

# The Realistic Dilemma and Theoretical Exploration the Physical Health Promotion of Adolescents in the New Era

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**Abstract:** Adolescents is the hope of the country and the future of the nation. Promoting the healthy development of adolescents' physique is the due meaning of the great rejuvenation of the Chinese nation. This article uses research methods of literature and logical analysis to systematically analyze the real dilemma of the physical and healthy development of adolescents in the new era. The research finds that there is a serious lack of teachers, the impact of adolescents' lifestyles, and the overly solidified concepts of parents. The marginalization of school sports and the increasing social pressure are the main dilemmas facing the physical health promotion of adolescents in China. For this reason, this study proposes five main ways to solve the plight of the physical health promotion of adolescents in China: through the integration of sports and education, make up teachers' shortcomings; change sports concepts to encourage adolescents to develop exercise habits; reshape family culture to encourage parents to change their ideologies; schools play a driving effect to promote adolescents physical health; use communities and social sports organizations to build a sports resource sharing model, it may be an effective model for the physical health promotion of adolescents.

**Keywords:** adolescents, physical health, healthy China

## 1. Introduction

China has entered a new stage of historical development. The country attaches great importance to youth sports, and guides adolescents to continue to promote the Olympic spirit, actively participate in sports and fitness activities, strengthen their physique, strengthen their will, condense and rejuvenate adolescents, and contribute to the great rejuvenation of the Chinese nation contribute. Therefore, improving the physical health of adolescents is not only the key content of accelerating the construction of a healthy China in the new era, but also an important cornerstone for realizing the great rejuvenation of the Chinese nation. Since the reform and opening up, society and schools have unilaterally pursued the rate of enrollment, and there has been "emphasis on intellectual education and neglect of physical education." The phenomenon of adolescent students is overburdened, exercise and rest time is insufficient. In recent years, physical fitness monitoring has shown that the proportion of adolescent students' lack of sleep, overweight and obesity has increased significantly; on the other hand, school sports equipment is scarce, and students' physical activities, physical education is difficult to guarantee. In view of this, this article intends to analyze the factors that affect the physical health of adolescent students and the ways to solve them, so as to provide theoretical basis and practical value for improving the physical health of adolescent students.

## 2. The real dilemma of adolescents physical health promotion

### 2.1 Serious lack of teachers

Adequate teachers is one of the prerequisites to ensure adequate physical education. In December 2012, Wang D F mentioned: "There are more than 1 million teachers in the compulsory education stage, but more than 300,000 physical education teachers are missing." [1]. At the end of 2016, there were 585,000 primary and middle school physical education teachers nationwide. Compared with the previous year, there were 75,000 new primary and middle school physical education teachers [2]. Although their number has increased, there is still a lack of staff. On the one hand, physical education teachers are structurally absent. In the new round of basic education curriculum reform, the increase in

physical education class hours and the new trend of small-class teaching, for the existing physical education teachers, can no longer meet the normal physical education teaching need [3]. On the other hand, there is a lack of policy for the establishment of physical education teachers. The 1990 "School Physical Education Work Regulations" pointed out: "Schools should be equipped with Physical Education Teacher" [4]. From the perspective of national policy, the number of physical education teachers in primary and secondary schools is not clearly stipulated, but local government departments are allocated, resulting in different standards in different regions.

## ***2.2 The impact of adolescents' lifestyle***

Adolescents are interested in electronic products that are unhealthy. Affected by the development of current technology, young people do not rely on bicycles or legs to travel, and the idea of being able to ride a car and never walk is commonplace among adolescent students today. The unreasonable dietary structure affects the physical health of adolescents. Chinese adolescents are keen on high school. Fast food with calories and irregular diet are common, and problems such as overweight and obesity are prominent. Cheng Hong, a member of the National Committee of the Chinese People's Political Consultative Conference, mentioned at the third plenary session of the third session of the 13th National Committee of the Chinese People's Political Consultative Conference in 2020 that 33% of children and adolescents in my country have different degrees of health risks, and "little fat piers" abound [5]. The bad habits of going to bed late and getting up late and lack of sleep are more harmful to adolescents in the growing period. The Ministry of Education survey results show that the rate of poor eyesight is significantly lower for students who sleep more than 10 hours a day than those who sleep less than 6 hours [6]. The problem of insufficient sleep time for adolescent students still exists.

## ***2.3 Parents' perceptions are too solid***

The family is the child's first classroom, and the parents are the children's first teachers. Family factors are an important aspect that affects the growth of adolescents. It shows in depth that the physical health of adolescents is closely linked to family factors. With the gradual improvement of the education system, China's sports system and policies are constantly being adjusted and improved according to the situation. However, traditional culture affects most parents. For a long time, a concept of "sports and education differentiation" has been formed. The promulgation of related sports policies has not fundamentally changed people. Regarding sports values and behavioral choices, the traditional concept of "everything is inferior, only reading high" still exists, and the "education" function of sports has been selectively ignored, making the participation of adolescents in sports only to satisfy their physical health. Needs, basically did not develop the habit of physical exercise and the idea of lifelong sports. Parents have a solid conception, do not pay attention to physical exercise and sports culture, and they do not know that a good family sports culture atmosphere can cultivate good behaviors and habits for adolescents to participate in physical exercise from an early age. As a result, in many families, the family sports culture atmosphere for physical exercise has not yet formed.

## ***2.4 Marginalization of school sports***

First of all, affected by the "exam-oriented education", school leaders attach importance to the rate of enrollment and put cultural class performance in the first place. To a certain extent, physical education teachers and physical education classes are not taken seriously. Secondly, some rural primary and secondary schools are lack of venues, equipment and facilities. As a result, the content of extracurricular sports activities and physical education classes is relatively single, and adolescents are generally not very enthusiastic about physical exercise. Third, the school physical education curriculum is "empty shell", and physical education is still used by a large number of low-level teaching repetitive, single, and boring content Occupy. In 2016, the "Opinions of the General Office of the State Council on Strengthening School Sports to Promote the All-round Development of Students' Physical and Mental Health" pointed out: "On the basis of students mastering basic skills, schools should enable students to acquire sports skills according to their own conditions." But in sports In the course of course teaching, most students have not mastered 1 or 2 sports skills, and the formation of sports ability is even rarer. Some schools have failed to form a new situation of "one school, one product" and "one school with multiple products".

## ***2.5 Increasing social pressure***

Socio-economic changes have brought tremendous pressure to young students. Socio-economic and cultural progress has led to an explosive increase in knowledge, which has increased the academic competition among adolescents and forced them to devote more time and energy to the study of cultural courses. In addition, the content of physical fitness tests that adolescents need to meet standards account for relatively few, and some areas of sports performance are not included in the total scores of the high school entrance examination, which makes them lack the internal motivation to participate in sports, which is not conducive to the development of good exercise habits for young people. At the same time, in the parents' comparison psychology, naming the students to participate in the off-campus academic tutoring classes takes up valuable contact time of the students. In 2014, the Ministry of Education conducted a survey of 261,900 students above the fourth grade. The results showed that: 14.1% of primary school students and 36.9% of students Junior high school students and 54.1% of high school students feel that "the academic burden is very heavy or heavier"; 11.4% of elementary school students, 38.9% of junior high school students and 46.8% of high school students do homework for more than 2 hours per day [7]. Overweight schoolwork stress causes adolescents to lose time for physical exercise, which not only reduces the physical and mental health of students, but also affects the overall improvement of the quality of life of the Chinese nation.

## **3. Theoretical exploration of youth physical health promotion**

### ***3.1 Through the integration of physical education and education, make up for the shortcomings of teachers***

In view of the problem of insufficient physical education teachers, we should deepen the integration of physical education and education, and realize the coexistence of multiple teacher recruitment models. First, the school purchases services through the education department, hires high-quality coaches from the sports system, and participates in the teaching of physical education and extracurricular sports activities. Reasonable flow and resource sharing of resources in the sports system; secondly, the school promotes the stability of the teaching staff and the improvement of teaching level by setting up excellent coaches and retired athletes; thirdly, the coaches of sports schools serve as coaches in primary and secondary schools, correspondingly primary school cultural teachers go to sports schools to provide teaching services to realize the mutual benefit of sports teachers. Enrich school sports programs to ensure the realization of "one school, one product" and "one school with multiple products". At the same time, physical education teachers should arrange home sports assignments reasonably, to correct the education deviation of "emphasizing literature and light physical education", build an exercise system of "integrated inside and outside classes", and promote the popularization of "national fitness". It is a foundation for students to develop good exercise habits and master 1 or 2 specialized sports skills. Foundation, so as to promote the healthy development of adolescents' physical fitness, lifelong exercise, and lifelong benefits.

### ***3.2 Change sports concepts and encourage adolescents to develop exercise habits***

The development of good exercise habits for young students is the key to improving their physical fitness. Good exercise habits require long-term persistence. First, adolescents' sports concepts should be changed and good exercise habits should be developed. Secondly, adolescents should develop good habits. In order to reduce the risk of overweight, obesity and other physical health hazards, adolescents should limit "screen time", increase outdoor activity time, and often participate in outdoor activities, which can not only relax, but also keep fit. In addition, the increase in physical exercise time can greatly shorten the "screen time" and effectively reduce the incidence of myopia. Finally, in terms of daily travel, under the premise of ensuring safety, adolescents should choose bicycles or walks as much as possible. It's a way of low-carbon travel. Not only can you exercise, but you can also save energy and protect the environment.

### ***3.3 Reshape family culture and encourage parents to change their mindsets***

The family environment is the main growth environment for students. It plays a vital role in cultivating the physical exercise habits of young students and promoting their physical health. Research has found that the influence of parents' personal participation and encouraging children to participate in

sports is very profound. Therefore, the parents should not only pay more attention to their children's eating habits and limit the time spent on electronic products. They should also change traditional concepts, adhere to the guiding ideology of "health first", and rationally treat social changes to bring children strengthen the function of sports "education" and attach importance to the value of improving the physical quality of adolescents. At the same time, parents should lead by example and set an example. Increase family sports activities, build family sports culture, and work together to improve the physical health of adolescents.

### ***3.4 Play a driving effect to promote the physical health of adolescents***

From the school's point of view, it is necessary to strengthen and improve school physical education. Through the implementation of the "indeterminate rating" of athletic ability evaluation, the driving effect will be exerted, so that the teacher's "teaching" and the student's "learning" are more targeted and based on the original ability level. The upper level is gradually improved step by step, eliminating the disadvantages of repeating "teaching" and "learning" at low levels, and gradually avoiding the phenomenon that students "like sports but do not like physical education", which is conducive to the formation of students' better mastery of motor skills and athletic ability. School leaders should change their ideology, give full play to the role of the school as the main channel for improving the physical quality of adolescents, increase capital investment, provide conditions and guarantees, and promote the improvement of the physical health of adolescents.

### ***3.5 With the help of communities and social sports organizations, build a sports resource sharing model***

The school and off-campus sports clubs cooperate in appropriate ways to provide venues and facilities for them. Under the premise of ensuring safety, the school and the club sign an agreement to determine the reasonable use of venues and facilities for the time and cost. Not only can it greatly alleviate the shortage of school venues and equipment at the same time, it can also increase the social influence of the club, so that the two parties can achieve a "win-win cooperation". Construct a sharing model of urban communities and school sports facilities to achieve complementary advantages. Community venues and facilities are used by schools, thereby alleviating school sports facilities Insufficiency. The school uses its idle resources for the community, not only to improve the quality of life of community members, enrich the cultural life of the community, but also through physical exercise to enhance the interaction between students and their families, and promote the development of family sports.

## **4. Conclusion**

The strong youth makes the country strong, and the prosperity of the youth makes the country prosper. In the new stage of historical development, the real dilemma of the healthy development of adolescents' physical fitness includes major factors such as a serious lack of teachers, the impact of adolescents' lifestyles, overly fixed parental concepts, the marginalization of school sports, and increasing social pressure. Step by step, take advantage of the situation, complement the shortcomings of teachers through the integration of physical education and education; change the concept of sports to encourage adolescents to develop exercise habits; reshape family culture and encourage parents to change their ideologies; schools play a driving effect to promote the physical health of adolescents; community and social sports organizations, constructing a sports resource sharing model is an effective model to promote the physical health of adolescents in the new era.

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