

Current Situation Analysis and Countermeasures of College Students' Health Education

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Abstract: College students are the future of the country, shouldering the heavy responsibility of building the country, their quality of life will have a profound impact on the society, their health is the focus of social attention. Health education plays a special role in the field of college education, and it is of great significance to improve the physical health level of college students. This paper makes a systematic analysis of the current situation of college students' health education by using the method of literature research, and puts forward a series of countermeasures to expand college health education courses, develop campus sports activities extensively, build campus physical exercise environment and strengthen school physical education teaching and management.

Keywords: health education, college students, universities

1. Introduction

Health is the basis of wisdom, the source of culture, the basic element of promoting social development and improving labor force, and it is the most precious social wealth of mankind. College students are a special group of the society, because they bear the heavy responsibility of building the country and are generally concerned by the society. The increasingly developed society brings the rapid development of information and material life, coupled with many college students do not pay enough attention to their physical health, so that college students' physical health has become a universal social problem.

With the promulgation and implementation of a series of health education policies in China, the role and value of physical education are more inclined to the national health literacy [1]. Therefore, it is very necessary to carry out systematic health education for college students, which helps them establish modern health consciousness, cultivate good living habits, have good mental state and noble moral sentiments, have a strong physique and sound personality, and successfully complete the heavy learning and duties with abundant physical strength and vigorous energy. Meet the serious challenges ahead with confidence.

2. Literature review

Health education is a science that studies disseminating health knowledge and technology, influencing individual and group behavior, preventing disease, eliminating risk factors, and promoting health. It is a subject formed and matured on the basis of the development of people's understanding of health. If health education is repositioned from the discipline level, it can be positioned as a course that takes teaching health knowledge and clarifying health behavior norms as its own responsibility. From the perspective of implementing health education, health education is first of all the organic combination of health and education, its core is to educate people to establish a correct view of health, enhance their own and group health awareness and health care ability, and create a nationwide health awareness [2]. Therefore, health education must provide people with the knowledge, skills and services needed to change behaviors and lifestyles that are harmful to health, and encourage people to consciously apply these knowledge and services. Secondly, health education is a purposeful educational activity, which emphasizes on changing people's behavior in order to improve the quality of life. Therefore, health education should be implemented in an organized way and run through the entire study life of students, so as to naturally penetrate into the healthy code of conduct during the formation of their ideology, life concept and independent living habits. While receiving other knowledge, cultivating the ability to understand and solve problems, they should also accept correct

health knowledge. Learn to recognize and manage your own health problems and those around you.

To sum up, college students' health education is an educational behavior that aims at the physical and psychological characteristics of college students and helps to improve their physical quality and improve their ability to adapt to society. Its core is education and its purpose is health. It can be fully expressed as the process of cultivating health consciousness and promoting the formation of health quality of college students through education.

3. The purpose and significance of developing health education for college students

3.1 Purpose of health education for college students

Firstly, health education for college students is intended to improve their health knowledge level. Because of the difference of family background and living environment, college students' health knowledge level is very different. Many of them even lack basic health knowledge and have no healthy habits. Through the implementation of health education in college students can make them understand what is health and how to make themselves healthy [3]. Secondly, health education for college students is intended to cultivate their habit of exercise. Many college students do not have the habit of regular exercise, and have no understanding of the role of exercise in promoting physical and mental health. They are used to the classroom, canteen, dormitory three-line lifestyle, so that their physical and mental health conditions are not consistent with age, high blood fat, fat liver, weak, low sports ability and other unhealthy conditions. Many students in the above situation, they do not understand, the result is that the situation is deteriorating, and even have to interrupt learning. Therefore, the implementation of health education for college students can improve their understanding of their own health status, so that they can understand health and cherish life in a real sense.

3.2 Significance of health education for college students

First of all, health education is an important part of comprehensive quality education for college students. Through a variety of means, health education can make students master health knowledge in a planned, purposeful and organized way, form a healthy lifestyle and behavior that is beneficial to individuals, collectives and society, and promote the comprehensive development of students' physical and mental health, moral health and social adaptability. This is an indispensable part of the overall quality education for college students. Secondly, health education to college students is an important means to guide students to establish a comprehensive health view. Health education can make students establish a comprehensive view of health, establish prevention first, self-care consciousness. The medical model of health holds that the absence of disease is health. Through health education, students can understand health from the biological, psychological and social models, understand the differences between new health concepts and traditional health concepts, and understand the important role of social psychological factors in the occurrence, development and rehabilitation of diseases, so as to understand the basic requirements of health and disease, and understand the deeper sense of health - physical and psychological health, improve the ability of self-care, to achieve physical and mental health [4]. Finally, health education is the basis of forming good moral quality of college students. Health education can also enable students to establish a correct view of human life, values, patriotism and collectivism of higher emotions, cultivate their strong will, abide by the social moral code of conduct, and form a good moral quality in line with the needs of society. Through the correct psychological guidance and adjustment of students, health education can make them not afraid of difficulties in learning and improving their abilities in the training, positive enterprising, learn to cooperate, from and maximize the mobilization of students' learning enthusiasm, develop students' intelligence, to enable students to deal with learning and related problems in the best way, to achieve the best learning results, so that their cultural and professional quality to get the best development.

4. Principles of health education for college students

4.1 The principle of lifelong sports consciousness

The health education in colleges and universities should set up a teaching system that focuses on enhancing physical fitness, promoting health and promoting students' physical and mental health [5]. The choice of teaching content should be based on the teaching and learning contents with strong

fitness and entertainment, and the teaching purpose should pay attention to the cultivation of students' lifelong sports consciousness and the formation of physical exercise habits.

4.2 Effectiveness principle

Teaching emphasizes the link between theory and practice, pays attention to the scientific law of physical training, guides college students to participate in physical training in a systematic, scientific, theoretical and practical way, and improves the physical quality of college students in all aspects in the scientific exercise. Teaching should pay attention to actual effect, the selection of teaching content should be few but precise, distinguish the primary and secondary, the teaching process should be the focus, from simple to complex, from easy to difficult, in a gradual process.

4.3 Principles of quality education

Health education should be conducive to carrying out the Party's educational policy, to carrying out patriotism and collectivism ideological education for students, and to promoting all-round quality education in educational reform. Through the implementation of health education for college students, schools can cultivate students' brave and tenacious, hard work and enterprising spirit, good sports ethics and psychological quality, and enhance the sense of organization and discipline.

5. Analysis of the status quo of college students' health education

5.1 Analysis of physical condition of college students

The results of the 2021 PAFCTYS study show that the time of high intensity physical activity (MVPA) among Chinese adolescents is obviously insufficient, with an average of only 45 minutes per day, and only 1/3 of them meet the recommended amount of "daily 1 h"; The incidence of overweight and obesity was 14.4% and 11.9% respectively. 36.8% did not meet the recommendation of "no more than 2h per day". The frequency of college students participating in extracurricular physical exercise is low, the number of students participating in more than 4 physical exercise per week is less, accounting for 18.4%, and the number of students who do not participate in physical exercise is 13.2%. The duration of each exercise of college students is short, about 33.3% of them do not exercise more than 30min; The physical condition of students who often participate in physical exercise is better than that of students who do not often participate in physical exercise. The increase of the frequency and duration of physical exercise has a significant effect on the improvement of physical health status of college students [6].

5.2 Analysis of sports health education status

According to the "Basic Requirements of Health Education for College Students" and the regulations of the Ministry of Education on the provision of public compulsory courses, Chinese colleges and universities offer health courses and sports health courses. It mainly includes sports fitness and health education, sports skills learning, sports injury prevention and control, physical health testing, mental health education, prevention and control of common diseases, sexual psychology and health, nutrition and diet, etc. The teaching forms are mainly compulsory courses, elective courses and lecture series, the main purpose is to enable students to master 1-2 sports skills, scientific exercise methods, and prevent the occurrence of diseases and sub-health states.

The current sports health education activities in colleges and universities are mainly extracurricular sports activities, and the second class is the main one. Compared with the general population, the organization of sports activities is more convenient for college students because their learning and living places are relatively concentrated [7]. The school has a relatively perfect organization network of student cadres, class teachers and counselors, and it is easy to organize sports activities. The target groups are relatively stable, and they know their physical health problems and bad health behaviors, so that sports activities can be better targeted. However, the university health education with physical activity as the main means also has some shortcomings: there is a partial understanding of physical activity health promotion, and more attention is paid to the role of publicity, education and medical treatment; The sports skills course is simple, lacks the normal competition mechanism of college students' sports activities and the content is simple, lacks the interest and popularity, and limits the participation of most students. The school lacks the organization and guidance of extracurricular sports

activities.

5.3 Analysis of teaching and management status

Physical education in colleges and universities is mainly in the form of compulsory physical education courses, mainly in the first and second years of college, 2 class hours per week, 14-16 weeks per semester, due to the lack of school equipment, health awareness and behavior contrast, environmental climate, learning pressure and other factors, the vast majority of college students in addition to once a week after the physical education [8]. In general, colleges and universities no longer offer physical education classes in the third grade. Coupled with the approaching employment pressure of senior students, the number of students participating in after-school self-physical exercise is few; In the teaching of physical education, too much emphasis is placed on the learning of sports skills, ignoring the overall exercise of students, especially the exercise of physical quality, paying attention to the content and form of teaching, ignoring the intensity and load of exercise of students, and deviating from the guiding ideology of "health first" in physical education.

Physical education in colleges and universities has always been based on the teaching of competitive sports, and it is a compulsory course, whether students like it or not, most of the teaching adhere to the weathering, strict management, it is not conducive to the development of students' personality; In addition, the senior class does not offer physical education, which from the system reduces the time for students to accept physical education, which is not conducive to the improvement of students' sports skills and physical quality; The teaching evaluation means is single. The result evaluation should be combined with the process evaluation, and the students should be compared according to the original physical quality and the physical quality after physical exercise, respect individual differences, and teach students according to their aptitude. Most colleges and universities have "barriers" between students' physical health test and annual comprehensive quality rating. Students' physical health test results can be considered as part of students' comprehensive quality evaluation, and students' daily participation in sports activities, sports ability and physical health status are considered as important evaluation contents.

6. Countermeasures for college students' health education

6.1 Expand college health education courses

College campus health education must depend on the learning process of health education curriculum. Integrate all kinds of resources that can support college health education and expand the health education curriculum, including the "physical" and "medical" elements of the course module. The "physical" curriculum module is implemented by the university physical education teaching department, with the university physical education curriculum as the main body and extra-curricular sports activities as the supplement. The compulsory courses focus on learning sports skills, improving physical fitness, emergency treatment and protection of sports injuries, etc. The elective courses are set up independently according to the actual situation, and actively absorb traditional sports, traditional health care, and active health concept integration courses. The "Medicine" course module is implemented by the medical teaching department or the medical and health department of the school. Medical teachers and medical staff of the health center are the main teachers [9]. Various forms of health lectures, health knowledge competitions, sports, fitness and health consultation are widely carried out. Enable college students to understand the biomedical evidence-based basis and physiological mechanism of human health, and master the prevention and treatment of common diseases and rehabilitation knowledge and skills. In the whole process of health education teaching, "physical" and "medical" pay attention to the concept of combination in the division of labor, respect each other and accept the role of their respective fields in health promotion, pay attention to the cross-integration of multi-disciplines, and jointly improve the health education curriculum system.

6.2 Carry out extensive campus sports activities

According to the demand of college students for health education services, different types and forms of sports activities should be carried out. First of all, the university needs to establish a normal mechanism of university sports competition, through the extensive development of university-level, department, class or professional sports competition, such as: the school holds comprehensive sports meeting, individual sports competition, campus marathon, night run, etc.; Schools can also hold various

types of college students sports competitions at all levels to promote college students to actively participate in physical exercise and improve fitness awareness; Secondly, the club is a group with fixed interests and members. It will carry out sports activities in an all-round way, standardize the bad living habits of the club members, promote physical health and so on, and put them into practice in the construction of the club to accommodate people. Finally, the school can open the physical health test center, health examination center, campus fitness venues, these measures can facilitate students to use the fragmented time for physical exercise; Schools can also make full use of campus green resources to carry out fitness activities, such as: the school combines campus green space, lakes, parks to carry out brisk walking activities, and use this as a carrier to promote the extensive development of campus fitness activities.

6.3 Create an environment for physical exercise on campus

Environment is an important factor affecting individual development, and the campus physical exercise environment is the basic condition of the campus people's physical exercise, which affects and restricts the campus people's physical exercise behavior. In terms of system environment, the education administration department should establish the supervision and evaluation system of physical education in colleges and universities, check, evaluate, supervise and guide the development process, management method and effect measurement of physical health education, and promote the health education in colleges and universities in its due position; College Sports Committee, as the supervision and management institution of the school, provides guarantee in terms of funding investment, physical exercise time, physical exercise guidance, venue facilities and sports safety. In terms of public opinion environment, new media should be used as a means to increase the push of health and fitness information, enhance college students' sense of participation in sports and fitness, and improve the efficiency of sports, fitness and health communication with the help of Internet technology. The content of communication focuses on the promotion of the idea of "exercise is a good medicine", the role of physical exercise in promoting health, and the sharing of successful cases. The traditional mode of communication is combined with "Internet +", that is, the traditional mode such as campus network, radio station and publicity column is combined with we-media means such as Wechat, Weibo and QQ.

6.4 Strengthen school physical education teaching and management

It pay attention to physical education teaching activities, ensure that students learn physical education courses and extracurricular sports activities of the class time, from the system to change the senior class does not offer physical education and extracurricular sports activities, increase the time for students to accept physical education, improve students' sports skills and physical quality improvement. The teaching evaluation should combine the result evaluation with the process evaluation, respect individual differences, and teach according to aptitude. In the design of extracurricular sports activities, colleges and universities should ensure that students have enough spare time [10]. At the same time, in order to ensure the good exercise effect of students, schools can implement the "punch card" management according to the number of exercises of students, and make requirements and restrictions on the number of exercises and each exercise time. Education, sports and medical departments work together to take sports as a part of campus health education; Integrate exercise science into the curriculum system of medical and health education related majors and put it into practice; Taking the physical health test of college students as a breakthrough, long-term tracking evaluation was carried out at different stages before, during and after the test to improve fitness awareness and physical condition.

7. Conclusion

The development of society has brought rich material life and spiritual life, but it also makes college students have some misconceptions about their own physical health. The time for physical training has been reduced, the good habit of physical training has been diluted, and many sub-healthy or even unhealthy college students have appeared on the university campus, and the physical condition of college students is worrying. This is both an educational problem and a social problem. The key to solve this problem is to strengthen health education and form a health education system for college students. Colleges and universities should strengthen health education according to the physical characteristics of college students, promote their all-round development, so that our college students can adapt to the needs of society after graduation.

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