

Study on Physical Education of School under the Comprehensive Health Ideology

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Abstract—With the continuous reform of China's education, the school health education has received widespread attention. Physical education is an important way to build students' physique. This article has conducted an in-depth study of the "Healthy China 2030 Plan Outline", expounded the development of students' physical health, analyzed the factors affecting students' physical fitness, put forward the development strategy of healthy schools, and explored the development strategy of school physical education under the comprehensive health ideology.

Keywords—comprehensive health; physical education; students' health; healthy school

I. INTRODUCTION

Comprehensive health is an overall concept based on the development of the times and social needs. It focuses on people's clothing, eating, housing, living, sickness and death, and pays attention to all kinds of factors that affect people's health, and cares for the whole process of life. Comprehensive health not only pursues physical health, but also pursues people's spiritual, psychological, social, and moral health, promotes the healthy lifestyle and rational consumption. Integrating the concept of comprehensive health into the school physical education can make students receive health education and pay attention to all aspects of their health.

II. THE BACKGROUND OF THE RESEARCH

A. "Healthy China 2030 Plan Outline"

On October 25, 2016, the CPC Central Committee and the State Council issued the "Healthy China 2030 Plan Outline". The outline proposed that by 2030, China's major health indicators should be equal to that of high-income countries. The plan has the first time promoted "Healthy China, National Exercise" as a national strategy, providing an effective policy guarantee for the sustainable development of sports in China. The outline provides a basis for school physical education, making it easier for schools to conduct related work, promote quality education and health education, and enhance the adolescents' constitution. That is of great significance in strengthening the national constitution. Therefore, under the comprehensive health ideology, schools should integrate the concept of health education into physical education, give full play to the role of school physical education, promote the development of school physical education, and enable students

to have healthy lifestyles. The outline has made clear requirements for physical education and health work of schools. This can effectively promote the development of school physical education, explore new development paths for the education, and improve young people's physical fitness.

B. The Development of Students' Physical Health

According to the survey, some of the students' physical indicators are continuously declining. In particular, the vital capacity of students is seriously reduced. The number of obese students and the number of students with poor vision are increasing year by year. Students' mental health problems are also getting more and more serious. More and more students cannot get along well with others. They become alienated from others in daily life, become more and more indifferent, and their ability to adapt to the society is also weakening. Such physical quality of young people is worrying [2]. Physical health education in schools can efficiently and purposefully improve students' physical quality and mental outlook. In order to improve the physical quality of students, physical education teachers should improve their teaching content and teaching methods. Schools should aim at improving the physical quality of students and set up scientific and rational training items in physical education classes.

C. Reasons for the Decline of Students' Physical Fitness

1) *Social influence*: With the development of economy and the continuous advancement of science and technology, the automation technology has been widely applied, people's living standards are getting higher, and there are fewer things that you need to do by yourself. Modern technological means have brought a lot of convenience to people's lives. But these technologies also make students spend more time on computers, mobile phones, and television. Some of students are indulging in games. This results in students' not having enough time to exercise. The popularity of transportation also reduces the students' exercise when traveling.

2) *Family influence*: At present, many families only have one child, and most parents are overly affectionate to their children, so that the students have formed the self-centered values. Parents are very caring for their children, fearing that they will be harmed in sports activities. So the parents will carefully guard them when they engage in sports activities. Students are also reluctant to spend too much time and energy

on sports activities. This has led to a decline in the constitution of young people and in overall physical fitness.

3) *School influence*: Many schools are still affected by the concept of traditional education and do not attach importance to students' sports activities. Many teachers believe that learning textbooks is the most important task for students. Physical activity is not important. This leads to the physical education's being taken as an optional subject for a long time. Many teachers also occupy physical education classes and let students study cultural lessons, which causes that the physical education class can't play its role. Exam-oriented education has existed for a long time in our country, which has brought many pressures to students. In order to improve the students' performance in exams, the school has arranged various examinations, and will rank students and divide them into different classes according to their grades, so that the students' spirit is tight. This can make students feel whiny. What's more, it may cause students to suffer from diseases such as depression, and it will seriously harm students' physical and mental health. There are also many problems in our country's physical education. For students of different ages, physical education has not been able to do a good job of convergence, making it difficult for students to improve their sports levels. Physical education also does not attach importance to cultivating students' interest, making students unwilling to participate in sports activities, which makes it difficult to improve students' physical quality. In the teaching process, PE teachers often neglect students' main position in the classes, which makes it difficult to play the role of PE teaching, wastes school resources, and can not enhance students' physique.

III. DEVELOPMENT STRATEGIES FOR HEALTHY SCHOOLS UNDER THE COMPREHENSIVE HEALTH IDEOLOGY

A. *The Leader's Demonstrating and Guiding*

School leaders play an important role in the construction of healthy schools. School leaders should have the innovation ability and educational wisdom in school's purpose, development planning, team building, and system improvement. They should be able to discover and tap the potential of teachers and students to make them develop better. In schools, the leader must be able to demonstrate and lead the way, showing the spirit of the school to the staff and students. School leaders should take the lead in morality, behavior, technology, etc., and make demonstrations for teachers and students [3].

B. *Strengthen Team Building*

First, schools can provide on-the-job training for teachers. It is necessary to formulate a scientific and reasonable training plan based on the existing teaching level and knowledge ability of teachers. In schools, it is also possible to establish a resource sharing system, provide lectures or seminars, and improve teachers' professional capabilities. Colleges should also increase exchanges with foreign institutions and send teachers to study abroad to know the teaching situation in

developed countries. In addition to this, universities should also pay attention to the introduction of talents. They can introduce a large number of experts and scholars, or outstanding doctoral or master's degree graduates.

C. *Improve the Management System*

A healthy school must have a sound management system to restrict the behavior of teachers and students and be their code of conduct. School rules and regulations must be fair, humanistic and operational. Schools must treat each individual fairly when dealing with affairs. This is the premise of school rules and regulations. Second, the rules and regulations formulated by the school must have humane care. The system is used to regulate people's behavior, not to bind them. Finally, these rules and regulations must be operational to play a role in dealing with practical problems [4].

IV. DEVELOPMENT STRATEGIES OF PHYSICAL EDUCATION OF SCHOOL UNDER THE COMPREHENSIVE HEALTH IDEOLOGY

A. *Combine Theories with Practice*

The physical education teaching model is a teaching system formed by the school to organize and coordinate physical education activities. Physical education needs not only theoretical guidance but also practical experience. The combination of theory and practice can enable students to learn sports well and develop good sports habits. Physical education should use theory to guide practice, and then use practice to enrich the theory. In our country's traditional physical education teaching mode, the dominant role of teachers in class is over-emphasized. Most teachers only teach theoretical knowledge, but do not adjust it according to the actual situation, which leads to the low participation of students. The physical education teachers must sum up the teaching experience, formulate reasonable teaching plans combining with theoretical knowledge, make theories and practice complement each other, and improve the teaching efficiency of PE classes.

B. *Individual Differentiation Teaching*

Physical education should be student-centered and students' main position in physical education classes should be attached importance. Each person's development is different. The physical education teachers must be able to recognize the differences between students, attach importance to the differences, respect the differences, apply individualized teaching patterns for each student, and formulate a reasonable teaching plan. The idea of individualized teaching first originated from Socrates of ancient Greece. He made students get conclusions that were contradictory with their own ideas through inspiration and questioning. Students could not solve the problem by themselves and eventually accepted the conclusions drawn by the teacher. The individual teaching mode of physical education is to teach students basing on their different conditions, arouse students' interest in sports, and enable students to develop good physical exercise habits in the physical education class. Interest is the source power of students' in-depth study of sports. Therefore, teachers must focus on cultivating students' personalities in the teaching

process so that sports can meet their personal development needs and students will be interested in sports [5].

C. Sports Situational Teaching

The sport scene-based teaching mode is a teaching mode in which the teacher sets up relevant scenes and applies venues, sports equipment and other elements to teach students, according to the teaching content and the actual situation of the students, so as to improve students' enthusiasm for learning sports. The main problem in sports situational teaching model is how to create a perfect scene to make students follow the teacher and experience the charm of sports. The main way to create a scene is to play games. The teacher must have a clear teaching purpose when organizing games. Teachers should organize teaching activities according to teaching tasks, and encourage students to participate. In the application of sports scene-based teaching mode, teachers should pay attention to the cultivation of students' good sports habits. This helps students to develop their physical and mental health.

D. Happy Sports Teaching

In the teaching process, teachers should apply the happy sports teaching model, that is, teachers should use basic means and appropriate methods to make students enjoy sports and obtain happiness[6]. This type of physical education can effectively improve the efficiency of sports classes, improve students' interest in learning sports, and cultivate students' sports habits. Happy sports teaching must pay attention to the students' main position in class, promote students to actively study sports, and allow students to actively think, raise questions, and boldly innovate in classes. Physical education should not be mandatory. Students should be encouraged to actively study sports and enjoy the fun of sports. Schools can set up a variety of special sports courses, such as basketball, taekwondo, aerobics, roller skating, etc., and allowing students to choose what to learn according to their own interests. Schools should guide students to learn sports through their interest, maximize the teaching efficiency of physical education classes, and help students to develop sports habits.

V. CONCLUSION

The concept of comprehensive health has created new opportunities for the development of sports in schools. How to improve the physical and mental health of young people has become an important challenge for school physical education. Under the comprehensive health ideology, the school leaders should play a good role in leading others, strengthen team building, and improve the management system; physical education should combine theory with practice, implement individualized difference teaching, and use sports scene teaching mode and happy sports teaching mode. Schools should implement physical education and health education on students to give them life-long beneficial sports and health knowledge and improve their overall quality and physical fitness.

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