

# *Innovation and Effect Evaluation of Physical Education Models from the Perspective of Exercise for Health Promotion*

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**Abstract:** Under the background of the in-depth promotion of the healthy China strategy and the increasingly prominent physical health problems of teenagers, physical education needs to transform from the traditional skill based mode to the health promotion oriented mode. Based on the perspective of sports promoting health, this paper systematically combs the theoretical basis and realistic background of the development of physical education, analyzes the shortcomings of the traditional physical education model in health promotion, and then discusses the innovation path of physical education model from the aspects of curriculum goal reconstruction, teaching content optimization, organizational form innovation and the construction of multiple collaborative support system. At the same time, we should build a theoretical framework of effect evaluation with the improvement of health literacy as the core, clarify the evaluation principles, core dimensions and feedback mechanism, and provide a theoretical basis for the continuous improvement of physical education. The purpose of this study is to provide systematic ideas and structured reference for the reform of school physical education in the new era, and promote physical education to play a more active role in promoting students' physical and mental health and forming lifelong sports habits.

## **1. Introduction**

Under the background of comprehensively promoting the construction of a healthy China and deepening the reform of quality education, the physical health problem of teenagers has increasingly attracted widespread attention from all walks of life. As an important way to promote the development of students' physical and mental health, the functional orientation and practice of school physical education are facing new transformation requirements<sup>[1]</sup>. Although the traditional physical education model has played a positive role in skill training and physical fitness improvement in the long-term practice, there are still some deficiencies in the cultivation of health awareness, the formation of sports habits and the promotion of mental health. With the deepening of the concept of "sports promoting health", physical education needs to shift from single skill oriented to health oriented, and strengthen the function of physical education curriculum in improving health literacy and shaping a healthy lifestyle. Therefore, from the perspective of sports promoting health,

the systematic innovation of physical education mode and the construction of a scientific and reasonable theoretical framework of effect evaluation not only have important theoretical value, but also have practical significance, and play a positive role in promoting the high-quality development of school sports and promoting the comprehensive and healthy growth of students.

## **2. The Development Background and Theoretical basis of Physical Education from the Perspective of Sports Promoting Health**

### **2.1 Connotation and Time Value of the Concept of Sports Promoting Health**

The concept of sports promoting health refers to a comprehensive health promotion idea to improve individual physical function, mental health level and social adaptability through scientific, regular and continuous physical activities, so as to achieve the overall health goal. With the change of life style in modern society, the problems of sedentary behavior increase and physical activity decrease gradually aggravate, and the physical health problems of teenagers are increasingly concerned by the society. In this context, exercise is gradually regarded as an important way to prevent diseases and promote physical and mental health. Sports promoting health not only emphasizes the improvement of physical quality, but also pays attention to psychological adjustment, behavior habit cultivation and the formation of healthy lifestyle. From the perspective of education, integrating the concept of sports promoting health into physical education not only helps to improve students' physical health level, but also guides them to establish lifelong sports awareness and cultivate a positive and healthy lifestyle, reflecting the important social value and educational significance of physical education in the new era<sup>[2]</sup>.

### **2.2 The Era Mission of School Physical Education under the Strategy of Healthy China**

The proposal of "healthy China" strategy points out a new direction for the development of physical education in China, and also endows school physical education with a more important mission of the times. As an important place for teenagers' growth, school is the key position to cultivate health awareness and form good exercise habits<sup>[3]</sup>. Under the background of healthy China strategy, physical education not only undertakes the basic function of strengthening students' physique, but also plays a more important role in promoting the coordinated development of body and mind, cultivating health literacy and shaping an active lifestyle. Therefore, school physical education should gradually change from the traditional skill teaching and physical training mode to the comprehensive education mode with health promotion as the core. By scientifically setting up physical education courses, enriching the forms of sports activities and creating a good campus sports culture environment, students' enthusiasm and sustainability of participating in sports activities can be effectively improved, and physical education can truly become an important practical path to implement the healthy China strategy.

### **2.3 Limitations of Traditional Physical Education Model in Health Promotion**

For a long time, School Physical Education in practice often focuses on sports skills training and physical fitness test indicators, and the teaching goal is relatively single, ignoring the comprehensive value of physical education in promoting the comprehensive and healthy development of students. Some physical education classes are still dominated by teachers' teaching and unified training, and lack of attention to students' interest differences and individual needs, resulting in some students' low enthusiasm for participation and difficulty in forming sustainable sports habits<sup>[4]</sup>. At the same time, the connection between physical education curriculum content

and health education is not close enough, and the guidance of sports knowledge, health behavior and lifestyle is relatively insufficient. In addition, the lack of effective connection between in class sports activities and extracurricular sports makes the role of physical education in promoting students' daily physical activities not fully play. Therefore, under the background of deepening the concept of sports promoting health, the traditional physical education mode needs to be systematically reformed to better meet the development needs of health education in the new era.

### **3. Innovation path of Sports Promoting Health Oriented Physical Education Mode**

#### **3.1 Reconstruction of Physical Education Curriculum Objectives Oriented by Health Promotion**

Under the guidance of the concept of sports promoting health, the goal of physical education curriculum needs to change from a single skill mastery and physical training to a comprehensive goal system to promote the comprehensive physical and mental development of students. Traditional physical education courses often emphasize the standardization of technical movements and performance evaluation, while ignoring the cultivation of students' health awareness and exercise habits. Therefore, in the design of curriculum objectives, we should pay more attention to the cultivation of health literacy, sports participation consciousness and lifelong sports concept. Specifically, the objectives of physical education curriculum should cover multiple dimensions such as physical health, psychological adjustment, sports skills and healthy behavior, and guide students to understand the important role of sports on health in the process of participating in sports through scientific planning of curriculum content and teaching activities<sup>[5]</sup>. At the same time, the curriculum objectives should also reflect the periodicity and development. According to the physical characteristics and development needs of students at different ages, hierarchical health promotion objectives should be set, so as to promote the transformation of physical education from "skill based" to "health-oriented", and lay the foundation for students to form the habit of physical exercise.

#### **3.2 Optimization of Teaching Content with Students' all-round Development as the Core**

In the process of physical education model innovation, the optimization of teaching content is an important link to achieve the goal of health promotion. The traditional sports teaching content is relatively concentrated in a few competitive events, and the form is relatively single, which is difficult to fully meet the students' diverse interests and development needs. Therefore, on the basis of adhering to the teaching of basic sports skills, we should further enrich the structure of teaching content, and organically combine physical training, sports skills learning, health knowledge education and psychological adjustment. Through the introduction of diversified sports, such as interesting sports activities, team sports and fitness training, the participation and activity of the classroom can be enhanced, so that students can obtain more sense of achievement and positive emotions in the sports experience. At the same time, we should strengthen the integration of health knowledge, guide students to understand scientific exercise methods, sports injury prevention and healthy lifestyle, so as to realize the transformation of physical education from simple skill training to comprehensive health education, and promote the coordinated development of students' physical quality and psychological quality.

### **3.3 Innovation of Teaching Organization form Integrating Classroom Teaching and Daily Sports**

To achieve the educational goal of sports promoting health, we need not only rely on classroom sports teaching, but also extend sports activities to students' daily life. Therefore, in the innovation of physical education mode, we should actively explore the teaching organization form of combining classroom teaching with daily sports. Specifically, students can form a sustained and stable habit of sports participation in and out of class through the construction of a sports activity system linking "classroom teaching, extracurricular activities and campus sports culture". For example, in the physical education classroom, we should strengthen the learning of sports skills and the explanation of health knowledge, and organize diversified sports community activities, sunshine sports and campus events in extracurricular time, so as to provide students with more opportunities to participate in sports. At the same time, with the help of information technology platform, students' sports situation is recorded, and students are encouraged to actively participate in physical exercise in daily life, so that physical education gradually changes from phased teaching activities to health promotion process throughout campus life.

### **3.4 Construction of Sports Education Support System with Multiple Collaborative Participation**

From the perspective of sports promoting health, the development of physical education not only depends on school physical education curriculum, but also needs the joint participation of family, society and relevant institutions to form a diversified and collaborative education support system. First of all, schools should play a leading role in providing a good environment for students to participate in sports activities by improving the physical education curriculum, strengthening the construction of teaching staff and improving sports facilities. Secondly, the family has an important influence on the cultivation of students' sports habits. We should guide students to form a positive and healthy lifestyle through family sports activities, parents' demonstration and other ways. At the same time, social sports resources should also be actively integrated into the development of school sports, such as the opening of sports venues, the participation of social sports organizations in campus activities and the sharing of community sports resources. Through the construction of physical education system of school, family and society, a more stable and sustainable health promotion environment can be formed, so as to comprehensively improve the comprehensive effect of physical education in promoting students' physical and mental health.

## **4. Theoretical Framework of Effect Evaluation of Physical Education Model Innovation**

### **4.1 Basic Principles of Health Promotion Effect Evaluation of Physical Education**

From the perspective of sports promoting health, the evaluation of the innovation effect of physical education mode needs to follow the basic principles of combining scientificity, systematicness and development. First of all, the scientific principle emphasizes that the evaluation process should be based on the theory of health education and physical education. Through reasonable evaluation standards and standardized methods, the actual role of physical education in health promotion is objectively analyzed. Secondly, the systematic principle requires that multiple aspects such as the objectives of physical education curriculum, the teaching implementation process and students' participation should be comprehensively considered in the evaluation process, so as to avoid the one sidedness caused by a single index evaluation, so as to comprehensively reflect the comprehensive impact of physical education on students' physical and mental

development. At the same time, the developmental principle emphasizes that the evaluation should not only focus on the periodic results, but also pay attention to the long-term change trend of students' health behavior and exercise habits, so that the evaluation process has continuous guiding significance. In addition, the evaluation should also adhere to the principles of fairness and operability, so that the evaluation method can be effectively applied in school physical education practice while ensuring the unity of evaluation standards, so as to provide a reliable basis for the optimization of physical education mode.

#### **4.2 Construction of Core Dimensions for the Effect Evaluation of Physical Education Model**

In order to fully reflect the actual effect of physical education model innovation in promoting students' health, it is necessary to build a multi-dimensional evaluation framework. First of all, the physical health dimension is an important basis for the evaluation of physical education. It mainly focuses on students' physical quality level, physical development and physical function improvement, so as to reflect the basic function of sports activities in enhancing physical fitness. Secondly, the dimension of mental health emphasizes the positive role of sports activities in relieving learning pressure, improving emotional regulation ability and enhancing self-confidence. Thirdly, the sports behavior dimension focuses on the frequency, duration and willingness of students' participation in sports, so as to reflect the formation of students' sports habits. In addition, the dimensions of health cognition and health literacy should be set up to further reflect the comprehensive value of physical education in health education by evaluating students' understanding of sports health knowledge and the improvement of health behavior awareness. Through multi-dimensional evaluation, the overall effect of physical education model innovation in promoting students' physical and mental health can be more comprehensively presented.

#### **4.3 Design of Evaluation Index System based on Health Literacy Improvement**

In the evaluation of physical education effect, health literacy is an important indicator to measure the comprehensive value of physical education. Therefore, in the process of designing the evaluation index system, the system should be built around the core goal of improving students' health literacy. First of all, at the knowledge level, attention should be paid to students' mastery of the basic knowledge of sports and health, scientific exercise methods and sports safety knowledge, so that students can correctly understand the relationship between sports and health. Secondly, at the ability level, we should evaluate the basic skills of students' participation in sports and the ability of using sports knowledge to exercise independently, so as to reflect the effect of physical education in cultivating students' practical ability. At the same time, in terms of attitude and behavior, we should also pay attention to the enthusiasm and persistence of students' participation in sports activities and the degree of forming a healthy lifestyle. By incorporating knowledge, ability and behavior into the evaluation system, a relatively complete health literacy evaluation structure can be formed, which provides a more systematic basis for analyzing the role of physical education in health promotion.

#### **4.4 Evaluation and Feedback Mechanism for Continuous Optimization of Physical Education Mode**

In order to ensure that the innovation of physical education model can be continuously improved in practice, it is necessary to establish an effective evaluation feedback mechanism so that the evaluation results can truly serve the improvement of physical education. First of all, the evaluation results should be fed back to physical education teachers and school administrators in time, so that they can adjust and optimize the course content, teaching methods and activity organization forms

according to the evaluation information. Secondly, we should fully listen to students' opinions and experience feedback in the evaluation process, and provide reference for improving teaching design by understanding students' real feelings in the process of physical education learning. At the same time, the school can continue to observe the changes after the implementation of the physical education mode through the combination of phased assessment and long-term tracking, so as to form a dynamic adjustment mechanism for teaching improvement. In addition, the application of the evaluation results to the reform of physical education curriculum, teacher training and campus sports activities planning can further improve the overall quality of physical education and promote physical education to play a more stable and long-term role in promoting the healthy development of students.

## 5. Conclusion

Under the background of deepening the concept of sports promoting health, physical education is gradually changing from the traditional mode based on skill training to the education mode focusing on the comprehensive development of students' physical and mental health. The overall function of physical education in promoting students' health can be effectively improved by reconstructing the objectives of physical education curriculum, optimizing teaching content, innovating teaching organization forms and constructing a diversified and collaborative education support system. At the same time, the establishment of a scientific and systematic theoretical framework of effect evaluation will help to comprehensively analyze the practical value of the innovation of physical education mode, and provide the basis for the continuous improvement of physical education teaching. In the future, physical education should further strengthen the concept of health orientation, and promote the high-quality development of school physical education in the continuous combination of practical exploration and theoretical research.

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