

# Research on the Effect of School Physical Education on Cultivating Adolescent Health Literacy

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## Abstract

This article through the literature material method, logic analysis and other research methods, the school sports foster adolescent health literacy role as the research object, discussed the connotation of health literacy, namely young students by getting and understanding related health knowledge, use the information the ability to maintain and promote their health called health literacy. According to the course of training adolescent health literacy by school physical education, this paper analyzes the effects of school physical education on the cultivation of adolescent health literacy, including popularizing health knowledge and improving health literacy; Guide scientific exercise to improve students' physique; Improve the traditional teaching methods, promote the reform of school physical education, and put forward the practical basis of cultivating health literacy in school physical education: adhere to the concept of "health first"; Adhere to the student-centered teaching principle; Strengthen the construction of teaching staff; Innovate teaching methods and promote the development of health education.

## Key words

Physical Education; Health Literacy; Education Concept.

## 1. Introduction

The growth and development of the country's future generation is closely related to the healthy life of teenagers. How to use teaching mode to cultivate the formation of healthy life of students and enhance the theoretical knowledge and practice system of education, so as to shape the deep integration of physical education and health education is worthy of in-depth discussion. Domestic research on adolescent health literacy related compared with some developed countries abroad development is relatively slow, with the development of social economy level and improve, the health of the youth group cause the attention of the whole society, domestic adolescent health literacy development overall level is still low, young students physical decline is also worth thinking about. In order to prevent the continuous deterioration of teenagers' physical fitness, the Ministry of Education believes that it is necessary to strengthen the physical exercise of teenagers in school to prevent teenagers' physical fitness from declining, not only reflected in the physical fitness, but also reflected in the overall improvement of psychological quality and health literacy. This paper analyzes the new connotation of adolescent health literacy, and discusses how to improve adolescent health literacy through school sports, so as to promote their healthy growth and achieve the strategic goal of healthy China.

## 2. Concept of Health Literacy

The concept of "health literacy" was first put forward in the international Health Conference. With the constant change of living environment, the concept of health literacy is constantly extending and developing its connotation. Definitions of health literacy vary from time to time. For example, Parker points out that functional health literacy is "the ability to understand health-related materials such as prescriptions, appointment cards, pharmacy slips, and completion of home health care." [1]; The concept only emphasizes the abilities of some individuals. In addition, health literacy can also be understood as an individual's ability to obtain, understand and process some basic health information and services, thus influencing health decisions; This concept expands the impact of health literacy beyond the medical setting. Health literacy is divided into functional health literacy, interactive health literacy and critical health literacy according to different stages [2], the division of different stages reflects the difference in the application level of the connotation of health literacy in life. At present, most domestic research results mainly focus on the interpretation of functional health literacy. Some scholars focus on the study of adolescent interactive health literacy, and there is little discussion on high-level critical health literacy. For teenagers, the connotation of health literacy and adult basic same, and pay more attention to the development of the individual as the foundation, can use all available around conditions, including family, friends, teachers, doctors, Internet, etc., so as to achieve to access, understand and master the knowledge of health and service, gradually realize the individual's health to keep and maintain for a long time, As well as improving the health of those around them and others.

Second, the present situation of the cultivation of school physical health literacy.

Since 1985, China has carried out the physical fitness monitoring of young students every five years. From 1985 to 2005, this physical fitness monitoring report shows that: "Our students' physical health data continued to decline, 2005 was the bottom, especially in the physical explosive force, strength, endurance quality and lung capacity and other indicators continued to decline, the proportion of overweight and obesity and poor eyesight of students continued to rise [3]." Relevant studies show that the main factors affecting the physical health of teenagers are their lack of adequate physical exercise, unhealthy lifestyle and excessive academic pressure.

On May 6, 2016, The General Office of the State Council officially issued the "Opinions on Strengthening School PHYSICAL Education to Promote the All-round Development of Students' Physical and Mental Health", which clearly pointed out: "School physical education should focus on cultivating students' interest, forming exercise habits, mastering sports skills and enhancing students' physical health, effectively ensuring and improving students' physical health [4]."

Therefore, physical health literacy is very important for the growing stage of adolescent students, and school sports should be actively used to improve the collective health literacy of adolescent groups. School physical education should not only teach the professional knowledge of sports to adolescent students and strengthen their overall physical and mental development, but also pay attention to the sports skills mastered by adolescent students and cultivate the goal of lifelong physical exercise, so as to realize the improvement of their health literacy [5].

Thirdly, the effect of physical education in schools on health literacy.

## 3. Popularize Health Knowledge and Improve Health Literacy

Adolescent students' understanding of basic knowledge of health literacy is helpful to provide basic theoretical guidance for adolescent healthy growth. Adolescents are a special group. At this stage of development, children's physical development, psychological development and acceptance of social adaptation are all at a critical stage. Many characteristics of knowledge,

behavior and skills, such as basic literacy and physical health literacy, will have a profound impact on the life and health of adolescents at present and in the future[6]. Although many factors will affect physical health, such as social, family, school, personal and other factors, mainly influenced by the school environment, school physical education can be more scientific, reasonable design, effective implementation of the development of health literacy is an important link. The essence of achieving health literacy through scientific and effective guidance is to enable young students to acquire health-related knowledge, learn sports skills through practice, and devote themselves to sports.

Through the relevant investigation, it can be concluded that most of the adolescent students can understand the impact of physical exercise on physical health, there is still a small number of adolescent students do not understand, we should make the adolescent students fully understand the positive impact of school physical exercise on physical health literacy, so as to develop the habit of attaching importance to physical exercise[7]. In addition, some of the young students lack the understanding of their own physical conditions and can not obtain the knowledge of physical exercity -related safety, and do not have the ability to prevent common diseases, these related factors show the importance of strengthening the health literacy of young people, improve the knowledge and concept of physical health.

A correct understanding of the connotation of health literacy can provide a clearer educational goal and accurate direction of practice for the integration of school education and physical education. At school in the process of the combination of education and sports, it is necessary to define the goal of education, understanding the process of health literacy on health knowledge and ability, health management to cultivate the idea of combining, carry out health education for group and a targeted individual intervention, strengthen students' physical education and health education, improve the students' health literacy.

### **3.1. Guide Scientific Exercise to Improve Students' Physique**

Through the investigation of the health literacy of adolescent students in some areas, it is concluded that the vast majority of teenagers can not apply the sports knowledge they have learned to physical exercise and can not carry out physical exercise effectively in the current school physical education teaching. Although the national advocacy of sunshine sports exercise an hour every day has been for many years, but in the actual teaching process cannot fully meet the requirements of physiological load of exercise, cultivate teenagers the formation of students' health literacy and good exercise habits is reasonable and effective means to participate in sports, campus environment must be a place to cultivate young students healthy exercise behavior, School physical education can impart rich knowledge, healthy behavior and exercise skills of adolescent health literacy. Therefore, school physical education is the key to cultivate lifelong exercise, has important significance of the intermediate link, to help the teenage students in the school stage to develop lifelong learning physical knowledge and scientific exercise of thought and behavior, and finally master the basic theory and method of scientific sports.

The theory of health promotion and school sports values are closely related to physical exercise. A strong body is very important in the process of education. The body is the carrier of psychological quality. In the process of health, not only can make the constitution more robust, but also can cultivate people's resistance to pressure, frustration and other psychological qualities, so that the psychological is also stronger. For teenagers to develop good exercise habits and health way of life, improve the health of teenagers quality, school should establish daily to participate in the special motor skills, physique monitoring and testing the supervisory mechanism of combining the physical health of students to establish a standard requirement, and will examine students' physique as the important content of physical education teaching evaluation.

In addition, the young students in the sports teaching, teachers should pay attention to the theory of physical exercise, sports skills and health, through the combination of sports and health way of teaching, make students master knowledge about health and health to develop the knowledge, develop healthy living habits, gradually developing students' consciousness of lifetime sports. After developing good health literacy through physical education, primary and middle school students should be taught how to make health decisions, reduce health risks and improve life quality with the concept of health information.

### **3.2. Improve the Traditional Teaching Methods and Promote the Reform of School Physical Education**

It should be distinguished from the previous free-breeding and examination-oriented education mode, carry out the health concept in physical education class, adhere to the requirements of improving students' physical quality and enhancing physical function, and put the health concept into the actual physical education activities. Therefore, the dynamic physiological function of students in the classroom should be changed along with the beneficial physical function. At the same time, too much emphasis on the standard of technical movements should be directed towards the correct teaching of physical training skills. From the point of view of students, it is necessary to give full play to students' independent learning ability, and insist on healthy life and scientific exercise for the healthy development of body and mind. The school education guidance program with the goal of "health first" is not only reflected in the physical education class, but also combined with the implementation of quality-oriented education, so that students can get more space for their own free development.

## **4. The Realistic Basis of School Physical Education to Promote Health Literacy**

### **4.1. Adhere to the Concept of "Health First"**

In the process of teaching, we should focus on popularizing the healthy life of teenagers, and train the knowledge of students' health literacy, the concept of healthy life of teenagers, and establish the correct concept of school physical education. In the teaching of sports, teachers should be guided by the outline of health education in secondary schools, in accordance with the contents of the Proposal on Preventing the Feminization of Male adolescents issued by the Ministry of Education, so as to achieve the goal of coordinated development of motor skills and mental health in school sports.

School sports education is combined with health education goal setting is to do adjust measures to local conditions, scientific planning, and in the process of goal can persevere, set up in the process of teaching management rules and regulations, on the basis of health effect, service for sports teaching, ensure healthy sports activities can't follow one's inclinations, become a kind of form.

### **4.2. Adhere to the Student-centered Teaching Principle**

The content of physical education and health education should be integrated into the teaching, which should always adhere to the student-oriented, practical teaching content, interesting and flexible teaching methods throughout the classroom, stimulate students' interest in sports, deepen their cognition and understanding of sports and health, and improve the overall effect of physical education classroom teaching.

In addition, it is necessary to promote the reform of educational evaluation standards. In the current exam-oriented education background, the evaluation of students is more "only score", and the students who perform well in class may be easier to get higher evaluation and more praise and attention from teachers. But this will make some teenagers suppress their own

personality, the performance of clever, obedient, in virtually weaken the youth's "masculine" side. Therefore, it is necessary to reform education evaluation, pay attention to the comprehensive quality of students' self-care ability and physical quality, carry out more diversified and three-dimensional physical exercise, learning attitude and learning results, respect and encourage the development of children's personality, and strengthen students' confidence and self-esteem in physical education and health education.

### **4.3. Strengthening the Construction of Teaching Staff**

In the physical education teaching, we must strengthen the comprehensive health education, carry on the professional training to the physical education teacher, improve the theoretical level of the physical education teacher to increase the motivation to the physical education teacher, so that they can learn the knowledge of health literacy independently, improve their health education teaching level, and better carry out the teaching practice. To establish a strong team of physical education teachers with professional quality and spirit can provide students with physical and mental health growth and development to give an important guarantee. Teachers are very important in teaching activities, and the quality of teachers directly determines the quality of teaching. Therefore, strengthening the construction of physical education teachers and improving the professional spirit and skills of physical education teachers can effectively improve the health literacy of teenagers. In addition, it is necessary to design and develop targeted and popular teaching materials to improve students' health knowledge and self-health awareness. In the physical education teachers to improve the health literacy of teenagers mainly with sports participation, physical health, sports skills, mental health, social adaptation of five aspects.

### **4.4. Innovate Teaching Methods and Promote the Development of Health Education**

Traditional sports teaching mode is mostly adopt the teachers mainly fill type teaching, the physical education on professional knowledge in the class, without considering the teaching methods and skills, schools lack of opportunity to carry out the corresponding teaching activities, students in the learning process have no way to realize the P.E. class more interesting, in junior middle school students, for example, The higher the students are, the less opportunities they have to contact with various sports events. The courses are basically teaching exercises according to the requirements of the high school entrance examination, and the richness of classroom arrangements is relatively lacking.

In in the process of health knowledge teaching, therefore, can combine sports teaching, combining theory with practice and so on the many kinds of teaching methods, can also be combined with autonomous learning, cooperative learning and inquiry learning mode, can let students learn in the practical process of healthy knowledge internalization, will use health movement skills, To cultivate and develop the core quality of health literacy, improve students' innovative spirit, strengthen practical ability, and make the quality of teenagers in school get excellent development. In addition, the health literacy training of adolescents is also inseparable from the national, social and family education of adolescents.

## **5. Conclusion**

Sports and health education to depth of fusion is the future development direction of school health education, according to the students' physical and mental characteristics, set up in accordance with students' inner science and health education, physical education class teaching need to rely on high quality PE teachers' team, rich innovation course content, always take the student as the main body, establish suitable for students to cultivate the core of evaluation mechanism, Only in this way can students' overall development of body and mind and

sustainable improvement of health literacy be promoted to the maximum extent, so that they can develop reasonable and healthy behavior in study and life.

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