

Study on the Management Model of College Students' Physical Health

Deyi Huang¹

¹ *Guangdong University of Foreign Studies , Guangzhou , 510420*

Abstract: Students are the important group to promote the future development of our country. The physical health of the students is related to the future development of our country, especially the students of colleges and universities, because they are about to enter the society directly for our service, so the physical health of college students can not be ignored. In recent years, the state has also been to develop and modify the "student physical health standards" and the promulgation of physical health testing methods and precautions to achieve the importance of college students' physical health and management. Each university also attaches great importance to the physical health of students, the physical health of the students was managed, but there are many shortcomings and the need to improve and use new technology. The construction of the wisdom campus has been promoted in more and more colleges and universities. Its construction has greatly promoted the reform of the management system of colleges and universities, saving manpower, material and financial resources so that the management of colleges and universities is more convenient, quick and scientific. The combination of wisdom campus construction and college students' physical health system is an original combination of thinking and innovation. Whether it is the supplement and expansion of the function of wisdom or the development of physical health system has a groundbreaking significance, Will create a new chapter on physical health management.

Keywords: Management model, College students, Physical health

1. INTRODUCTION

Students in the physical health problems, has been a hot topic of national concern, the state in order to implement the health of the first thought and to promote students to actively participate in physical exercise, put forward the "national student physical health standards" is to assess the overall quality of students, school work and Weigh the development of various local education an important reference, but also on the 2015, the state promulgated on accelerating the sports industry, "No. 46 document" proposed to promote healthy living, establish a healthy lifestyle, extend health life, stimulate sports enthusiasm , To promote the development of the concept of healthy investment. The health management of college students, macroscopically, is the country insists on the nature of sustainable development, micro is that everyone is a healthy lifestyle choice. As the development of reform and opening up in depth, Chinese economic strength has been improved, but the medical resources are a bit poor,

because the health of the consumption of resources to the point of scary, health problems gradually become the impact of Chinese economic development and social harmony, medical and health problems are the hot spots of each session. College students are an important part of society, but also the driving force of national development, their health not only affect their own learning, work, scientific research, but also affect the healthy development of society as a whole. Their scientific management of health, not only to improve their health awareness and health status, but also reduce the social, university and family health care burden, saving a lot of medical and health resources. Through the use of college students' health management model, to avoid the traditional health management model defects, such as passive management, student health awareness is weak, unreasonable behavior and so on. The health education, sports activities, family and social health effects and other factors effectively combined to build a comprehensive new situation of college students' health management. With the application of health management system, it is more convenient to manage the health information of college students, such as the electronicization of health information, the automation of health assessment, the interaction of health education, the analysis of health information, the results of the collection and evaluation, and the implementation of health management tool. This not only makes college students health awareness, health status and participation in the initiative have improved, play the purpose of prevention of disease, but also makes the health management agencies significantly improve the efficiency of the school to save resources and improve management efficiency.

2 SCHOOL STUDENTS PHYSICAL HEALTH INFORMATION COLLECTION AND EVALUATION

In general, the constitution includes five aspects: the level of development, physical, physical, physical function, refers to the function of the body organs, such as heart and lung function, digestive function; physical fitness, refers to the basic activities of the human body, such as Strength, endurance, sensitivity, etc .; psychological factors, refers to the degree of mental health; adaptability, refers to the ability to adapt to the natural environment, but also to adapt to the social environment, the former, including different temperature, pressure changes, disease resistance, The latter includes changes in interpersonal relationships, the ability to withstand social events and so on.

Physical measurement indicators can be from the shape, function and ability to judge several aspects, the method of measurement and evaluation criteria can refer to the

"student physical health standards", "Chinese obesity guidelines." Body shape and development level commonly used indicators include: height, weight, body mass index, body composition, trunk and limb circumference.

Common indicators of body function include: heart rate, blood pressure, maximum heart rate and maximum oxygen uptake. Common indicators of physical fitness include: strength, endurance, sensitivity, flexibility, coordination and so on. National physical survey methods used by adults in the indicators include 8: seat flexion, grip strength, vertical jump, eyes closed single foot, push-ups, one minute sit-ups, reaction time, 10 m × 4 running back and forth. Lifestyle and physical activity Lifestyle and physical activity information can be collected using a questionnaire survey based on the "lifestyle intervention group" of the Ministry of Health issued by the Ministry of Health. Mental health and social adaptation according to different classification criteria, psychological tests have different classification. (1) Intelligence test. In order to measure the level of intelligence for the purpose of the individual, the commonly used scale is the Benny - Simon scale, the Stanford - Bennay scale; (2) the personality test. It is commonly used in some psychological barriers to the measurement, can also be used for scientific research and psychological counseling on personality evaluation. Mainly measure individual interests, attitudes, motives, temperament, character and so on. Commonly used scales are Eysenck Personality Questionnaire (EPQ), Minnesota Multiphase Personality Questionnaire (MMPI), Cartel 16 Personality Test (16PF), etc .; (3) Diagnostic Test. (SCL-90), anxiety self-rating scale (SAS), self-rating depression scale (SDS), and so on. The self-rating scale (SCL-90), self-rating anxiety scale (SAS) and self-rating scale (SDS) were used.

3 COLLEGE STUDENTS PHYSICAL HEALTH MANAGEMENT METHODS

College health management approach requires the students to collect and organize the physical information, but also need to establish a set of health management information system, the physical health of students to monitor.

First, strengthen the construction of physical health management system. First of all, schools should increase investment, the establishment of specialized health management departments, for the student's physical data analysis and collation, the establishment of specialized institutions to operate and deal with each student to establish a physical health records, data entry. For different grades, different gender students to develop a variety of health questionnaires, students on a regular basis every year on the physical test, from the overall grasp of the physical health of students.

Second, the introduction of physical fitness evaluation software. Into the students of the data, the software can automatically analyze the overall physical condition of students. The school for the conclusions drawn develops appropriate measures to guide students to strengthen physical exercise. To retain students over the years test results and project assessment form, the data analysis, in

order to learn in the future management and application.

Third, the management and setting up health management organization staff. Set up a special responsible person in charge of management, the person in charge to determine the use of funds, and make relevant comments and suggestions. In addition, it is necessary to effectively monitor the implementation of the implementing agencies. School departments to cooperate with each other and support, for sick students, school hospitals have to collect students' health information, timely feedback. The health level of college students need to effectively manage and formulate the school health management policy, and, the funds should be open and transparent, the use of resources to be fair; for the distribution of drugs to have a certain approval procedures, or not allowed to use; Health investigation, proper custody of relevant information; the overall physical condition of the students to grasp, pay attention to other epidemics and other diseases;

4 HEALTH MANAGEMENT PLATFORM OPTIMIZATION STRATEGY AND PROMOTION

Wisdom campus in the construction and operation are inseparable from all aspects of support in the platform before the construction must first apply for school support by the Ministry of Education support, these two aspects of support for the wisdom of the campus physical health platform to provide a very broad Construction environment, the Ministry of Education will provide a certain policy and funds to support the construction of physical health platform, the school will provide a certain human, material and financial resources to support the wisdom of the campus physical health platform construction and after the platform management and maintenance, campus physical health platform in operation can not do without the support of students, the wisdom of the campus physical health platform requires the use of students and feedback.

The construction and operation of the intelligent campus physical health platform is inseparable from the innovation and characteristics. The innovation is reflected in the innovation of the technology innovation, the innovation of the management mode, the reporting of the physical health data and so on. Only the innovation can really promote the physical health management of the college students Level, in order to use advanced technology and scientific methods of college students in the physical health data for effective management. At the same time, the wisdom of the campus physical health platform construction and operation is not stereotyped, each school building wisdom campus physical health platform needs to be based on the actual situation of their school to build, each school can give it different characteristics, which is wisdom. The campus physical health platform is an important experience.

In the promotion of the wisdom of the campus physical health platform in the academic seminar on the experience of the promotion is an indispensable aspect of academic seminars is the form of the meeting platform to build, encounter problems and solutions, platform features and innovation, Platform experience and other sharing to other colleges and universities, used to

exchange and learning, but also in the platform to promote a very important aspect of the meeting not only to share the experience, but also to learn from each other, and through discussion for this The future management of the platform to provide more programs and ways, while each university representatives can put their own research and insights out for everyone to discuss and exchange, so that the wisdom of the campus physical health platform to promote the promotion of academic conferences is not or lack of an aspect.

Wisdom campus physical health platform is a special technical staff to build and run up, which has a lot of staff participation and technological innovation, in the wisdom of the campus physical health platform to promote the time, the promotion of technology is also an important aspect only to promote the technology to other colleges and universities can really promote the platform out, and should be in practice to better serve our colleges and universities. Technology to promote the form of technology is packaged in the form of the wisdom of the campus physical health platform packaged into the clouds, and then when the school needs to be able to pass to the clouds, and then apply in their own schools and it is very convenient and time-saving effort.

Whether it is the wisdom of the campus physical health platform construction or promotion are inseparable from the technical staff of the figure. On the one hand, at the academic seminar, the technical staff must attend to explain the technical level of knowledge, to the various schools to popularize the wisdom of the campus physical health platform for the construction and management of knowledge. On the other hand, in the promotion of the wisdom of the campus physical health platform when the technical staff also need guidance, because there are many times not listening to the seminar and the introduction of technology will be able to use this platform is very good, but also need to have specialized technology to the door Service guidance, providing some specific platform for operational management experience.

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5 CONCLUSION

Wisdom campus physical health platform has many advantages worthwhile to build. On the one hand, the construction of the platform to a certain extent, saving manpower, material and financial resources, the original in charge of different departments and different personnel under the management of the physical health system integrated together, more use of the network platform this new technology, So that the use of the data more convenient, so that the school management efficiency will be greater improvement, will be redeployed from the new staff, more concerted efforts for the platform services, but also save the use of money; the other hand, the platform construction More humane, more fit to the actual situation, students and teachers can more easily access to all their own information, including grades, curriculum, semester arrangements, their own physical health level, no longer in the Repeatedly log on their own personal information to query a different page, and only need to go home on the home page of the school, click on personal information, enter the student number or job number can only look at all their own information, and this is a great change , Is also the school, students, teachers of the Gospel.

ACKNOWLEDGEMENT

2016 Guangdong University of Foreign Studies education reform project

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