

The chain value and its effectuation of the physical education exam system

—Take the practice of physical education exam in Henan Province for example

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Abstract. By using the method of document and practical research, the author takes Henan Province for example to analyze the chain value and its effectuation conditions of the physical education exam system in China. Taking the physical education exam of high school entrance exam in Henan Province as the example, the author analyzes and researches the formation, development history, and value of physical education exam. This is of great practical significance to further perfect the physical education exam and exam assessment system reform, revise the incorrect trend of partially pursuing the enrollment rate from the root angle, promote the status of physical education at school, and improve students' the overall development.

1. Research purpose

The physical education exam of high school entrance has been implemented in our country for many years, and the reality that physical education course enters the normal high school academic examination has been realized in some provinces. As a kind of exam system in the special history environment in China, the exam is a great measure designed to enhance the physical education at school, revise the incorrect trend of partially pursuing the enrollment rate, and promote the students' health level. Take the sports exam and its practice in Henan Province as an example, I analyze and research the formation, development history, and the value and effectuation conditions of physical education exam, which is of great practical significance to further perfect the physical education exam and exam assessment system reform, revise the incorrect trend of partially pursuing the enrollment rate from the root angle, promote the status of physical education at school, and improve students' the overall development.

2. Research methods

2.1 Document research method: look up documents related to physical education exam in Henan Province, and master the basic condition of various physical education exam system and the practice history.

2.2 Practical and interviewing research methods: By using the forms of observation and interview to understand various reflections and results aroused by physical education exam, analyze and summarize the chain value of physical education system, and further analyze the basic conditions of realizing physical education exam with the logical method.

3. Results and analysis

3.1 The review and anticipation of physical education exams in Henan Province

3.1.1 The development history of physical education exam of high school entrance exam in Henan Province

The physical education exam of high school entrance exam in Henan Province can be divided into four steps including start, development, wandering and deepening.

In 1990, the State Council approved and issued The Regulations of Physical Education in School.

Taking this as a chance, Henan Province added physical education exam for graduates in some key high school in some areas, which could be seen as the start of sports exam in Henan.

In 1995, on the basis of the successful experience in adding sports exams in some areas in Henan Province, all high school candidates in the province were arranged to take the sports exam. In 1998, the junior middle school graduates who were to take exams to enter high school are taken into the range of sports exam. The sports exam was assessed into the total scores as 30. Since then the sports exam of high school entrance exam came into a stable stage.

In the year of 2005, the first group of graduates in the reform area of basic education courses in Henan Province completed their students' career. Because the sports was included into the overall quality evaluation with the name of "sports and health", the result of sports exam was not added to the total score any more. The statistics data in some areas showed that after sports result was excluded to the total score of high school entrance exam, course hours for sports cannot be assured, the students' enthusiasm on sports decreased a lot, and their physique qualities like resistance and explosive strength were lowered obviously. It's reported in East Today Newspaper that many students fell in a faint after racing 1000 or 800 meters. In Kaifeng City, the emergency ambulance was sent to the exam spot four times to make first aid.

In 2007, the No. 7 Central Document was issued, which brought about new incentive or the sports exam of high school entrance exam, and provided policy and measure basis for carrying out sports exam of high school graduate exam. Since then the sports exam for entering high school came into a deep development stage. All over the province the sports result was put into the total score as scores ranging from 30 to 60. And the sports exam for entering high school has become one of the important parts in the junior middle school graduate exam.

3.1.2 The measure that the sports was included in the academic level exam for entering normal high school

The No. 7 Document issued by State Council of Central Committee of the Communist Party of China clearly put forward that the request of actively adding sports exam into the high school entrance exam. To carry out the strategic request, the education department in Henan Province officially included sports and health into the academic level exam in the document of The Academic Level Exam Scheme of Normal High School in Henan Province (No. 105, Yu Education Basic (2009)), and constituted The Implementation Scheme of Sports and Health Academic Level Exam of Normal High School in Henan Province on the basis of the practical and discipline features, which was then issued on March 2, 2010.

In Implementation Scheme of Sports and Health Academic Level Exam in Normal High School in Henan Province it regulated that the sports and health academic level exam would start in the term beginning in autumn season, and be organized once a year in the first term of Grade Three in high school. The exam was lead by provincial education department, and specifically carried out by administration department in the county.

We can anticipate that the measure that taking sports and health course into academic level exam in normal high school will more efficiently promote the deep development of sports at school.

3.2 The analysis on the chain value of sports exam system

The sports exam has brought about a series of interactive chain value in the aspects including reform assessment system, promoting sports status, assuring the exercise time, and enhancing physical quality. First, the sports exam opened a chance to reform the exam assessment system, and then aroused the great attention of school, parents, and students on sports and health. The increase of attention played a key role in assuring the students' sports exercise time, greatly improved the students' enthusiasm on exercise, and then helped to improve and perfect the students' physical quality.

3.2.1 The sports exam promoted the exam assessment system reform

It's the key to education reform to deepen the exam assessment system reform. The reform only happened in the range of culture exam fails to realize the breakthrough of the reform. From the angle of completely fulfilling the education principles and quality education, the sports exam is not

only a course added in the higher school entrance exam, but also a breakthrough in the key link of exam assessment system. Also it can bring about new passion on deepening the assessment system, and provide system protection for totally implementing the education principle of overall development.

The two measures including sports exam of high school entrance exam and putting sports into the academic level exam of normal high school is of great significance to promote the combination of enrollment system reform and school course reform, the combination of unification of exam reform and school integrated assessment reform, and the combination of exam reform and higher school matriculation model. They are helpful attempts to deepen the exam assessment system reform.

3.2.2 The physical education exam promoted the sports status at school

Although we clearly put forward that students should develop at those aspects including moral, intelligence, sports, and art versatily, and that the party central has ever advocated that enhance the teenagers' physical quality, in Chinese schools what we lack most are the sports status in our mind, and the deep understanding and comprehension on sports because of the restriction of current exam and recruitment system, the influence of incorrect trend of partially pursuing enrollment rate, and the awfully high pressure of culture study. In many parents' eyes, the excellent performance in academic aspect can hide the poor physical quality. If we give parents a chance to choose academic result and physical performance, many of them will prefer the former one to the latter one. I am worried about this opinion.

3.2.3 The sports exam ensured the sports exercise time for students

On one hand, the advanced technology and rich material promoted the civilization level of human society. On the other hand, the condition greatly reduced our physical activities, and aroused the declining trend of biology function and physical quality. Sports then inevitably took the responsibility of promoting our physical quality. The entrance of sports into academic level exam has promoted the status of sports at school, aroused the high attention of all aspects on sports, and encouraged the enthusiasm on sports exercise. As a result, the graduate students' time on sports exercise is assured, the sports course hour can be sufficient, and exercises in each class has obtained full attention. These changes will surely be helpful to increase the graduate students' physical quality. This kind of good influence will radiate other students in lower grade. It's reported by some sports teachers that after sports exam was over, many students still made full use of spare time to take sports exercise. This is because that they have got into the habit of exercise. We can conclude that the transfer from passive attitude to exercise habit is the most valuable result caused by sports exam.

The process of students' preparation for sports exam has become a process of taking exercise and steeling themselves, and a process of relieving heavy class and study pressure. The sports exam has become a powerful lever that shakes the stubborn problem of partially pursuing enrollment rate.

3.3 The effectuation of the chain value of the sports exam system

3.3.1 Premised condition---the sports exam result should be accounted into the total score in the higher school entrance exam

The measure that sports result was included into the total score of students' higher school entrance exam has made a connection between it and the graduation exam, which is an important assumption. If the sports result were only a kind of reference or a part to assess the students' integrated quality, it would not arouse the high attention of all aspects on sports exam, and not effectively improve the physical quality level. Just as stated above, when the sports exam result was put into the integrated quality evaluation with the name of "sports and health", and no longer accounted into the total score of higher school entrance exam in 2005, the sports course hours in some areas cannot be assured, and many sports teachers a county changed their profession, the students' passion and attention on sports exercise decreased a lot. The sports exam statistics showed that the students' stamina and explosive strength decreased sharply. On the contrary, when the sports exam was put into higher school entrance exam again, the students' physical quality improved obviously. From this we can see that great influence of the fact whether the sports exam

result is put into the total score of higher school entrance exam.

3.3.2 Protective conditions---the sports exam should be open, impartial, fair, and accurate.

Only when we guaranteed the sports exam is open, impartial, fair, and accurate, we can convince all aspects recognize the public credibility authority of sports exam. This is the basic protection to realize the chain value of sports exam. As a result, the organizers of sports exam should constitute effective measures, enhance the supervision on sports exam, try to use modern test equipment, remove the interference of manmade factors, and really ensure the accuracy and authority of sports exam to convince students, parents and schools. On the sports exam is contaminated by bad atmosphere or manmade factors, students, parents, and school will not trust sports exam. The value of sports exam to promote the sports status at school and students' physical quality will no longer exist.

3.3.2 Beneficial conditions---the content settings of sports exam should be scientific and directive

The content settings of sports exam are strongly directive and incentive. So the content settings should be scientific and directive, and helpful to realize the chain value of sports exam. As a result, the administration department of sports exam should research seriously the sports course content, sports teaching demand, and the development current situation of students' physical health level. Also they should carefully design the sports exam content according to the students' weak parts to make the sports exam content fully connected to sports teaching, criterion exercise, and students' physical condition. Also the sports exam content should make full use of the role of sports exam in promoting sports teaching quality, increase the compliance rate, and enhance the students' physical quality. The sports exam should be designed to guide all students to take part in sports exercise, and effectively reduce the schoolwork pressure so as to assist students to grow healthily and versatily.

4. Conclusions and advice

4.1 The sports exam system has brought about a series of interactive chain value, effectively promoted the reform of exam assessment system, promoted the status of sports at school, increased the attention of schools, students, and parents on sports, and ensured the students' sports exercise time. By this the students' physical quality is well developed.

4.2 The effectuation of sports exam system chain value needs certain conditions, such as that the sports exam result should be included in the total score of higher school entrance exam, the exam should be open, impartial, fair, and accurate, and the sports exam content settings should be scientific and directive. These conditions will fully help realize the chain value of sports exam.

4.3 The sports exam is related to the students' entrance a higher school, and the personal benefit. The education administration department should summarize the sports exam experience continuously, improve the content, evaluation, and organization of sports exam, ensure sports exams are impartial, open, fair, and accurate, precipitate the continuous perfection of sports exam, and fully make use of the promotion and precipitation role to the sports in the whole school.

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