

# Analysis on the Reasons for the Decline of Physical Quality of Pupils in China and Countermeasures for Improvement

Cang Man, Takemasa Watanabe

*Graduate School of Health and Sport Science, Chukyo University, Japan*

**ABSTRACT.** *The problem of the decline of physical fitness quality of primary school students in China has attracted wide attention from all walks of life. This paper aims to explore the main reasons for the decline of physical fitness quality of primary school students in China. Based on the practice of physical education, we strive to propose targeted improvement measures. Improving the physical quality of primary school students in China also provides reference for similar research.*

**KEYWORDS:** *Primary school students; Physical quality; Improvement*

## 1. Introduction

### 1.1 High Plasticity

Pupils are in the rapid developmental age of physical fitness, and their physical functions are gradually developed from the immature state of juveniles. In this stage, the pupils and physical organs of the primary school students have extremely high plasticity. Establishing good exercise habits and laying a good foundation for physical fitness will significantly improve the physical fitness after the primary school generation year. Conversely, if you develop bad habits and lack of exercise at this stage, it will also have a serious negative impact on adulthood.[1].

### 1.2 Differences

Under the same age, girls generally develop faster. There are three stages in the development of physical fitness for boys. The first stage is 7-15 years old, which is a period of rapid growth. The second stage is 16-20 years old. This stage is a slow growth stage. The third stage is 21~25 years old. The development of a person's life is high, and the development is stable. The quality development of girls is divided into four stages[2]. The first stage is 7~12 years old, which is a period of rapid growth. The second stage is 13~16 years old. The quality of a considerable number of girls is stagnant. The third stage is 17-20. Years old is a slow growth stage; the

fourth stage is 21 to 25 years old, and the development of physical fitness tends to be stable. It can be seen from the comparison that there are obvious differences in the growth and development of male and female pupils, and there are also large individual differences in the same-sex group due to family environment and genetic factors[3].

## **2. the Status Quo of Physical Fitness of Primary School Students**

From the perspectives of speed, explosiveness, strength and endurance quality[4]: (1) The scores of urban boys and girls have all declined compared with the previous four surveys, except for the increase in survey results in 2015. (2) The rural boys' groups are better than the 2015 results, but all the students are worse than the other survey results. (3) Among the urban girls, the results of each study period in 2018 are worse than the previous four surveys. (4) Among the rural girls, except for the primary school grades, which are higher than the 2015 results, others have declined. In various local reports, it is not uncommon for primary school students to experience physical illness, irritability, and myopia during exercise or learning.

## **3. Problem Analysis**

### ***3.1 Education Model***

Most of the primary school "heavy intellectual education, light sports" education characteristics, in the golden stage of primary school students' physical growth and development, neglected the training and training of physical quality. In many aspects of the construction of physical education curriculum in primary and secondary schools, school leaders often fail to pay sufficient attention to it, and management is not strict enough. As a result, physical education teaching is in a formal form and walks through the field[5]. This naturally has a negative impact on students' interest in physical exercise; In this situation, the normal opening of physical education classes cannot be discussed in the primary and secondary schools due to the shortage of land resources. In this case, the normal opening of physical education classes is naturally impossible, which further weakens the students' enthusiasm for physical exercise. Imagine it. On the other hand, most parents only pay attention to the test paper scores. They are keen to take their children to participate in various remedial classes. They take up most of the students' spare time. The children gradually lose their awareness of physical exercise during their growth. The lack of sleep further leads to physical fitness. Continue to decline.

### ***3.2 Lifestyle***

With the advent of the era of intelligence and information, there are many electronic devices in the life of primary school students, such as personal PCs, smart phones and Pads. This also reduces the time they spend participating in physical

exercise[6]. On the other hand, With the continuous development of transportation, private cars have become very popular. Most parents choose to drive their children to school, or several children can go to school by bus, subway or taxi. There are fewer and fewer bicycles and walking methods. The opportunity for physical exercise is further lost, and the physical quality naturally declines. In terms of diet, with the improvement of living standards, the situation of over-nutrition in primary school students in China has generally appeared. In addition, the primary school students are poor in self-control, and because of the influence of traditional concepts, parents also think that it is okay for primary school students to be fat. Moderate eating and drinking, which leads to excessive intake of nutrients, increasing body weight, and weakening immunity.

### ***3.3 Shortage of Venue Equipment***

Although various local governments have built a large number of fitness venues and equipped various fitness equipment, compared with the huge population base, the per capita physical exercise area is still in short supply, especially in the physical education teaching in many primary and secondary schools. And the limited space has become one of the important reasons why primary school students can't do enough activities and exercise[7].

## **4. Enhance the Physical Quality of Primary School Students**

### ***4.1 Extensively Carry out Sunshine Sports Propaganda to Encourage Students to Outdoor Sports***

First of all, students should be encouraged to exercise their enthusiasm. Through various publicity channels, students should be encouraged to walk out of the house and enter the sun, and eventually form a craze for primary school students. It is necessary to fully consider the appropriate exercise methods and exercise content of students of different ages, and the physical education teachers can carry out targeted physical exercise guidance to achieve a purposeful, planned and regular physical exercise mode, and fully cultivate students' exercise habits. And enthusiasm, ultimately effectively improve the physical fitness of students and improve their motor function.

### ***4.2 Strengthen the Construction of Facilities to Ensure the Time of Exercise***

Primary and secondary schools at all levels should first ensure the allocation of students' sports land and related facilities, and reserve sufficient time for physical education and extracurricular exercise time in class arrangements, and actively formulate various forms of physical exercise programs, and Teachers are responsible for supervision and management to ensure students' exercise time; for example, they arrange half-hour large-scale physical activities every morning, carefully organize

students to do broadcast gymnastics, carry out collective sports activities, or organize students to participate in various sports after school every day. Project interest groups, etc., and school sports venues should also be open to students during school and holidays.

#### ***4.3 Strengthening Sports Safety Management, Improving Exercise, Orderly Controllability***

In order to avoid accidents and student injuries during physical exercise as much as possible, the school as an organizer first needs to provide a full range of skills training for physical education teachers, including scientific development of exercise programs, safety knowledge, ambulance knowledge and organization. Management skills, etc.; in the management work, it is necessary to formulate detailed safety management rules, and the safety responsibility is clear to the people, especially for the primary school students' sports characteristics, to prevent group safety incidents; in terms of hardware facilities, it is necessary to regularly Types of stadiums, school playgrounds, and supporting equipment in public exercise areas are repaired and maintained to ensure that they can be used normally; in the exercise mode, research on the field of sports science should be continuously strengthened and the primary school movement should be carried out as an independent branch. Special research, actively develop exercise programs and fitness methods that adapt to the characteristics of primary school students, and truly achieve scientific exercise.

#### ***4.4 Parents' Joint Development of Physical Fitness and Health Education***

Each school must open a parent meeting every semester, and some even have to open three or four times. Every parent meeting can say the same content, how the child's homework, and the results of the exam. No school has a teacher who tells the parents about the child's physical condition, how the health is, and how the sports are up to standard. After the medical examination, the child's medical examination was never returned to the parents. If the parent can use the teacher to tell the parents about the child's health in 10 minutes, remind the parents to pay attention to the child's health at all times, so that the school and the parents can improve the child's health more effectively.

### **5. Conclusion**

Primary school students are the future of the motherland. The physical quality problems of primary school students are related to thousands of families, affecting the hearts of countless parents. It can be said that the health level of primary school students directly affects the happiness index of our family and the society as a whole. Therefore, it is of great practical value to analyze and summarize the factors that reduce the physical fitness of primary school students and find a feasible coping strategy. It is believed that with the entry of science and technology and the deepening of the concept of health, the physical fitness of primary school students in

China will inevitably increase gradually, and truly become the power to realize the Chinese dream.

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