

The Development Trend & Supposed Approach of College Students' Body Posture And the Body Sociology Perspective

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ABSTRACT. *The Body is the Representation and Discourse of the Society, Expressed through the Specific Practice to the External Body. the Healthy Posture Reveals an Active Social Construction. the Transformation of Science, Technology and Life Style Has Not Improved the Students' Physical Health. on the Contrary, Myopia, Overweight and Other Health Problems Have Become a Critical Factor Restricting the Physical Health of College Students. the Author of This Paper Sorts out the Development Trend and Its Supposed Approach Path of College Students' Body Posture from the Body Sociological Perspective. the Purpose of This Paper is to Help Teachers and Students in Colleges to Realize Body Posture and Health Level Scientifically, Drawing Up a Curriculum Aims to the Development of students' Healthy Body Posture, and Finally Achieve the Goal of Enhancing students' Physical Health, Promoting the Socialization Process of students' Body.*

KEYWORDS: *Health, Body Posture, Body Sociology*

1. Introduction

The Term “Body Posture” is Medically Defined to the Relationship between Various Parts of the Body, Including Their Natural Arrangement, and Whether Their Positions Match Anatomically. School Physical Education, as the Main Body of Physical Education, Its Functional Embodiment is Not Only in the Physical Essence, But Also to Promote the Development of students' External Shape to the Direction of Health and Beauty. from Results of Physical Fitness Monitoring Till the Past Three Years, We Can See That Show That the students' Morphological Development Level, the Nutritional Status and the Grip Strength Level Increased Year by Year, and the Prevalence of Several Common Diseases Continues to Decrease; the Existing Problems Are: the Speed, Endurance, Explosive Power and Strength of College Students Continue to Decline; the Vital Capacity Test, Which Reflects the Heart and Lung Function, Shows a Declining Trend; the Overweight and Obese Students Increase Significantly. What's Worse, the Trend is Spreading to Preschoolers. the Deep-Seated Reason is That the Society Has Not Enough Awareness of the Body, Has Inherent Prejudice to the Body Education, and Neglects

the Essence of the Body. Therefore, Using a More Scientific Measurement Model Which Combines Body Composition Index and Physical Fitness Index to Measure and Analyze the Physical Condition of College Students in Our Province, Return to the Essence of Physical Education and Explore the Supposed Approach Path of College students' Physical Development. the Healthy Posture is the Supposed Approach Path of College students' Physical Pursuit. Physical Education in Colleges and Universities Undertakes the Mission of Evaluating and Instructing the students' Physical Condition and Health Condition to Push the Development of Physical Education to a New Height.

2. Research Object and Method

Starting from September, 2019, this study takes college students as the research object, and the research method is the combination of qualitative research and sampling survey. The author, as the participant and practitioner of School Physical Education, goes deep into every field of school physical education practice, and understands the feeling, experience and expectation of students in school physical education practice through extensive and in-depth exchanges with students. Sample screening, exclusion of special conditions: students which are unable to participate in the test, because of medical devices implanted in their body, special diseases, physical disability, recent hospital history, a total of 120 students in school. There were: 74 males (61.66%) and 46 females (38.34%). The body mass index includes: BMI height, weight, grip strength, vital capacity body mass index (BMI), and Grip Strength Body Mass Index (BMI) are measured using statistical software and body sociological theory.

3. The Development Trend of College students' Body Posture from the Body Sociology Perspective

Through the on-the-spot participation, observation and interview of college students' Physical Education Classes, sports meeting& sports training inside and outside the school, and through the measurement and evaluation of college students' physical condition at present, the author finds that at present, the body shape index of college students has been improved and the physique level has been declined. A healthy posture should be a harmonious, natural and comprehensive beauty, which is a combination of physical fitness, body-building and graceful posture. However, bad eating habits and the lack of sports caused by the fast-paced social life have become the potential or direct factors that affect the physique and even the health of college students.

3.1 The Analysis of College students' Body Shape

Height, weight and BMI can roughly reflect the state of college students' body. Though the measurement shows that, comparing with previous years the students'

height has an increasing trend, but their weight has also increased obviously. Overweight, obesity becomes serious health problem. See table 1.

Table 1 Description of Students' Body Shape Index($\bar{X}\pm s$)

| Variable Quantity | Male(n=74,61.66%) | Female(n=46,38.34%) |
|-------------------|-------------------|---------------------|
| Age | 21.56±2.13 | 21.45±2.34 |
| Height | 173.49±5.57 | 162.38±5.21 |
| Weight | 67.52±8.78 | 54.36±6.71 |
| BMI | 22.12±2.03 | 21.07±2.24 |

The result shows that the index of students' shape has a good increasing trend, and the average height of male and female students is higher than national average. However, the number of overweight and obesity increased significantly, according to the Asia-pacific region's BMI evaluation criteria, the survey find that 11 boys are overweight (14.86%) , 5 boys are obese (6.75%); 7 girls are overweight (15.21%), 4 girls (8.69%) are obese. Scientific study shows that chronic diseases such as obesity, diabetes, hypertension, and arteriosclerosis are closely related to poor diet and exercise shortage.

3.2 Analysis of Body Composition of College Students

Height, weight and BMI can only be used to estimate the obesity of students, and further analysis and evaluation should rely on factors as body fat content, lean body weight and body fat rate. The testing results of using Biospace In body 3.0 are shown in Table 2

Table 2 Description of Student Body Composition Index($\bar{X}\pm s$)

| Variable Quantity | Male(n=74,61.66%) | Female(n=46,38.34%) |
|---------------------|-------------------|---------------------|
| Body fat content | 9.56±3.94 | 13.31±4.23 |
| Body weight | 54.12±6.83 | 39.68±4.37 |
| Body fat percentage | 14.97±5.33 | 25.16±6.01 |

From the measurement of body fat rate, we can find that the body fat content of college students in our province is higher than the normal level (EVALUATION STANDARD: Male: less than 14%-lean, 14%-normal, 21%-overweight, 25%-OBES; female: less than 17%-lean, 17%-normal, 25%-overweight, 30%-obese) . The results of this study support that overweight and obesity have become a big problem of college students' health posture, and this trend is increasing annually.

3.3 Analysis of Physical Fitness of College Students

Table 3 Description of Physical Fitness Index of College Students($\bar{X}\pm s$)

| Variable quantity | Male(n=74,61.66%) | Female(n=46,38.34%) |
|--|-------------------|---------------------|
| Vital breathing capacity | 3801.73±694.76 | 2598.55±601.43 |
| Grip strength | 46.25±10.35 | |
| Vital breathing capacity body mass index | 61.43±11.79 | 49.97±10.91 |
| Grip strength body mass index | 75.31±12.93 | 51.02±8.97 |

Vital breathing Capacity Body Mass Index is an important index of human respiratory function. It reflects the aerobic metabolism ability has an important reference value to the evaluation of students' comprehensive health situation. The result shows that the good rate of vital capacity and body mass index in boys was higher than that in girls. Grip Strength Body Mass Index (WBMI) is the relative strength of individual muscles. It mainly reflects the strength of forearm and hand muscles, related to the strength of other muscle groups, as an effective indicator of the overall strength of muscles; from the testing results we can see that the male students' grip strength body mass index is significantly higher than that of female ones'. Analysis of gender issues in school sports practice from the perspective of body sociology; the participation rate of female students in school sports activities is much lower than that of male students, comparing with male students, this gap is larger. Female college students' resistance in sports is more prominent than the male ones'.

4. The Supposed Approach Path of College students' Body Posture from Body Sociology Perspective

According to the data measured by the student health network, besides the health problems fat and thin, the students also have posture problems such as Crista lateral curvature, oblique shoulder and hump back. The student body is a process of growing up and socialization. Hence, the management of the body becomes a matter of course. Healthy body posture is the external embodiment of a person's excellent temperament. College students shoulder the historical responsibility of the development of the country, needs not only rich knowledge but healthy physique. The body is the starting point and the destination of sports. Some basic aspects of physical behavior, such as walking, standing and sitting, are the result of social practice. For example, when using a mobile phone most people lean forward unconsciously. This posture can lead to compression of the nerves at the top of the spine, which can lead to headaches, stiff neck, and a feeling of fatigue. The most obvious changes in posture are the forward tilt of the head and the hunchback. The body plays a critical role in normal life in Current Sociology and anthropology. From the point of view, college students need to maintain and present their self-body posture in their daily life. In the course of the healthy posture, they should shape

correct body concept, develop the good exercise habit, and enable themselves to be socialized.

5. Conclusion

The industrial revolution caused by science and technology liberates manual labor completely, and big data revolution is also liberating mental labor step by step. The result of analysis shows that the trend of physique development in colleges is worrisome. Returning to the essence of the body, the posture of college students did not develop along the path it should be followed. The students' sports behavior and their habits are closely related to their body concept; From the point of view of body sociology, different school sports practice and contents, regulates the different aspects of students' physical development, such as body technique, body image, body capital, body order and so on. Understanding the inner world of students in sports and exploring the inner relation of sports, body and meaning is a powerful measure to promote the development of students' healthy posture. With the guidance of scientific theory, using scientific teaching methods and starting from the essence of body and aesthetic requirements, build a new platform to promote students to have a healthy and beautiful mental outlook in their movements and prevent unseemly posture.

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