

# The Establishment of "sports promoting health" Mode in School and "lifelong sports"

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**ABSTRACT.** *With the development of the contemporary national sports activities, people have a deeper understanding of health, and make a new definition of modern health. Based on the contemporary concept of health, and through the study of social environment and individual behavior, the author found the important factors affecting health. These studies provide more concrete guidance on how to achieve the great goal of health. In school education, it has become one of the most scientific sports teaching modes to use sports to promote students' overall development, let students develop good sports habits, and finally achieve the goal of lifelong sports. In addition, the school has carried out a variety of sports activities based on this model, providing students with a variety of options for after-school life, and improving the participation rate of students in sports. It has also made great contributions to strengthen students' physique. It is a teaching mode that every school teacher should think about and actively practice when carrying out physical education to students. And to make students more active to participate in sports.*

**KEYWORDS:** *Lifelong sports; Health; Determinants; Lifestyle; Sports&Health; Promotion; Creation method.*

## 1. Introduction

With the continuous development of national economy and the improvement of people's living standards, people has paid more attention to their own health than past. Influenced and restricted by times, living environment and cultural and educational development, people's health level has also become an important standard to measure personal development. Therefore, everyone hopes that he can have a healthy body which can help him to achieve his goals and ideals[1]. On this basis, People can also find happiness through sports, which is also the scientific and effective basis for people to pursue physical health. However, influenced by traditional concepts, for a long time, many people believed they are healthy because they did not have any serious diseases. They defined health as the absence of physical illness. However, illness is not the only factor affecting health. In 1948, the world health organization has pointed out: health should include physical health (without disease or weakness), psychological health and social adaptation. "No

disease means good health" is a narrow and negative view of health[2] .

It presents a low-level view of health. With the development of society, people pay more attention to their health level, and naturally have a deeper understanding of health. People's social interactions and relationships are all related to health , which can have a serious impact on health. Therefore, the concept of health in modern society makes provisions on the harmonious coexistence between human and environment, and makes human try their best to achieve perfect performance in the living space[3]. At the same time, it is also required to achieve the unity of human body and environment, so that people's health and social environment and material environment to achieve a high degree of integration and unity.

## **2. The determinants of health and the enlightenment.**

In 1974, scientists identified four factors that affect health: human biology, lifestyle, the environment and the availability of health services. This definition has changed people's low-level view of health, and also made people have a deeper understanding and understanding of diseases, and pay more attention to their own health. In the mean time, with the proposal of this theory, people pay more attention to social environment, material basis, political and economic development and other environmental factors that affected our health. In addition, many social institutions and governments are gradually implementing some programs that are conducive to human health and help people develop more scientific living conditions and habits. With the development of the current society, people generally believed that health is mainly determined by the following factors: The first one is social economic environment and personal income, which include the education level, employment and work, interpersonal relationship, cultural environment and so on.

## **3. The main problems of physical education in schools at present.**

With the reform of new curriculum standards, the education and teaching form of schools have undergone great change. However, the current situation is that there are many teachers still take the cultural knowledge curriculum as the focus of school education, ignoring the requirements of the all around development of moral, intellectual, physical, aesthetics and labor education. Therefore, in many schools, the class hours of physical education are mostly insufficient. There are many teachers who use students' PE class time to make up for other classes. This would not only affect students' learning enthusiasm, but also harm students' physical and mental health. Students have a lot of courses in school, heavy schoolwork and great academic stress. Only through relaxing classes like physical education, music and art can they get a short mental break. If they lost their relaxation time and being forced to concentrate on their study all the time, their learning efficiency will be low. Therefore, schools should pay attention to this problem and provide adequate activity time for students, so as to promote the development of students' physical and mental health. Moreover, the new curriculum reform also puts forward the request

that physical education teaching should serve for students' physical and mental health. This means that PE classes should not only help students build a good body, but also help students gradually develop good behavior habits, laying a good foundation for healthy life and development in the future. Let students experience the fun of sports in life, and eventually develop lifelong sports behavior habits.

As a PE teacher, One should be aware that the school sports education should not only help students to build up their physique, but also help promoting students physical and mental health, help students to form good habits in the future life. Through school physical education, students can develop good living habits and a positive attitude toward life. May them all enjoy physical exercise. For many years, the education bureau used to link the students' health with the physical education in schools. If the students' physical condition is poor, it must be that the physical education in schools has not been done well, or that the physical education in schools has not achieved the expected effect due to the imperfect school system. Therefore, in the current relatively complex social environment, school education must play an important role in the overall development of students, but school is not the only driving force for the overall development of students. If students have physical problems, schools should not be solely responsible for that. Therefore, Under this situation, we should face the possible problems rationally and objectively, and in the joint efforts of parents and schools to change the situation of students' physical quality generally declining.

As one of the important contents of school education reform, we should take the advantages of school education and try our best to avoid negative factors that could affect students' physical and mental health. Although the PE class is the main content of school physical education, through the reform, the first thing that should be realized is the link between the concept of health and the teaching goal of lifelong sport. At the same time, we should also take the current social situation into consideration, make physical education more suitable for the harmonious development of society, truly and effectively serve the health of students, and lay a foundation for the realization of the goal of lifelong sports.

#### **4. To establish "sports promoting health" mode in School and effective ways to achieve the goal of "lifelong sports".**

##### ***4.1 Form a scientific sports lifestyle***

A large number of teaching practice research shows that sports are very beneficial to people's physical and mental development. Scientific and reasonable physical activity can greatly improve the quality of life and promote healthy lifestyle. Therefore, people often regard physical exercise as an essential factor in regulating and improving human living standards. With the continuous development of society, sports have become more and more popular among people. As an important way to keep health, physical activity has been widely spread and accepted by people. In fact, sports lifestyle mainly refers to that under certain conditions,

individuals or some group members in the society, guided by correct values, regularly engage in sports activities and maintain such good behavior to keep their physical health. In the current school teaching, physical education is also a very important course, which should enable students to form a healthier and more positive life attitude and lifestyle. Broadly speaking, healthy lifestyle can lead to huge enhancements in people's physical and mental health. Bring the concept of lifelong sports deep into people's hearts, and help people to form a regular exercise habit through the process of scientific exercise.

#### ***4.2 Let "sports promoting health" truly become an effective strategy to achieve lifelong sports.***

Broadly speaking, the way of physical education in schools is to take teaching as a means and school physical education system as a platform. By combining health strategies and health theories, the definition of "sports promoting health" is conveyed to students through teachers' practical actions. And through the joint efforts of the school, parents and all members outside the school, they can create a good atmosphere and environment for sport. The physical education curriculum includes physical education curriculum and non-physical education curriculum. All of them can urge students to develop a healthy lifestyle through safe sports environment and health services, thus laying a good foundation for students to achieve lifelong sports. This is an organized and formal decision, and targeted supervision and intervention measures can be taken to reduce the risks students may encounter in sports activities as much as possible, and gradually help students form a good sports lifestyle, so as to comprehensively affect the way students study and live. The scientific sports lifestyle is carried out around the core values of lifelong sports, and the school "sports promoting health" model is an important measure to help students develop a scientific sports lifestyle, so the school education can really point out the direction for the development of lifelong sports. In the daily school physical education, the physical education content for students should comprehensively affect students in all aspects of school life, and should be able to deeply affect students' study and life. In their spare time, students can take part in some sports activities to relieve the pressure in their study. Moreover, school physical education and health should be combined with community service, individual sports program training, sports and health education, sports and health, and education environment. At the same time, schools should also teach students in accordance with their aptitude: consider different physical qualities of each student, and pay attention to the healthy development of students' body and mind. Teachers should also make a scientific and reasonable diagnosis of students' sports behaviors. The diagnostic factors are generally divided into three types: first, what kind of sports students tend to do; second, which sports can better promote their comprehensive sports quality; in addition, how to strengthen students' physical quality and sports thinking through sports. With the continuous development of society, the proportion of determinants of health is rising under the changing social environment. The development of society is closely related to the improvement of people's health level. Of course, this also needs to start from the school education: In

order to develop school sports, we need to strive for the support of the whole society, and seek the support of various departments to improve the students' body health. And strive to promote the healthy development of students, promote the development of school sports, and indirectly promote the overall development of society. The improvement of the school system can make students' physical education curriculum more complete and comprehensive. It can also produce a positive effect on the comprehensive development of students. In this way, students can really benefit from a scientific sports lifestyle, and truly realize the concept of lifelong sports. All the students can turn the sports experience they have accumulated in school and the sports spirit they have learned into practical actions in their future life. Thus school education can really achieve the goal of physical health, so that students can truly achieve lifelong physical development.

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