

Research on Relationship between Health and Physical Exercises of College Students

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ABSTRACT. *With change and development of the times, the health of college students have become increasingly prominent. And physical exercise can not only help students get a healthy body, but more importantly, they can effectively improve students' intelligence. At the same time, it helps to alleviate the emotional state of students, and to cultivate students' tough will and build perfect personality characteristics. This paper mainly explores relationship between health and physical exercise of college students.*

KEYWORDS: *Health, Physical exercise, College students*

1. Introduction

As students approach to society, their pressure will continue to increase, followed by psychological problems. And mental illness is more harmful than physical illness. If left unchecked, it may cause some damage to students' mental health and physiological functions, and may even make them lose their ability to study and work. And physical exercise can effectively improve students' psychological endurance, help students cultivate healthy psychological qualities, and enable students to complete their learning goals more efficiently.

2. Importance of Health

No matter what kind of occupation or work you have, health is the biggest capital. Only having a healthy body can survive better, otherwise everything is in vain. The importance of health can be illustrated by a metaphor. For example, we compare the body to 1, and things such as status, house, money to 0. Only when there is health, 1 can exist, and the latter subsidiary condition 0 can exist. If there is no 1, there is no more 0. It is a common metaphor, but it truly reflects the importance of health. With continuous improvement of social competition, people have a new understanding of physical health and fully realize the importance of having a healthy body. And physical exercise have gradually been favored by people, and has become an indispensable activity when people are free. However, most people still have too little knowledge of health, and they are still at the level of physical health. It is generally believed that as long as they are in good health, they are healthy. The World Health Organization has long proposed a three-dimensional view of health, including physical health, mental health, and good social adaptability. In addition, physical exercise achieved through a reasonable diet and an appropriate amount of exercise is the main way to obtain health. No matter which method is used to obtain health, the first thing to consider is the "quantity" factor, because quantitative changes will cause qualitative changes. It is undeniable that any physical exercise has a good promotion effect on physical health. But when playing sports, we must pay attention to controlling "quantity" factor to avoid excessive exercise to harm physical health [1].

3. Relationship between Health and Physical Exercise of College Students

3.1 Helpful to Improve Students' Physical Health

Things are two-sided, and it is undeniable that any physical sports can improve people's physical health. As long as it is a scientific and reasonable sport and appropriate exercise, it will promote people's physical health. On the contrary, if the exercise is appropriate, it will cause physical damage. Therefore, college students should strictly control the exercise and fully grasp some important principles for physical exercises. In addition, there are many indicators for assessing physical health, but the simplest and most direct is shape and function. The

so-called shape refers to proportion of various parts of the body. It needs to take targeted exercises to exercise a good shape. Only in this way can muscle fibers of relevant body parts be changed, and a healthy body be shaped. Function refers to the working ability of eight major systems in human body, and physical exercise is an effective means to improve human function. No matter what kind of sports, while external limbs are moving, internal systems of human body will also develop and change. For example, long-term endurance exercises can greatly improve the ability of respiratory system to transport carbon dioxide and oxygen. In general, physical exercise can effectively improve functions of various systems of the body, making it better developed.

3.2 Beneficial to Improve Adaptability of Students

In general, the development of adaptability can only be effectively improved through acquired exercises, and physical exercise can greatly promote the adaptability of college students. Physical exercises improve people's biological conditions, and help to eliminate negative impact of students' unsuitability. For instance, when some people encounter unpleasant things, the solution they take is to hold them in their hearts and only know that they are sulking, which will cause physical and mental damage over time. But when people who often carry out physical exercises encounter unpleasant things, the solution they usually take is to ease their emotions and adjust their mood through exercises such as running in the playground and yelling loudly [2]. After venting emotions through exercise, their mood will be much more relaxed, and the unhappiness in the heart will also be dispersed with the wind.

3.3 Conductive to Mental Health of Students

It is necessary for people to adjust themselves with the use of psychological activities when they are engaged in any activities with social inclination and purpose. The most important part of three-dimensional health is psychological activity. Any physical activity will produce psychological activity, and the degree of psychological activity is closely related to the intensity of physical activity. If the intensity of sports is appropriate, people can be in a state of excitement and energy; if it is excessive, people will be tired and sleepy. In addition, the spirit of exercises includes never giving up and striving hard. We can usually see that both players are striving for the last strength and never give up until the end in a game. Even if they lose the game, the spirit of struggle is still admired by the opponent. Therefore, long-term physical exercise can cultivate their good willingness and self-confidence, and their psychological endurance will also be enhanced with the improvement of self-confidence, especially in endurance sports or the same competitive events^[3]. And students' participation in sports team project is helpful to improve communication ability of students, and to cultivate their good sense and ability of cooperation.

3.4 Two Sides for Physical Exercises to Promote Students' Health

There is a dialectical relationship between physical exercises and students' health, so the function of physical exercises on students' health is two-side. Thus, we should pay attention to its advantages and avoid its disadvantages in daily life and learning. In implementing physical exercises, students should arrange the amount of exercise reasonably. Appropriate exercises can effectively improve the function of human body, has a great help to enhance physical fitness, while excessive sports will seriously harm human health. Therefore, students should start from their own situation and adopt scientific and reasonable exercise methods. When they feel that the intensity of exercise is high, they can adjust the exercise appropriately, such as changing to small intensity exercise and terminating exercise, to prevent excessive exercise from bringing negative effects on the body.

4. Conclusion

To sum up, health is caused by many factors, and physical exercise can promote students' health to a certain extent. In the process of participating in physical exercises, students should abandon bad habits, and carry out appropriate scientific physical exercises to be healthy.

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