

A Research on Sustained and Healthy Development of University Students' Physical Fitness Test

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Abstract: College students' physical health level caused widespread concern in recent years. Public physical education quality of higher education need to be further reinforced. As institutional measures, physical fitness test has been widely carried out in universities in ten years. It is positive intervention effect to promote university students' physical health level is gradually reflected. In general, college physical health test work is still in its primary stage, its implementing methods remains to be further explored, reasoning, the quality of the work itself remains to be further improved. To ensure sustainable and healthy development of university students' physical fitness test, some problems must be determinate, such as how the university students' physical fitness test and colleges and universities sports teaching proceed in coordination, how they complement each other, how to coordinate related management department to complete the test work, to guarantee the representation and authenticity of the data. In order to improve the construction level of the physique test work, by observing the actual working practice, consulting literature and interview about the college teachers, in this paper three measures are proposed to be established in future. It contains creating test information interactive platform, improving teachers' knowledge level and establishing test special incentive methods, etc.

Keywords: Colleges and universities, Student's physical health, Physical fitness test, Sustainable development, Reform in education

1 Introduction

As an essential part of the school physical education, the student physical health test job has been widely carried out for ten years. The main pattern of manifestation is that physical health test is put into practice to all students in schools. At the same time Student Physical Health Standard carried out along with the test. The original intention of the job means to strengthen the positive intervention to the school physical education quality, to intensify teachers' quality consciousness of physical education, to elevate the attention of each student on their own physical health so as to take an active part in sports activities, to fully improve the quality of the students' physical health. What should be adopting to do this job, what is necessary, which is selected as content? Which direction should be right? There is lack of experience, or still need to explore.

Wang Dengfeng, the director of Department of Physical, Health and Arts Education of MOE. He indicated that "college students' physical quality is on the decline and some fundamental problems have not resolved" in 2012 National colleges and universities sunshine sports display and exchange.^[1] Obviously, implement work of school physical health test has played a positive role for leaders to obtain realistic conclusion. However, whether the specific implementation of the job has common quality education effect for today students nearly get a satisfactory answer or recognition.

Yan Hongling used the colleges and universities in Jiangxi Province which carried out the "standard" for ten years of development as an example to analyze the concrete implementation situation of the current college physical health test. As an actual organizer and concrete executor who participate in the annual physical tests, the author thinks that these views are in line with the truth of current colleges and universities.

Mean: "the school itself is lack of use of the result of the test; most schools use it only as a report data and nearly linked it to other aspects of students. Test follow-up work lack and become a mere formality, coping strategy. Testing work didn't get the recognition. Workload calculation test workload is big, but completely involved part-time staff."

[2012] (53) file from State Department Office points out “overall results of the university student physique health test should be published on campus according to students’ grade, class, gender, and other different categories”. Relevant information should be informed the parents of students. “Use the students’ physical health level as the important indexes for evaluation of students’ comprehensive quality.” And so on. If you do a piece of data comparison, you will find the current college physical health test work is only in the primary stage. It is still a long way to go from its design goal.

Some people say that doing physical tests in universities is costly and time-consuming, wasting manpower and energy do not please painfully, student management is difficult, report data is not real and too many false, etc. Such evaluation unconsciously formed the negative influence to the teachers who pay a lot in the test. More and more teachers are lack of participation motivation and are reluctant to undertake the work.

“Mao Zhenming said that at present there have been many signs of danger of the university sports appear. The direction of public physical education lost in such a subject construction in university, many colleges and universities sports teaching level is low, even a voice of cancellation of university physical education arise and so on”, must cause enough attention.^[1] As an important representative of public sports discipline construction, university students’ physique test also face some criticism. How to find the direction and management of the construction and realize its sustainable and healthy development of the physical test as soon as possible is an urgent needs to solve the problem.

2 How to Treat the New Construction Direction of School Sports Work—Physical Fitness Test Construction, How to Bring About a Sustained, Healthy Growth in the Work

Our strategy is to seize the main contradiction and key points of management. To tamp the test development basis points of virtuous cycle and to frame around the base.

2.1 The significance of college physical health test for college P.E. teaching reform

Due to the whole school mass physical fitness test campaigns, some problems originally hidden in the normal course of physical education teaching get more and more explicit. The attention and disposal to these problems promote the physical education teaching reform. The major performance is in such aspects.

First, it has an obvious significance to perfect the sports teaching evaluation. With the help of powerful educational administration management information platform the exploration on the option of stratified teaching reform which began at the turn of the century has been widely implemented in all universities and has developed into a new traditional teaching mode. Although let students choose their practice interest to their special physical exercise plays the positive effect, but some problems still turn up constantly. Such as the horizontal comparability between different special evaluations is a typical problem. Because the teachers score only on the basis of what the students have learned from the special technology and the special teachers have different dimension elastic, it makes some students feel unfair. They in the future option will think more accessible high marks in the project (in order to obtain higher credit grade point and scholarships) regardless of interest in the project. Now, it is the implementation of student physique healthy standard that makes some physical quality project with a certain proportion joins to the evaluation of examination. Doing so makes the special proportion decreased when the teacher evaluate objective evaluation, thus largely solved the problem.

Secondly, it opened a good start for the overall scientific exploration of the sports teaching. It mainly embodied that the analysis of the student test scores and the results application can provide the basis for further improve school sports teaching. In addition, it can promote actively to use the severe physical quality of project evaluation in the sports teaching associated with physical test, drive the project complete relevant statistical standards scientifically, and really form dynamic diversification of teaching.

Third, it can give a foundation to implement the effect of integration management inside and outside physical exercise class. Students' extracurricular sports activities are concentrated in the competition and training of the minorities for ages. More students just do not get exercise effect but as the audience. The whole school practice of Physical tests can play an important role of cohesion function in calling on every student to do their individual exercise inside and outside the class.

Fourthly, this work is an essential development step of school sports when prompt sports state to sports power. First performance of Sports power shows in good total body mass of school physical education. Students in colleges and universities hope to learn sports health knowledge and exercise method which can reflect the scientific level of the sports or are beneficial to the health of human. It is corresponding with the students' intrinsic demand in sports to pursue the deep learning effect. That the student physique healthy standard and this requirement can form good docking embodies the reform purpose of sports education to pursue the in-depth teaching effect.

2.2 What does the main contradiction of physical test work in colleges and universities display at present stage? What is the corresponding countermeasure?

2.2.1 Contradiction

At this stage the main contradiction of physical test work in colleges and universities displays in: first, some students attention is not enough. A small number of students improper this thing, they do not understand the related content. Usually junior and senior students' measure rate of single use is not high enough. It reduces the overall data representation. Second, because the data management method and system construction of most colleges and universities are not able to keep up with the work, thus the students' test enthusiasm is low. A few students in the test are not trying to reflect their real strength. It reduces the truth data in a certain extent.

Third, part of teachers have deviation understanding of physical fitness testing work, their management of the work is not careful enough, not enough patience, etc.

Fourth, present testing instrument and the software such as order, registration is difficult to contact with all the school's faculty list, lack of site management timely. Fifth, in most colleges and universities this work is easy to only rely on Physical Education department. It seems a little difficult to unite various college faculty, the school educational administration department and student work department to concert efforts. It is difficult to transmit test requirements to every student. (Physical education class, student handbook, etc.) Widespread education way is not enough. Sixth, lacking of management feedback mechanism and platform, test information cannot run unobstructed in various aspects. (The key is what kind the platform should be built, to consider what the main factors are? Lack of study)

2.2.2 Contradiction reason analysis

2.2.2.1 It is very difficult to make every student objectively attach importance to their physical health. Motive and the method of exercise are insufficient

Although for each individual student physical health test is in order to be able to communicate policy benefit to each student, it will encounter a lot of practical problems in the implementation process. Student's self-study ability of sports is uneven. It is usual when encountered a little common trauma in exercise they feel difficult to adhere to. Some students lack of active experience from participation in sports. Due to the increase employment and learning pressure, they are used to waste most of the time every day to face books and computers, used for self-study and participate in professional exam. Besides, Temporary professional curriculum is also a typical influential factor. Lastly, present various management systems and measures are to encourage students to study in up to get high scores, to join the science and technology activities and entrepreneurial activity. These all have already formed in the students' psychological mind-set. Then talk about to arrange a certain amount of time a week for physical exercise will not get their identity.

So how many students are able to use sports as a real life elements, very few, these are directly responsible for poor physical health level of students.

2.2.2.2 Specific test management measures are also imperfect

There are usually three ways used to arrange test. The one is that arrange schedule for each class according to the various departments of administrative class recommended schedule. The second is that students choose their own test schedule adopting test appointment selection software provided by test equipment manufacturers. The third is to choose several Saturday and Sunday appointed between sports department and other college faculty to test.

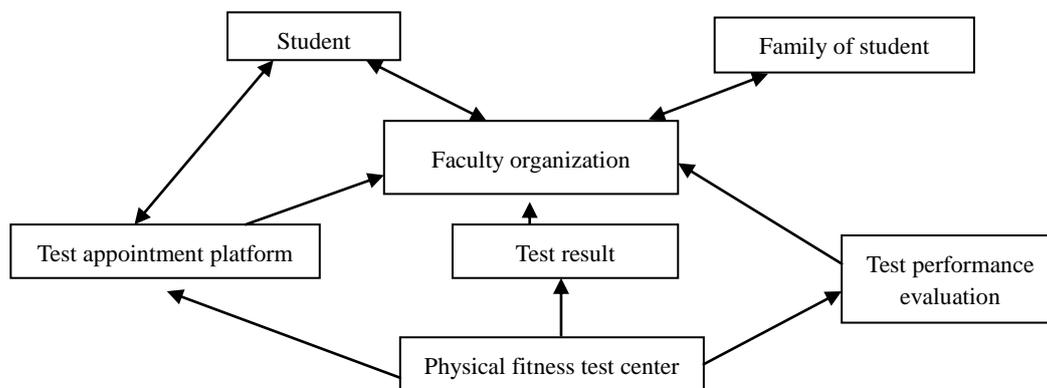
Whatever organization mode was applied, there always be some students who are not ill do not attend the test and lack of part data belong to one people.

Some students can't arrive in time to test by booking arrangements and long dull work make few teachers can continue to accept test work. Stable test teachers' team cannot form.

2.2.2.3 Strategy

According to the principal contradiction and the cause analysis, we think that in order to improve the quality of physical tests three points should be paid attention to at present.

First, establish and improve the reaction mechanism. As follow graph:



Each student will be able to get notification information and realize the reply on the reservation software. Test process of execution can be timely reflected to the various departments after data collection in order to offset as far as possible to complete all the data. Test scores should be kept in the archives, and reserved for management basis.

Second, the organization work and subsequent management work should be centered on each department not physical education department.

Third, teachers should enhance their understanding to physical test work.

3 Conclusion

The physical health test work is one of the important measures to promote the university sports quality. The implement of the work reflects the comprehensive strength of colleges and universities.

In order to make the testing work Sustained and healthy development, the present construction should focus on “information interaction platform”, fully improve the communication mechanism, establish incentive measures for the management of university students’ physical fitness test, and establish the organization position of various departments in the test and the center position of subsequent management.

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