

# Research on the Management and Evaluation System of College Students' Physical Health Promotion

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**Abstract:** Physical fitness is an important content of individual quality and the basis of physical activity ability, which can comprehensively reflect the changing trend and basic situation of human movement ability, physiological function and physical development. From a macro level, physical health is not only a key symbol of a country's comprehensive strength, but also an important starting point for my country to participate in international competition. From a micro level, physical health is an important foundation for the all-round development of human beings. This paper uses research methods of literature and field survey to systematically discuss. At present, the physical function of Chinese college students has declined significantly, which requires relevant government departments, universities and social organizations to pay more attention to the physical health of college students. Combined with the definition of the concept of physical health, this paper analyzes the current situation and causes of college students' physical health, and proposes that colleges and universities should pay attention to health publicity, strengthen health guidelines, and promote three promotion methods of physical education.

**Keywords:** physical health, promotion management, evaluation

## 1. Introduction

A healthy body is a prerequisite for college students to serve the people and the motherland, and it is the guarantee for economic take-off, national prosperity and national rejuvenation. In the new era, colleges and universities should integrate the concept of "health first" into the whole process of talent training, so that students' physical health can become the starting point for the healthy development of modern higher education and vocational education. According to the survey data on the physical health of college students conducted by the Ministry of Education, the Ministry of Finance, the Ministry of Health and the Ministry of Science and Technology from 2010 to 2020, the physical development of Chinese college students is relatively good, but the physical function is declining year by year, especially in the drop in stamina, explosiveness, and speed is particularly pronounced[1]. In this regard, it is urgent to enhance the physical health of college students, which needs to be paid great attention by colleges and universities.

## 2. Definition of the concept of physical health

The first is the concept of physique. Constitution originally refers to the sum of the biological characteristics and characteristics of all individuals. In the "Huangdi Neijing", it is divided into "Yin-Yang Harmony", "Taiyang", "Shaoyang", "Taiyin", "Shaoyin" and other types, and the balance of yin and yang refers to the normal constitution of the human body. In Western studies, physique is defined as the sum of the characteristics of an individual in terms of "psychology", "physiology" and "morphology"[2]. Therefore, combining the "conceptual definition" and "theoretical elaboration" of physique in China and the West, physique specifically refers to the basic characteristics of human psychological factors, physiological factors and morphological structure on the basis of "acquired" and "hereditary"[3]. In the process of modern theoretical research and practical research, the five factors of physique are constituted by the human body's "motor ability", "physical quality", "physiological function", "morphological structure", "environmental adaptation" and "psychological development". Next is health, regarding the definition of the concept of health, this paper mainly focuses on the definition of the WHO, which specifically refers to the ideal state that the human body tends to be

"perfect" in terms of social adaptation, psychology, physiology, etc. "status. The evaluation criteria of the standard include "energy", "optimistic", "high adaptability" and "appropriate weight". Finally, there is the internal relationship between physique and health. In theoretical research, health is a state, physique is a trait, and an individual's comprehensive ability to maintain a healthy state. Therefore, the concept of health is greater than physical fitness. In the category of physique, the theoretical category of physique is more inclined to the human body's environmental adaptation, athletic ability, physical quality, psychological development, physiological ability and morphological development. In the theoretical category of health, health not only covers the theoretical category of physical fitness, but also pays attention to the human body's resistance to disease, adaptation to the social environment and natural environment, and coordination of lifestyles.

### **3. The current state of physical health of college students**

#### **3.1 Body shape**

Body mass index can comprehensively reflect students' fullness, nutritional status and appearance, and is an important criterion for judging obesity in China. The obesity standard used in this paper is mainly based on the WHO's "Management and Definition of Obesity in the Asia-Pacific Region" manual, that is, a body mass index less than 18.9 is underweight; a body mass index greater than 23 and less than 25 is overweight; a body mass index greater than 18.5 and less than 23 is Normal; more than 30 is obese [4]. According to relevant survey results, 65.5% of Chinese college students are of normal weight, 16.7% are underweight, 12% are overweight, and 5.8% are obese. It can be seen that the body shape of Chinese college students is relatively normal, and the nutritional status is relatively good. However, malnourished and obese and overweight students still account for a certain proportion. In terms of gender, girls with normal body shape accounted for 71.54%, and boys accounted for 70.34%. Therefore, boys' body shape problems were significantly higher than girls. Combining the differences in body mass index between college students and their peers, it can be found that there is no significant difference between college students and their peers.

#### **3.2 Physical function**

The evaluation indicators of physical function mainly include running test, step test and lung capacity. However, in the study of students' physical function, this paper mainly focuses on the step experiment and lung capacity, and specifically explores the cardiovascular and respiratory system functions of college students. According to the experimental test, the pass rate of lung capacity of boys in Chinese universities is as high as 90.67%, and that of girls is as high as 89.49%. Boys are significantly better than girls. In the step test, the pass rate of college boys was 94.55%, and the pass rate of girls was 99.34%. It can be seen that the scores of girls in the step test were significantly higher than that of boys[5]. However, compared with the national peers, the lung capacity level of college boys is 37.78ml higher than that of peers, and the difference is significant. The lung capacity of girls is lower than that of their peers, and the difference is also more significant. The reason for this is that college girls participate in less aerobic exercise or training. This fully shows that the cardiovascular function of college girls is stronger than that of college boys.

#### **3.3 Physical fitness**

The indicators for measuring physical fitness mainly include grip strength, sit-ups, sitting forward, standing long jump and 50m running. In the research on physical fitness of college students, this paper takes grip strength and standing long jump as the basic indicators of physical fitness research of college students. According to data analysis, the pass rate for standing jumps for college boys is 67% and for girls 64%. The pass rate for the Grip Strength Index was 97% for boys and 94% for girls (the Grip Strength Index is determined as the ratio of grip strength to body weight). According to the data distribution, it is found that the excellent rate of boys' grip strength index is higher, but the passing rate of girls is higher, and the excellent rate is slightly higher than the failure rate. In the standing jump test, the pass rate of male and female students is significantly higher than the fail rate and the excellent rate. Compared with their peers, they are lower than their peers in the country. The standing jump is 3.07cm lower for boys and 4.35cm lower for girls, and the difference is significant. In terms of grip strength, the grip strength of male and female students is 0.35kg and 1.14kg lower than their peers, respectively. It can be seen that the physical quality of college students is significantly lower than that of their peers

in the country.

#### **4. The causes of problems affecting the physical health of college students**

##### ***4.1 Thought and constitution***

The lack of ideological awareness is an important factor leading to the low level of physical health of college students, and it is a key factor affecting the development of Chinese sports and the comprehensive strength of the nation. Under the influence of network culture and market economy, students are prone to the idea of quick success and instant benefits, which seriously affects students' understanding of physical exercise and physical health. The examination-oriented education is an important factor that causes students to focus on knowledge education and neglect sports, and fail to participate in extracurricular sports in a timely and effective manner. Therefore, in order to solve the problem of low physical health of college students, we must start from the ideological level and improve the "proportion" and "status" of physical education in university education.

##### ***4.2 Life and physical fitness***

The first is malnutrition. Nutrition is the material basis for maintaining human health and life, and is a key factor in determining students' health and quality. A proper, balanced and comprehensive diet can improve the nutritional level of students' bodies and enable students to achieve a good level of health. Under the influence of modern culture, college students have dietary problems such as partial eclipse, anorexia, and overeating, and the nutritional structure of their bodies is unbalanced, resulting in the accumulation of nutrients such as fat and protein, and problems such as "obesity" and "overweight". The second is lifestyle. Lifestyle is the synthesis of individual "spiritual culture" and "material life", and is the realistic representation of "interpersonal relationship", "aesthetics", "consumption view", "moral view" and "life outlook". Some college students' problems such as "frequently staying up late", "excessive smoking" and "high psychological pressure" have become important factors affecting the physical health of students.

##### ***4.3 Sports and physical fitness***

Physical exercise is a key factor in improving students' physical health. In the practice survey of North Sichuan Medical College, it was found that 82% of college students are difficult to adhere to physical exercise for a long time, and the sports compliance rate is only maintained at about 43%. The lack of extracurricular exercise among students is more common in ordinary colleges and vocational colleges in China. There are two main reasons for this: First, students lack interest and awareness of extracurricular physical exercise, and focus their energy and time on professional study and social activities. Second, physical education to the current physical education activities still remain in the physical education in the classroom, and they have not cultivated students' lifelong physical education awareness from the aspects of sports spirit, sports culture, sports habits and sports ideas, and have not done a good job in extracurricular physical education teaching.

#### **5. Promotional methods to improve the physical health of college students**

##### ***5.1 Focus on health promotion***

"Social value" and "Internet culture" are the basic reasons for the decline of college students' physique. Strengthening the construction of campus culture and focusing on the development of sports publicity activities can effectively enhance students' sports awareness, sports concepts and sports thoughts, and cultivate students' enthusiasm and autonomy in participating in extracurricular sports activities. First, fully realize that school is the destination and starting point for students to achieve their lifelong sports goals. The school should fully combine the lifelong sports thought with the campus culture construction, and give full play to the school's advantages in cultural dissemination and talent cultivation. In the inheritance and publicity of sports ideas, the concept of fusion media should be used to integrate modern information technology with traditional media, and actively help students better understand the relationship between physical exercise and physical health. Second, strengthen community building. Sports clubs play an important role in promoting students' knowledge and understanding of sports culture, sportsmanship and sports concepts. Therefore, schools should start

from the level of club brand, image and activities, and highlight the efforts of sports clubs in the dissemination of sports culture and the promotion of lifelong sports concepts. Finally, relevant government departments in China should strengthen the internal connection between "sports fitness" and "physical health" from the perspective of "sports power" and "national sports", so that new media and self-media platforms can become carriers of lifelong sports thought dissemination, and create a good network environment.

### **5.2 Strengthening health guidelines**

For physical health issues in nutrition and lifestyle. First of all, schools should combine "physical health" with "quality education" by setting up the "University Physical Health" course, and teach corresponding theoretical knowledge according to the behavior habits and life philosophy of college students. In terms of curriculum setting, physical health courses and physical education elective courses can be organically combined, that is, physical health courses are integrated into the establishment of physical education elective courses. Secondly, counselors should actively participate in the course construction and development process, and incorporate "college students' physical health" into the counselor's work system, so as to provide students with comprehensive guidance and guidance, and provide support and grasp. In addition, schools should also integrate "various student evaluation activities" and "organization evaluation activities" into the promotion strategy of college students' physical health. Finally, physical education teachers or counselors should guide students to formulate physical exercise plans, so that they can use "after-school time", "inter-class exercise", "morning exercise" and other time to carry out extra-curricular physical fitness activities, develop good self-exercise habits, and improve their own Physical fitness level.

### **5.3 Promoting physical education**

First of all, schools should strengthen the reform of physical education curriculum, take the physical health of college students as the basic goal of physical education, and increase the proportion of sports interest training in knowledge transfer and skill training from the perspectives of sports culture, sports thought and sports spirit. At the same time, physical education teachers should also combine the individual differences of students to clarify the teaching content of different students. Secondly, it is necessary to enrich the "content system", "teaching method" and "teaching mode" of physical education teaching, pay attention to the importance of students' interests, hobbies and lifelong sports awareness in physical education teaching, and cultivate students' behavior habits and ideological awareness of participating in extracurricular sports. Thirdly, schools should also improve quality education, so that quality education becomes an important basis for improving the physical health of college students.

## **6. Conclusion**

Effectively improving the status and role of physical education in personnel training can make physical education the key and starting point for the improvement of college students' physical health, and effectively solve the long-standing problem of college students' physical fitness in China. In the process of formulating physical health promotion methods and optimization strategies, schools also need to form a multi-dimensional, three-dimensional and diversified physical health training system from the perspectives of talent training, cultural publicity and health guidance, so as to promote the comprehensive development of Chinese young students develop.

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