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Study on the Physical Health Status and Optimization Path of College Students from the Perspective of Healthy China

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Abstract: Health is an inevitable requirement for promoting comprehensive human development and a fundamental condition for economic and social development. Improving the development level of physical and mental health among young people and college students in China, promoting the deepening reform of school physical education teaching, and promoting the development of physical health among college students are particularly crucial. At present, the overall physical health level of college students nationwide is showing a positive trend, and their physical form level continues to improve. However, there is still a serious phenomenon of overweight and obesity, and their physical fitness continues to decline, with a particularly significant decline in speed and strength indicators. This article aims to optimize the teaching path of physical education in universities and promote the healthy development of college students' physical fitness.

Keywords: Healthy China; College Students; Physical Health.

1. Introduction

In the future modernization construction of our country, college students are a new force. Their physical health not only affects the physical fitness of young labor force, but also affects the quality of labor force and the output of development achievements in our country's future modernization construction. They are an indispensable factor in our country's future modernization construction. As an important battlefield for cultivating and nurturing college students, higher education institutions bear the important historical mission of cultivating and nurturing college students. University education includes cultural quality education, skill teaching, physical fitness cultivation, personality shaping, and emotional cultivation. However, recent surveys have shown that the knowledge reserve, skill level, and personality and emotions of current university graduates are constantly improving, while physical fitness is constantly decreasing, and the phenomenon of "top heavy and foot light" is very prominent. The physical condition of college students will directly affect the quality of labor force that our country will have in the future. An excellent physique is necessary for college students to quickly adapt to their job positions after graduation. Therefore, in this regard, universities should not only focus on educating students on cultural literacy, but also consider improving their physical fitness, so that they can have an excellent physical condition, better adapt to future development, and make their own efforts for the socialist modernization construction of our country.

2. Current Status of Physical Health among College Students

There are varying degrees of physical health issues among college students. The subject consciousness of sports culture is weak. After a long period of exam oriented education, the current physical fitness of college students is generally not high, and they generally lack interest in participating in sports under heavy learning tasks, which is not conducive to the formation of healthy physical and mental health for students. Due to the emphasis on sports activities, schools have invested a large amount of manpower and material resources, but instead, the utilitarianism of the activities has become stronger, failing to truly improve the cultural dissemination awareness of the main body, which has brought negative impacts to the construction of sports culture. Inadequate physical health testing for college students. Currently, many domestic universities rely mainly on physical fitness tests for college students in their physical education assessments. The test content is used as the main criterion for evaluating student physical education course grades, while neglecting the testing of other sports and the cultivation of student sports interests. With the improvement of the national economic level, students have good physical development and their physical fitness is constantly improving. However, the items and standards of physical fitness testing for college students have not changed for a long time, and it is difficult to accurately and objectively reflect the physical fitness of students, which needs to be updated. Lack of shaping the cultural atmosphere of sports in universities. In the current construction of sports culture in universities, there is a lack of official sports culture atmosphere shaping. In most universities, apart from the annual school sports meet and occasional basketball and football competitions held by various colleges, there are almost no official sports competitions organized. However, in fact, there are also many popular sports events that can be held by students. In addition, there is a lack of content related to shaping sports culture in the entire campus environment, such as difficulty in seeing promotional posters or artworks related to sports exercise on university campuses, and insufficient construction of sports facilities in some universities. Relying solely on student spontaneous organization faces too many difficulties, making it impossible to form a large-scale campus sports culture.

3. The Importance of Physical and Health Qualities

The importance of comprehensively improving the physical and health qualities of college students, and enhancing their physical and mental well-being. Improving the overall physical fitness of students can improve their overweight, weight loss, and beer bellies. In addition, in their daily lives, aerobic exercises such as running and jumping rope can be added, which can accelerate blood circulation, adjust human functions, improve mental health, and have a positive effect, thereby improving their physical and mental health literacy. Improve the quality of physical exercise and enhance the vitality of physical exercise. Enable college students to better adapt to future work. Improving the overall physical fitness of students helps them form a healthy and healthy lifestyle, and can lead to sustained physical exercise; Beneficial for adjusting daily routine and balancing diet; This is beneficial for improving their physical coordination ability and mental strength, so that they can easily find their own development points in the future development process and better adapt to the work environment. Before entering society, college graduates must undergo a crucial process, which is a comprehensive physical examination. The results of physical examinations have a crucial impact on the future development prospects of students to a certain extent. In addition, improving the overall physical fitness of college students can help them go further in their life journey. At the same time, it also helps them cope with high-intensity work after graduation and entering the workplace.

To lay the foundation for college students to establish lifelong health awareness. Improving the overall physical fitness of college students helps to raise their awareness of physical health issues, laying a solid foundation for their lifelong health awareness. It also enables them to apply scientific and cultural knowledge and methodologies to research on physical and mental health, thereby enabling them to improve their physical fitness under the guidance of scientific health methods. In addition, improving the physical and health literacy of college students can also help them maintain a stable mental state and remain alert, enabling them to cope with various situations and problems with a better mental outlook. The energy to think and handle problems will also become more vigorous, which will be of great benefit to their overall life. Helps to tap into intellectual potential. Improving the overall physical fitness of students has a positive significance in developing their intellectual potential and cultivating their excellent moral qualities. Currently, a large number of surveys have been conducted on the relationship between the psychological state and physical literacy of college students, and the results show that there is a positive correlation between psychological state and physical literacy. Moderate physical fitness activities play an important role in promoting the development of the right brain and cultivating advanced agile thinking abilities among college students.

4. The Optimization Path of Physical Education Teaching in Universities for the Physical Fitness of College Students

（1）Establishing a Correct Concept of Modern Physical Education

In order to promote the reform of physical education curriculum in schools and improve the physical fitness of students, both schools and colleges should establish a new, scientific, and contemporary sports concept. Firstly, schools should start from the current development of the times and the demand for students' physical fitness. Starting from the role of the school, they should establish a "people-oriented" education concept, guided by the principles of "health first" and "lifelong physical education", to design the school's curriculum and teaching plans. Secondly, it is necessary to set up courses for students based on their actual development needs, interests, preferences, and current physical fitness, in order to integrate their physical fitness with their own preferences. Thirdly, in specific physical education practice, it is necessary to guide students to form a "lifelong sports" perspective, improve their enthusiasm for actively participating in physical exercise, and cultivate their behavior of regularly participating in physical exercise. Ultimately, in terms of teaching content, teachers should not only teach students certain sports skills, but also focus on promoting the harmonious development of their physical and mental health, improving the overall physical health level of college students, and enhancing their physical fitness. Appropriately increase the number of physical education teaching hours in universities. In this regard, it is necessary to combine the specific conditions of the school and increase the duration of physical education classes to promote the reform of physical education in schools and improve the physical fitness of students. Therefore, in universities, there is a need for sufficient class hours to allow physical education classes to play a greater role. For this point, universities should fully recognize the importance of physical education, combine their own reality, increase the curriculum arrangement of physical education, ensure that students have sufficient time and opportunities for physical training, and master relevant skills. In addition, college physical education classes should not only provide students with opportunities to exercise, but also cultivate their understanding of the characteristics and regularity of sports. Therefore, in physical education, we should increase the guidance for physical education and theoretically guide students to establish a correct view of sports.

(2) Strengthening the transmission of fitness knowledge in physical education teaching

The ultimate goal of university physical education is to enhance and improve the physical fitness of college students. Therefore, in university physical education, scientific education should be carried out to strengthen the cultivation of the concept of "lifelong sports" among college students. Firstly, the teacher needs to explain sports human science, nutrition and health care, exercise rehabilitation, and medical supervision to the students, so that they can learn how to monitor and evaluate their physical condition during exercise. Secondly, in physical education teaching, it is necessary to organically combine physical education teaching with fitness teaching, so that physical education teaching can not only enable students to master the basic content of physical education teaching, but also play a good role in sports. Ultimately, physical education teachers should guide students to use knowledge of scientific fitness methods, principles, and functions to cultivate their habit of conscious exercise. Through their extracurricular activities, they should actively go to the playground and explore nature, thereby achieving the goal of improving their physical fitness. Actively develop

"sunshine sports". Sunshine sports, as a form of school physical education, play an irreplaceable role in school physical education classes. There are significant effects in improving student physical fitness, preventing myopia, reducing obesity, and promoting mental health. At present, Chinese university students, without forming good physical exercise habits, immerse themselves in the internet and other virtual lives, becoming "otaku girls" and "otaku men", leading to a serious lack of "sunshine sports". Therefore, it is necessary to strengthen education for students and actively engage in "sunshine sports". Firstly, in school physical education, it is necessary to guide students to engage in activities suitable for outdoor activities in the sun, such as football, cheerleading, basketball, tennis, and long-distance running. In daily physical education, it is important to strengthen guidance for students to engage in sunny physical exercise; The second is to actively organize collective sports activities, such as campus sports festivals, sports games, etc., so that all students can participate and guide them to exercise outdoors; The third is to vigorously develop college student sports clubs, establish various types of on campus sports clubs, and allow college students to engage in various forms of sports independently and spontaneously.

5. Conclusion

As pillars of the country and society, college students are important participants in promoting national construction, and their physical health has always been a key concern of the country. Improving the physical fitness of college students is in line with the trend of modern development. Combining with the situation of physical education teaching, identifying the current problems, and further optimizing paths such as enriching teaching methods and improving teaching modes, the aim is to improve the physical health status of college students.

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