases, and achieve effective prevention.

#### **4.3 Improve the core quality of physical education teachers in colleges and universities, and improve the assessment and evaluation content**

Physical education teachers in colleges and universities are the leaders of college students, so cultivating students' core quality of physical education should first cultivate the core quality of physical education teachers should innovate the teaching content and teaching methods under the guidance of the goal of physical education, so as to realize the cultivation of students' core quality in the teaching process. Physical education teachers in colleges and universities should continue to learn and improve, optimize teaching design, create rich classroom situations for students, so that students can develop good character in the process of sports, and develop excellent moral character of daring to challenge and not afraid of failure in the process of competition. Colleges and universities should make use of various channels to train physical education teachers in physical literacy and professional ability, improve the quality of the whole teaching team, help students to plan the process of physical education, and arrange full-time physical education teachers to provide physical guidance for college students, so as to promote scientific and effective exercise.

### **5. Conclusion**

Under the strategic background of healthy China, health is the premise of development. College students, as the mainstream group of social sports activities, can promote the effective development of social health actions. In order to carry out the healthy development policy and promote the health level of college students, colleges and universities should start from themselves to create a good sports culture atmosphere for students, and set up open sports exercise facilities in the campus, so that every student can feel the vitality of the campus, and encourage students to actively participate in the exercise activities. Colleges and universities should also organize and optimize the physical education courses, carry out the students' quality education in the whole process of physical education teaching, and specially set up health education lectures, so that students can understand the close connection between healthy life and physical exercise.

### **References**

- [1] Peng Hua, Liu Jianghong. Investigation and analysis of the current situation of the core literacy of physical education under the normalization of epidemic prevention and control [J]. *Contemporary Sports Technology*, 2023, 13 (9): 158-161.
- [2] Zhang Xuewei, Chen Junqiang. Research on the development of sports activities in universities under the background of healthy China—Take Xinjiang Institute of Engineering as an example [J]. *Public Relations World*, 2022 (20): 74-75.
- [3] Teng Jinsheng, Jin Zhengcheng. The Enlightenment study of "Healthy China 2030" Planning Outline on the construction of physical Education quality System in Colleges and universities [J]. *Sports Science and Technology Literature Bulletin*, 2021, 29 (11): 33-35.
- [4] Zhou Weifeng. Research on the construction of physical education teaching system in universities in the New Period—Research on the Integrated development of Physical Education Teaching and Sports Culture in Universities [J]. *Chinese Oil*, 2023, 48 (5): 12-13.
- [5] Li Xiang, Guo Xiujin. The era value, internal logic and realization path of comprehensive university physical education under the perspective of "five education integration" [J]. *Physical Science Research*, 2023, 37 (1): 95-101.
- [6] Jiang Y, Xu G. Research on the Cultivation Path of Teenagers' Sports Health Literacy under the Background of Healthy China[J]. *Journal of healthcare engineering*, 2022, 2022:3031475. DOI:10.1155/2022/3031475.

[7] Geng Yingui. *To explore the effective way of integrating humanistic spirit in college physical education teaching—Comment on the Theoretical Construction of Physical Education Teaching Mode in Universities under the threshold of Humanistic Spirit* [J]. *Science and Technology Management Research*, 2022, 42 (1): Replacement 12.

[8] Chi Shanjiao, Xie Birong. *Research on the cultivation of "six-dimensional linkage" of the core literacy of college students' physical education discipline—Based on the curriculum ideological and political construction background* [J]. *Journal of Tonghua Normal University*, 2022, 43 (8): 99-104.

[9] Chong Zhao, Yu Qi, Cui Bin. *Research on college physical Education course content to improve the core quality of college students' physical education under the background of ideological and political courses* [J]. *Journal of Jiamusi Vocational College*, 2022, 38 (2): 104-106.

[10] Zhi Yonghong, Jiang Yan. *Innovating the physical education teaching mode to construct a new teacher-student relationship—The Research on theoretical Analysis and Mode Innovation of College Physical Education Teaching in the New Era* [J]. *Journal of Shanxi University of Finance and Economics*, 2022, 44 (11): insert 1.