

# Research on the Characteristics of “Humanization” in Physical Education of College Students in Hebei Province

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**ABSTRACT.** *Through the research of this subject, this paper discusses the education idea of “health first” and “people-oriented” in current physical education, and studies the common and individual characteristics of the research on the characteristics of “people-oriented” in physical education of college students in Hebei Province, so as to promote the development of physical education in Hebei Province towards the direction that is more conducive to the cultivation of healthy and confident talents in the new era.*

**KEYWORDS:** *Physical education, Humanization, General and individual characteristics*

## 1. Introduction

Since the reform and opening up 30 years ago, the concept of sports education in China has shown the characteristics consistent with the background of the time, which played a crucial role in the cultivation of talents at that time. Under the background of the new era, there are a hundred schools of thought in the field of Chinese sports theory, with different views. The combination of sports and health of “strengthening students' physique” and “health first” highlights the concept of students' personal health, which embodies the characteristics of the era. The “health first” embodies the transformation of the focus of the reform of physical education in the new era from quality education to the focus on students' physical and mental health. The former “health first” is the sports concept of “diversified and compound health first”, which accurately reflects the core values of “student-oriented”.

How to carry out physical education activities with students as the main body, change teaching ideas, improve teaching links, realize health first, improve the sense of acquisition of students' physical education learning, and improve teaching effect, this paper starts from this. Through the research of this subject, I hope to put forward the teaching design of how to improve the students' sense of gain in physical education based on the current education concept of “health first” and “people-oriented”, and then put forward the targeted suggestions in physical education work,

so as to promote the physical education in Hebei Province to develop in the direction of training healthy and confident talents in the new era.

## 2. Research Content

### 2.1 Research Object

By investigating the current situation of physical education of some college students in Hebei Province, we can understand the characteristics of “humanization” of physical education.

### 2.2 Research Methods

It mainly adopts the methods of literature, expert interview, questionnaire, special topic interview and mathematical statistics.

## 3. Analysis of Research Results

### 3.1 Analysis of the Common Characteristics of “Humanized” Education in the Physical Education of College Students Reflected by the Investigated Students

*Table 1 Frequency of School's Measures to Improve the Sense of Acquisition*

		Response		Percentage of cases
		N	Percentage	
School's measures to improve the sense of gain <sup>a</sup>	Improve relevant sports policies	328	20.9%	56.9%
	Promoting the reform of teacher training	345	22.0%	59.9%
	Increase teacher training and learning	375	23.9%	65.1%
	Renewal of sports venues	191	12.2%	33.2%
	Increase sports equipment	143	9.1%	24.8%
	Improve the training environment	140	8.9%	24.3%
	Increase the investment of team funds	41	2.6%	7.1%

	else	8	.5%	1.4%
Total		1571	100.0%	272.7%

*a. group*

It can be seen from table 1 that the efforts made by each school to improve the students' sense of acquisition have been recognized by the students. All the students surveyed in all schools reflect that the school has made great efforts in improving the relevant sports policies, increasing the training and learning of teachers, promoting the reform of Teachers' training and updating the sports venues. This feature reflects the implementation of the concept of "people-oriented" in Physical Education in Colleges and Universities under the background of physical education reform.

(1) In order to improve students' sense of access to physical education, colleges and universities pay attention to the effective training and reform of teachers.

There are 375 students in the survey, 65.1% of them reflect their school's training and learning for teachers. 59.5% of the students reported that their school promoted the reform of teachers' training.

(2) In order to improve students' sense of access to sports learning, all schools are committed to improving sports related policies.

56.6% of the students surveyed said that their universities are committed to improving sports related policies. School sports policy is the epitome of national sports policy, and also the programmatic document of school sports education implementation. The establishment of a sound and gradually perfect sports policy is the policy guarantee for the normal development of physical education.

Each school regards school physical education as an important breakthrough point and breach to promote quality education in an all-round way, and takes effective measures to enhance students' physical health and promote the all-round and harmonious development of students' morality, intelligence, physical education and beauty. Adhere to the guiding ideology of "health first". Physical education in schools should be based on people-oriented, face all students, follow the law of students' physical and mental development, use scientific physical education methods and methods, cultivate students' sports skills and methods, improve students' interests and hobbies in sports activities, and cultivate students' lifelong exercise and healthy living habits.

Deepen the reform and improve the quality of physical education. Each primary and secondary school should teach students according to their aptitude according to the curriculum standard, arrange the physical education content reasonably, and make the students master the basic knowledge and skills of physical exercise. Through physical education teaching and after-school and off campus sports activities, develop students' special skills, so that each student can systematically receive professional guidance of at least two sports events, and master skills and techniques more proficiently.

All secondary vocational schools should organize and implement physical

education, develop school-based teaching materials and innovate physical education teaching methods in combination with professional characteristics. Colleges and universities should strive to build a curriculum system that closely links physical education in Colleges and universities with lifelong physical education, and organize the implementation of the “three independent” teaching mode in which students choose sports items, teachers and time independently.

Implement the monitoring of students' physical health and establish the evaluation system of students' physical education. We will establish and improve the system of testing, reporting and publishing the national standards for students' physical health. All kinds of schools at all levels shall organize students to carry out physical fitness test and report system according to regulations, and establish health files for each student as one of the files for students' enrollment and employment.

Education administrative departments at all levels should regularly publish the overall report of students' physical health monitoring, and take corresponding improvement measures, and take the implementation of “students' physical health standard” as one of the important basis for the evaluation of school education and teaching.

Establish and improve the evaluation methods of students' physical education academic performance. The attitude of students to take part in physical exercises, the results of physical education assessment, the results of physical health evaluation and the advantages of physical education are regarded as the components of students' comprehensive quality evaluation.

Establish a long-term mechanism of school physical education which combines school guidance with students' self-management. All kinds of schools at all levels shall, according to the interests and hobbies of the majority of students, support the construction of students' sports associations and fitness clubs and the development of their activities through the organization of the Youth League Committee, students' Union and young pioneers. At the same time, they shall give play to the driving role of major sports events in and out of the District, combine with large-scale sports activities in the campus, community and society, promote the activities of students' sports volunteers, organize and encourage students Participate in the service and guidance of major sports events and community sports activities.

The Youth Sunshine sports activities are the focus of the national fitness program. Young people are always regarded as the key group of the national fitness work. The education and sports administrative departments at all levels should take the extracurricular sports activities of students as the focus of the national fitness plan, vigorously promote the national fitness among young people, enhance their physique, and make them form the habit of participating in physical exercises for life.

(3) In order to improve students' sense of gain in physical education, colleges and universities are committed to improving students' physical education and exercise venues.

Among the 191 students (33.2%) surveyed, the school thought that the sports

ground should be renewed to improve students' sense of gain.

### ***3.2 Analysis of the Personality Characteristics of “Humanization” Education in the Physical Education of College Students Reflected by the Investigated Students***

#### ***3.2.1 Measures to Improve Students' Sense of Gain in Some Colleges and Universities***

It can be seen from the above table that students in some colleges and universities reflect that in order to improve students' sense of acquisition, various measures of colleges and universities are more comprehensive.

As shown in the figure, the promotion measures of the universities reflected by the investigated students of Hebei University of science and technology, Hebei University of Geosciences and Hebei University of economy and trade cover all the aspects involved, including improving the relevant sports policies, promoting the reform of teacher training, increasing the training and learning of teachers, updating the sports venues, increasing sports equipment, improving the training environment and increasing the funds of the representative team At least 7 initiatives, including investment.

It can be said that the measures involved are from the promotion of software such as policy support and teachers' skills, to the investment of hardware such as increasing sports equipment, updating sports venues, and increasing the investment of the team's funds. It can be said that they are comprehensive in consideration and the students have a full sense of acquisition.

#### ***3.2.2 Some Colleges and Universities Focus on Measures***

It can be seen from the above chart that students in some colleges and universities reflect that in order to improve students' sense of acquisition, various measures in Colleges and universities are more important. As shown in the chart, students from Hebei University of engineering, Hebei University of science and technology, Central Judicial Police College, Hebei University of finance, Hebei Agricultural University and Hebei Electric Power University reflect that the improvement of the school's sports policy is very prominent, and the implementation of the national policy and the school's related sports policy will be very good.

## **4. Conclusion**

(1) In order to improve students' sense of access to physical education, colleges and universities pay attention to the effective training and reform of teachers.

(2) In order to improve students' sense of access to sports learning, all schools are committed to improving sports related policies.

(3) In order to improve students' sense of gain in physical education, colleges

and universities are committed to improving students' physical education and exercise venues.

(4) Measures to improve students' sense of gain in some colleges and Universities. Hebei University of science and technology, Hebei University of Geosciences and Hebei University of economy and trade reflected the promotion measures of their universities, covering all aspects involved.

(5) Some colleges and universities focus on measures. The students of Hebei University of engineering, Hebei University of science and technology, Central Judicial Police College, Hebei Financial College, Hebei Agricultural University and Hebei Electric Power University reflect that the improvement of the sports policy of the university is very prominent, and the implementation of the national policy and the related sports policy of the university will be very good.

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