

The Analysis of the Present Situation of the Students in the Higher Vocational College in Nanchang _ Take the Grade of Grade 17 of Jiangxi Industrial and Commercial Vocational and Technical College as an Example

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ABSTRACT. *In order to further understand the present situation of students' physique in higher vocational colleges, this paper takes the physical fitness test data of grade 17 students of Jiangxi Industrial and Commercial Vocational and Technical College who participated in the physique test in 2018 as the effective data, and makes a comparative analysis with the average number of individual physical fitness indexes of children and adolescents aged 7 years and 19 years old issued in the National physique Monitoring Communique. It is found that there are significant differences between the test data of the same grade and the national norm during the three years of school, and there are also different degrees of significant differences between the data of different years of the same grade. The results of this study provide theoretical reference for the effective prevention of students' physical health problems, and also provide a theoretical basis for the future reform of physical education in higher vocational colleges.*

KEYWORDS: *Physique test; higher vocational education; physical education.*

1. Comparative Analysis of 50m Race data and National Norm

Table 1 Comparative Analysis of 50m Race data and National Norm

sex	national norm (s)	Student	T	significance	N
		mean value $\bar{X} \pm s(s)$		probability (P)	
man	7.7	7.8±0.96	3.712	.000	399
woman	9.6	9.5±1.00	-0.015	.988	764

A single sample T test was carried out with the test data of grade 17 students in 2018 and the norm of national youth 50m race published in the National physical Fitness Monitoring Bullet. the results are shown in Table 1. It can be seen from the table that there is a very significant difference between the mean value of male 50m running and the national norm. The average value of male 50m running is higher than that of the national norm, that is to say, the average water of male 50m running lags behind the national male average. As far as this set of data is concerned, there is a significant decline and deficiency in the 50m physical fitness level of boys, which requires the attention of the school and the reform of the curriculum. The results of female data comparison $T \leq 0.015$, $P = 0.988$, indicating that there is no significant difference between the average value of female 50-meter running and the national norm.

2. Comparative Analysis of standing long Jump data and National norm

Table 2 Comparative Analysis of standing long Jump data and National norm

sex	national norm (cm)	Student mean value $\bar{X}+s(\text{cm})$	T	significance probability(P)	N
man	222.8	227.4±36	4.635	.000	399
woman	165.5	171.4±25	5.824	.000	764

A single sample T test was carried out with the test data of grade 17 students and the norm of national juvenile standing long jump index published in the National physical Fitness Monitoring Bullet. the results are shown in Table 2. The mean value of standing long jump of boys is significantly different from that of the national norm, and the average level of standing long jump of boys is higher than the national average. There is a very significant difference between the mean value of the standing long jump data of the female students and the national mean value, and it can be considered that the standing long jump level of the female students is better than the national average level. On the whole, the physical fitness data of both boys and girls are gratifying, and they are all higher than those of the whole country. The level of average data. This shows that the school system or physical education is still more important in this area.

3. Comparative analysis of sitting body flexion data and national norm

Table 3 Comparative analysis of sitting body flexion data and national norm

sex	national norm(cm)	Student mean value $\bar{X}+s(\text{cm})$	T	significance probability(P)	N
man	11.6	12.1±6.0	5.748	.000	399

woman	14.6	15.7±5.3	5.161	.000	764
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A single sample T test was carried out with the test data of grade 17 students and the norm of flexion index of adolescent sitting body published in the National physical Fitness Monitoring Bulletin. The results are shown in Table 3. From the table, we can see the comparison results of male sitting body flexion data $T \geq 5.748$, $P \leq 0.000$, indicating that there is a very significant difference between the average value of male sitting posture flexion and the national norm, and the average level of male sitting posture flexion is better than the national average level. The results of female students' data comparison $T \leq 5.161$, $P \leq 0.000$ show that there is a very significant difference between the average value of female sitting position and the national mean value, and the level of female sitting body flexion is very significant. Are superior to the national average. On the whole, the average physical fitness of students is also higher than the national average.

4. Comparative analysis of endurance index data and national norm.

Table 4 Comparative analysis of endurance index data and national norm.

sex	project	national norm (s)	Student mean value $\bar{X} \pm s(s)$	T	significance probability(P)	N
man	1000m	260.5	259.4±31	-0.730	.466	399
woman	800m	253.1	257.5±29	3.889	.000	764

A single sample T test was carried out with the test data of grade 17 students and the norm of endurance index of adolescents published in the National physical Fitness Monitoring Bulletin. The results are shown in Table 4. It can be seen from the table that there is no significant difference between the boys' 1000-meter running data and the national norm, which shows that there is no significant difference between the male students' 1000-meter data and the national norm, which shows that there is no significant difference between the male students' 1000-meter running data and the national norm.

The results of female students' data comparison $T=3.889$, $P=0.000$ show that there is a very significant difference between the average value of female 800m race and the national mean value, and the performance of female 800m race lags behind the national average level. Endurance quality needs to be obviously strengthened

5. Comparative analysis of sit-up and pull-up data with national norm

sex	project	national norm	a particular	Student mean value	T	conspicuousness probability(P)	N
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		(number)	year	$\bar{X} \pm s$ (number)			
man	pull-up	4.8	2016	7.5 \pm 4	16.595	.000	399
woman	sit-up	30.1	2016	34.4 \pm 6	17.297	.000	764

Table 5 Comparative analysis of sit-up and pull-up data with national norm

From the table, we can see the comparison results of male pull-up data $T=16.595$, $P=0.000$. There is a very significant difference between the mean value of pull-up and the national norm, which indicates that the upward level of pull-up of boys is better than that of the national average. The comparison results of sit-up data of girls were $T=17.287$ and $P=0.000$. It shows that there is a significant difference between the average value of sit-up and the national mean value, and the sit-up level of girls is better than the national average level.

6. Conclusion and suggestion

6.1 Conclusion

The 50-meter running level of boys is behind the national average level of boys, and there is no significant difference between the female 50-meter running average and the national normal model. For this group of data, there is a significant decline and deficiency in the 50-meter physical quality of boys, which requires school attention and curriculum reform.

There is no significant difference between the male 1000-meter running data and the national norm. The female 800m running lags behind the national average level, and the endurance quality needs to be obviously strengthened.

The standing long jump level of male and female students is higher than the national average level, and the average level of sitting position flexion of male and female students is better than that of Quan Ping. Overall, the physical fitness data for both boys and girls are gratifying, above the national average. This shows that the school system or physical education is still more important in this area.

Boys pull up, girls sit-up level is better than the national average.

For the physical fitness data that these students have tested, in addition to the endurance and sprint quality is not strengthened, the rest of the sitting body forward flexion, pull up and sit-up quality average level is higher than the national average.

6.2 Propose

To guide the students to carry out extra-curricular sports activities. in that case of the physical education teacher, the physical activity of the school need to be the center of the happy sport, the physical education teacher should make full use of the knowledge and the ability, carry out various forms of sports health knowledge popularization activity on a regular basis, fully stimulate the student's sports participation interest, improve the awareness of the student's exercise, To teach the

way of life of healthy nutrition, to guide the students to carry out the extracurricular sports activities, and to help them to form the habit of participating in the physical exercise.

Change the concept of physical education, optimize the curriculum. The school should optimize the curriculum, ensure that each major has enough physical education hours in each class, set up as many sports optional classes as possible for higher vocational students, give full play to the guiding role of physical education classroom, and help them to get exercise in a happy atmosphere through sports games and teaching competitions.

Build a team of high-quality physical education teachers. Schools can properly create all kinds of opportunities for physical education teachers, encourage them to carry out technical exchanges with teaching activities in the same industry, broaden their horizons, improve their educational ability, so as to improve the professional literacy of physical education teachers. So that physical education teachers can choose the teaching contents suitable for the development of college students' body shape, function and physical quality in physical education class, and run through the classroom teaching with various forms of physical quality practice, so that college students can really master the methods and skills of physical exercise, so as to effectively improve the physique of college students.

And establish a perfect system for evaluating the health of the students. After the constitution test is completed, the overall system evaluation of the college students is carried out every year, the test situation of the students is fed back, and the targeted training is carried out, and the effective basis for the subsequent constitution testing work is provided.

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