

Review on the Effect of Combination of Health Education and Exercise Prescription on Physical Fitness

Xiufeng Zhao¹, Ming Li², Tao Sun³

Taishan University, Tai'an City, Shandong, 271000, China

ABSTRACT. *The main purpose of health education is to enhance students' awareness of health, guide them to form good health habits and cultivate their ability to protect their health. But health education does not refer to simple exercises, it involves many aspects. Only by making a scientific and reasonable plan can the role of health education be brought into full play. Just like doctors prescribing medicine to patients, it is necessary to prescribe the right medicine. Indiscriminately prescribing medicine not only cannot cure the disease, it may also endanger life. This paper mainly discusses the effect of combination of health education and exercise prescription on physical fitness.*

KEYWORDS: *Health education, Exercise prescription, Physical fitness*

1. Introduction

In health education, exercise is one of the most effective ways to enhance physical fitness. The development of sports should be like the doctor's treatment. According to the actual situation of the people who participate in the sports, they need to have their own exercise prescription and carry out scientific and reasonable exercise. Only in this way can they carry out exercise on the premise of ensuring their own safety and strengthen their own system through exercise. Health education is one of the important contents of school education, and physical education is also a compulsory course. Therefore, the combination of health education and exercise prescription can effectively enhance students' physical quality.

2. Concept of Health Education and Exercise Prescription

Exercise prescription is student-oriented exercise training method that is targeted and more effective. It is necessary to understand the current situation of students' physique, physical health and usual sports situation, and then customize the exercise prescription according to the purpose of sports, so as to promote students' physical and mental health.

In the process of the combination of health education and exercise prescription, we must pay attention to the following points: (1) integrating fitness exercise prescription into the teaching of physical education is no longer a one size fits all method of physical education, but a scientific and reasonable sports mode combined with teaching objectives and students' actual situation. (2) The main purpose of combination of health education and exercise prescription is to effectively enhance students' physical fitness and improve students' health literacy. In the process of sports training, we should not neglect the enhancement of students' physical fitness while improving students' sports performance. (3) While implementing exercise prescriptions, it is necessary to adopt a teaching mode that combines a variety of teaching methods. Theory lessons is to teach theories, and practice can truly enhance students' physical fitness and stimulate their passion for sports. (4) The domination of health education is the students. The exercise prescription should be closely combined with the actual situation of students, and students should be taught in accordance with their aptitude ^[1].

3. Comparison of Teaching Mode between Exercise Prescription and Routine Health Education

Conventional health education mainly refers to helping students master health knowledge in daily health education courses or physical education courses. The consideration of more exercise for students is to see how much exercise the students can complete in a given time. But in the sports prescription of physical education mode, combined with physiology, biology and sports science, sports skills and physical fitness, students can achieve balanced development. In terms of education, it will conduct health diagnosis and physical strength measurement for students in advance, and then select appropriate sports items for students according to their needs, and formulate scientific sports prescription. The consideration of students' exercise combines psychology, physiology, strength, and physical function, which is more scientific and reasonable ^[2].

4. The Effect of Combination of Health Education and Exercise Prescription on Physical Fitness

Through the implementation of exercise prescriptions for students, it is found that students' level of physical fitness has undergone certain changes. The specific manifestations are as follows:

On the whole, both boys and girls have a certain improvement in physical fitness. The speed, endurance, jumping ability and upper limb strength of boys have been significantly improved. The speed and jumping ability of girls are not obvious, but their endurance and abdominal muscle strength has been improved obviously. It is mainly caused by the different sports styles and main points of boys and girls. In general, with the combination of health education and exercise prescription, students' physical fitness has been significantly improved, and students' athletic ability and sports performance have also been significantly improved ^[3].

After carrying out vital capacity test, sprint test, step test and maximum inspiratory oxygen test on students, it is found that students' cardiorespiratory function has been significantly improved, which plays an important role in enhancing student's exercise endurance. If student's cardiopulmonary function is not good, it means that students are not able to do vigorous exercises or long-term exercises. To improve students' cardiopulmonary function is also to enhance their athletic ability and improve their physical fitness.

In addition, the exercise prescription is an exercise plan that is set in accordance with the actual situation of the student, so student's body will also be corrected. Under the guidance of exercise prescriptions, most students' weight and bust circumference show a certain downward trend. Students with a higher body fat rate had a significant decrease in body fat, and the phenomenon of students bending over and hunched over is significantly improved.

Health education allows students to develop habits of healthy, form healthy literacy, and pay more attention to physical health, so as to develop regular exercise habits. Doing exercise regularly effectively enhances cardiopulmonary endurance which is an important indicator to evaluate the level of human health or physical strength and is the core element of physical fitness. Diet education in health education trains students to develop a balanced diet and reasonable nutrition eating habits. The joint implementation of healthy diet and exercise prescription can make the effect of exercise more significant, the body shape can be improved, and the body fat rate is significantly reduced. It show that the improvement of physical quality can not be separated from nutrition^[4].

5. Conclusion

To sum up, we can clearly see that the combination of health education and exercise prescription has a positive effect on students' physical fitness. It is because exercise prescription is more scientific and reasonable than the general physical education method. It can formulate the exercise mode that can effectively improve students' physical quality by combining the actual situation of students' body, so as to improve the effectiveness of exercise. Health education in the process of the implementation of the way of teaching can encourage students to develop good habits of doing exercise and being healthy, form a healthy literacy, develop the behavioral habits of doing exercise, and enhance the teaching effect of exercise prescription.

References

- [1] Wang Gongbiao, Yu Jing, Ning Lijuan, et al (2019). Effects of Mobile Phone APP Health Education and Exercise Prescription on College Students' Physique and Healthy Lifestyle [J]. Chinese School Health, vol.4, no.8, pp.1232-1234.
- [2] Bai Caiqin, Wang Fei, Bian Wei (2019). Exploration and Intervention Strategy of Physical Health Education Model for Students in Primary and Secondary

- Schools [J]. *Modern Preventive Medicine*, vol.46, no.11, pp.1969-1972.
- [3] Lu Tianxue (2017). Research on the Influence of Skateboarding Exercise on College Students' Physical Health [J]. *Journal of West Yunnan Normal University of Science and Technology*, no.4, pp.114-117.
- [4] He Zhixiong (2013). Effects of Different Sunshine Sports on Physical Health of Primary School Students [J]. *Sports Science and Technology Literature Bulletin*, vol.21, no.3, pp.110-113.