

On the Implementation of Students' Physical Health Standard and the Reform of Physical Education in Higher Vocational Colleges

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ABSTRACT. This paper takes Liaoning Jianzhu Vocational College as an example, randomly selecting the physical health test data of 200 boys from Grade 2017, 2018 and 2019 in the college for retrospective analysis, in order to understand the physical condition of students and provide reference for the reform of physical education in higher vocational colleges.

KEYWORDS: Reform of physical education, Health standard

1. Introduction

The results of the sixth national physique test manifest that in recent years, the physique of college students is declining year by year, and the physical condition is not optimistic. As far as higher vocational colleges are concerned, it is of great significance to analyze the students' physical health in time and reform and establish physical education in line with the characteristics of higher vocational colleges. It can not only provide conditions for the improvement of students' physical quality, but also provide guarantee for their future healthy PE trend and work.

2. Research Object

We randomly selected 200 boys of grade 2017, 2018 and 2019 to analyze the data of physical health test pull-up.

3. Research Methods

3.1 Literature Method

In order to provide a theoretical basis for this study, the author consulted the National Students' physical health standard (hereinafter referred to as the standard) and the literature related to the physical health test and physical education curriculum reconstruction of higher vocational students in recent years.

3.2 Comparative Analysis

The data obtained in this study were compared with the standards to test the implementation of the standards of Liaoning Jianzhu Vocational College.

4. Research Results

It can be seen from the above table that compared with the standard data, the physical health performance of boys in Liaoning Jianzhu Vocational College is generally at the passing level, with height and weight as the main items, while the pull-up performance is not passing (see Table 1). It can be seen that the muscle strength of boys' forearm muscles is not good in general.

Table 1 Comparison of Physical Health Score and Standard Flow Table of Boys in Liaoning Jianzhu Vocational College

Score	Hight/weight (cm)	Vital capacity index	Standing long jump	50m	Pull up	1000m
LiaoNing JianZhu Vocational College	170	66	2.26	7"6	3	4'26"
Standard	Normal	Pass	Pass	Pass	Fail	Pass

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5. An Analysis of the Reasons for Boys' Failing in the Evaluation of the Upward Item of Body Drawing

The main reason for boys' unqualified evaluation of upward movement is that from the beginning of the primary stage, physical education no longer includes equipment gymnastics, and the horizontal bar, parallel bar, rope climbing and other equipment in the playground and gymnasium are no longer included in the scope of physical education. Instrumental gymnastics has been cancelled for more than 20 years. The reason for cancellation is to reduce the accidental injury of students. According to the standard, in this study, only the height and weight of students are full marks, but in contrast, some students are found to be overweight or thin, only the average value is within the normal range. In the future sports teaching process, we should practice according to the students' shortcomings.

5.1 Analysis of the Reasons Why Students' Physical and Health Scores Are Only Qualified

First, in the nine-year compulsory education period, schools and parents only pay attention to exam results and enrollment rate, pay attention to the learning of cultural courses, and ignore the importance of physical education. The vast majority of parents think that as long as the children study well and get good grades, the rest are not important, which resonates with the school. In recent years, the number of only children is increasing gradually, and the parents of students are not willing to see their children hurt, which leads to the students' lack of time to participate in physical exercise from the beginning of primary school. Parents love their children too much. They indulge their children too much in their spare time and weekends. They are exposed to too many online virtual games, which is also the direct reason for their weak physique.

Second, the lack of teachers and materials related to physical education. Physical education class hours are too few, lack of appropriate sports equipment and venues, which also greatly reduces the interest of students in physical exercise.

5.2 Countermeasures of Physical Education Reform in Higher Vocational Education

According to the differences of students' physiology, psychology and interests, optimize the content of physical education, add some courses of bodybuilding and entertainment, stimulate the enthusiasm of students to participate in physical exercise, and make them more willing to participate in physical exercise. The content of physical education curriculum should be in line with the society, stress the role of physical exercise, and let students take the initiative to exercise. In the daily teaching practice, we should try to add some sports items which can not only increase the confidence and courage of exercise, but also improve the physical quality of students, so that students can learn the basic theoretical knowledge and exercise skills of physical education, improve their awareness of fitness and health care, and strengthen the concept of lifelong exercise.

6. Increase the Publicity of Physical Exercise, Let Students Participate in Physical Exercise Become Passive to Active

6.1 The Scientific Evaluation of Improving the Efficiency of Physical Education Teaching by Students' Achievements in Physical Education

Examination, is the most commonly used teaching quality evaluation measures, but also to urge the improvement of

physical education teaching quality means. The physical examination used now is still the examination form under the previous examination-oriented education mode. The standard of the test is whether the physical skills and scores are up to the standard. This traditional, simple and no difference physical education evaluation mode is easy to reduce the enthusiasm of students' physical exercise, hurt their self-esteem and self-confidence, and is not conducive to the formation of scientific physical exercise consciousness. The physical condition of students is affected by two aspects, one is heredity, the other is physical exercise, so the physical difference of students is very big. Scientific and reasonable evaluation system of physical education teaching effect should pay attention to the process, such as students' attitude towards daily physical exercise, each student's own progress, the frequency of participating in physical exercise, the proficiency of physical education theoretical knowledge, etc., and not only the final results. Only in this way can we help students to improve their enthusiasm for physical exercise and form the concept of lifelong physical exercise.

6.2 Innovate the Teaching Form, Set Up the Physical Training Club, and Promote the Development of Students' Exercise Habits

Every semester in the university stage, there are physical education courses. At the same time, physical education courses also correspond to certain credits, in order to enhance the enthusiasm of students to participate in physical exercise and strengthen their awareness of physical exercise. The construction of physical training club will extend the education function of physical education teachers to the off class. The teachers will give scientific guidance to the students who actively participate in physical training, improve the enthusiasm of the students, help the students to carry out physical training more scientifically, train the students' Sports expertise, and lay a good foundation for the students' lifelong exercise. Therefore, first, we should give full play to the functions of the existing sports clubs. Second, we should build new and personalized sports clubs according to the interests of students.

7. Conclusion

It is the ultimate goal of setting up physical education and implementing physical education to pay attention to physical education, change the traditional teaching mode and evaluation mechanism, let students find their own physical training methods, fall in love with physical training sincerely and take part in physical training actively.

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