

Study on the Management Mode of College Students' Physical Health Test Based on Health Management

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Abstract

Health is the foundation of the body, is the capital of revolution. College students' physical health is the basis and bottom line for the prosperity and prosperity of a country. To pay attention to the improvement of college students' physical health is the primary task in the ongoing, continuous, long period. However, in recent years, the sub-health groups in China are mainly contemporary college students' sub-health groups. The physical health degree of college students is a reflection of the alternation degree of young people in a country, and it is also an organic benchmark to evaluate the comprehensive strength of a country in all aspects. It reflects the civilized state and progress degree of human society in a country, and has become a key concern of the country. The purpose of this paper is to study the physical health management mode of college students.

Keywords

Physical health; College students physical health test; Management model.

1. Difficulties Faced By the Current Physical Health Test of College Students in China

1.1. The Physical Health Test of College Students Is Too Blunt

The purpose of setting physical health test for college students is to obtain various indicators and information of college students' functional health. The physical health test of college students is a long and arduous task. Taking the current epidemic situation as an example, when physical education teachers arrange physical function test online, students only know to complete the test task, and never care about the substance and content of physical health test, that is, their ability to function. This makes the physical fitness test only stay at the stage of paying attention to the formal performance; The progress and process are not carried out under reasonable supervision; The final results of the tests lack rigor, thoroughness and authority [1-3].

1.2. Lack Evaluation and Opinion Recovery of College Students' Physical Health Test

Even though the whole country encourages students to actively conduct physical health related tests on campus, schools fail to fundamentally understand the importance of physical health test management mode, pay no attention to its purpose and substance, and have insufficient clarity on various indexes and standards covered by it. Its working level stays in the sports department indirectly, did not rise to a certain level, should form the comprehensive system to carry on the further supervision and care to the college student's physical fitness test. In addition, sports authorities only block the duty of the student body function simple test be completed as well as the superficial information data collection of liquidation, not to use, will test results and analysis process of the answer presented to students, causing students to

understand their own body physique health and lack of attention, In turn, students are unable to take appropriate measures to improve their functional health [4-5].

2. Construction of College Students' Physical Health Test Management Mode

2.1. Domestic Colleges and Universities Shall Construct Specialized Management Centers on Campus

Encourage college leadership attention and serious about college students' physical health test management pattern, for special management center of human and economic strength to ensure that building up a the President responsibility system primarily, directed by each related department, student affairs office and the hospital built jointly build health test management center (see figure 1), and the reasonable division of labor, The various indicators of physical health test with students will be allocated to the hands of the responsible personnel, so that each person, each class have their own duties, their own responsibilities, to achieve the success of the physical health test management center to build the goal forward.

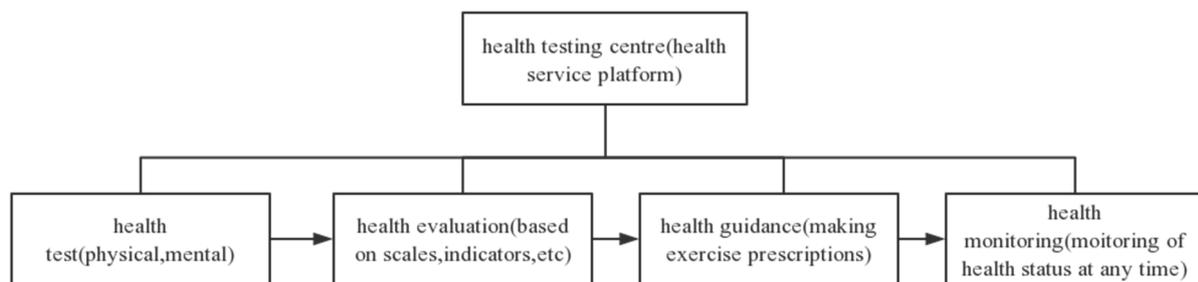


Figure 1. Health data management center

2.2. Expand the Publicity Channels of the Health Management Center and Strengthen Students' Thinking on the Management of Body Functions

Use BBS, leaflets, brochures, posters, school campus magazines and baidu post bar and other campus propaganda, the perfect degree of the strengthening the management of physical fitness testing center, improve the college students on their body health management thinking, to deepen understanding the function of their own health management ability, make students actively pay attention to their own health, Participate in physical health management tests and learn to monitor and manage your body's health [6].

3. Improve the Construction of the Physical Monitoring and Management Center System for College Students in China

Various colleges and universities should do deep analysis with the needs of the poor students group familiar with the constitution, the combination of supply, demand the students into the developing direction of physical fitness test administration, improve health management center work skills, selection of appropriate measures, strengthening communication with healthy body weaker students, neglect of avoid by all means follow up machine health level of students, To distinguish between training and advice on multiple methods, such as alone, according to the situation of each student body construction and improve the sports project summary, for college students to focus on health issues, through the school physical health develop specialized management center physical health plan and means, from a number of practical hub to conduct real-time regulation.

Monitoring work itself exists a certain degree of instability, the responsible personnel supervision negligence, perfunctory phenomenon and students absent-minded, careless test results of physical health test is not accurate, unqualified phenomenon occurs from time to time. It is common for functional departments to fabricate and collate data. According to the survey in Table 1, only less than half of colleges and universities are able to establish the management system of physical and health monitoring for college students.

Table 1. Investigation on the construction of the management system of college students' physical fitness monitoring

The problem	The answer	
	Yes%	No%
1. Does your school strictly follow the management system in the physical monitoring and management of college students	3.4	96.6
2. Does Guangxi Department have an emergency system related to "Students' Physical Fitness Monitoring Risk Prevention and Treatment"	41.4	58.6

4. Conclusion

Students' physique health test management is a system of lengthy system, universities should build combining education and service of physical health test management mode, using the advanced management mode and concept, deepen the physical quality education of college students innovate ideas, promote the university students to take an active part in strengthening physical training, strengthen the body function, promote the overall physical quality of college students. Current our country is in social transition stage, the relevant functional departments and universities to focus on the difficult problems of college students' physique monitoring, eliminate the unreasonable factors so as to further perfect the complete, view against other outstanding university students' physique health monitoring management system, perfect the relevant laws and regulations and to learn to use, let the students' physique monitoring management mode to realize the real value.

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