

# Research on the Current Situation and Countermeasures of the Construction of Sports Health Management System in Colleges and Universities in China

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**Abstract:** In recent years, the physical literacy of college students in China has shown a continuous decline, which has attracted widespread attention from the country and people from all walks of life. China has also put forward the concept of "Healthy China 2030", which has raised the issues of national health as a national strategy, aiming to achieve the goal of "comprehensive health" by 2030. Based on this, as a university unit, it is necessary to pay more attention to the physical literacy of university students and actively build a university health management system to improve the health level of university students. This paper mainly expounds the current situation of sports health management system in colleges and universities and the physical condition of college students, analyzes the feasibility of the construction of sports health management system, and proposes practical and effective construction strategies, in order to provide some suggestions for the construction of sports health management system in colleges and universities.

## 1. Introduction

Since the 18th National Congress of the Communist Party of China, China has issued a series of measures to strengthen school physical education to promote the comprehensive development of students' physical and mental health. These measures can effectively improve the school's attention to physical education curriculum and ensure the orderly development of school physical education. But at present, school physical education in China is still a relatively weak link in the entire education undertaking there are widespread problems in school educators neglecting physical education and cannot guarantee the time of physical education and extracurricular activities. The level of physical health is still short of students' comprehensive quality. At the same time, the relevant survey data show that the physical quality of college students in China has been on a continuous downward trend, but with the rapid development of China's social economy, in the competition for higher talents, students are required not only to have strong professional quality, but also to have good physical quality [1]. In the face of this situation, colleges and universities must actively implement the strategic requirements of "co-construction and sharing, health for all", and establish a targeted, systematic and comprehensive sports health management system for college students, so as to continuously improve the health level of college students.

## 2. The Current Situation of College Sports Health Management System

### 2.1. Lack of Advanced Sports Health Management Mode

Nowadays, many colleges and universities in our country still use the traditional sports health management mode, in the whole sports health management mode, teachers always occupy the main position, is to guide students to carry out sports activities, has absolute authority in sports teaching. However, the absolute authority of teachers often seriously restricts the enthusiasm and subjective

initiative of students to enhance their own physical literacy, which is not conducive to the improvement of their own physical quality. At the same time, under the influence of this traditional sports health management mode, college students will gradually form a fixed thinking, that is, all sports are to complete the tasks required by the school and teachers, and do not correctly recognize that physical health education has an effect on improving their own physique, thus greatly reducing their enthusiasm and enthusiasm to participate in school sports health education activities [ 2]. The shortcomings of the traditional sports health management mode in colleges and universities are mainly reflected in the following aspects: (1) the formulation of sports health management objectives is lack of scientific and effectiveness. Regarding the formulation of sports health management objectives, many colleges and universities are more targeted at the students of sports colleges and universities, often ignoring the students from other colleges and other majors, and the fundamental objectives of “enhancing the physical quality of college students” has not been effectively implemented; (2) The management content of sports health education is too limited in a single way. In the process of sports health education management, many colleges and universities completely copy the traditional sports education management content, and do not combine with the development needs of the new era to constantly innovate and reform the content of sports health education management, which leads to the physical fitness of college students cannot meet the development needs of contemporary society [3]; (3) The management method of sports health education is too dictatorial. Regarding our country traditional sports health education management mode, authoritarian management methods are mainly used. Teacher completely grasps the dominant power; the student passively accepts the relevant knowledge taught by teachers and complete the stipulated task within a predetermined time. This management mode not only greatly reduces the enthusiasm and the initiative of students who participate in the sports activity, and affects the enhancement of students’ physique to a certain extent [4].

## **2.2 Lack of Comprehensive Sports Health Management Team**

In the university sports health management system, physical education teachers, as the implementers and practitioners of sports health management objectives, are directly related to the effective construction of university sports health management system. Under the background of high requirements and high standards in contemporary society, physical education teachers in colleges and universities are required to have a strong level of professional knowledge and a high level of physical education teaching. However, as far as the current physical health management in colleges and universities in China is concerned, there is generally a lack of high-level and high-quality physical health management team, which is difficult to meet the urgent needs of the development of contemporary social development that is mainly reflected in the following perspectives: (1) The level of teachers in sports health management team is low. Many colleges and universities do not strictly require the teachers in charge of sports health management to have high educational background and teaching ability, which leads to the teachers in charge of sports health management in colleges and universities are generally low in comprehensive quality and teaching ability compared with teachers of other professional courses, and it is difficult to implement the sports health management work [5]; (2) The human resources management of sports health management in colleges and universities are low. With the rapid development of social economy in China, higher requirements are put forward for high-quality talents. China has also issued a series of policies to improve the development level of high-quality human resources and better meet the needs of the development of the current era. As a key educational venue to cultivate high-quality talents, colleges and universities in China are currently expanding in scale and the numbers of college students is increasing. However, the number of teachers in China cannot meet the needs of the development of colleges and universities, and the situation of "powerlessness" appears, which greatly reduces the quality of work on college sports health management.

## **2.3 The Application of Advanced Science and Technology is not Deep Enough**

Nowadays, science and technology are developing rapidly, and they have exerted significant advantage in various fields, even in the teaching field. However, in the current sports health

management in many colleges and universities, educators have not applied advanced science and technology deeply, which greatly reduces the management efficiency and cannot effectively ensure the quality of sports health management [6]. At the same time, in the Internet era, there are huge and complex information data generated. Physical education teachers can only use computers to complete simple operations, lack of scientific and effective information receiving management analysis and application, cannot fully understand the students, and cannot carry out targeted management work. At the same time, they cannot have close contact with various departments in the university sports health management system. So, we can't get ideal management effect.

### **3. Feasibility Analysis on the Construction of College Sports Health Management System**

Health management is mainly to monitor, analyze and evaluate the health of individuals or groups in an all-round way, and provide suggestive intervention, guidance and consultation. The health management system is mainly to strengthen the communication and exchange between various departments and links in the process of health management, and comprehensively combine the functions of all departments, so as to ensure the full play of their roles and advantages. Although colleges and universities have not achieved new development and breakthrough in the application of related management and information technology, they should have the components of each link, so as to strengthen the connection between all departments and promote the smooth construction of college sports health management system. At this stage, college sport health management in China mainly involves three departments:

#### **3.1. The Sports Testing Centre**

The main responsibility of the department is to carry out all aspects of physical fitness monitoring activities for students, including: sports testing activities required by the state, comprehensive testing of students' explosive power, endurance, cardiopulmonary function, etc., and detailed records of students' performance, and make corresponding evaluation feedback. Through the monitoring of students' physique during the school period, build the university students' physique database, so as to intuitively show the changes of students' physique at all stages, and provide the necessary data support for physical education teachers to carry out sports health management work [7].

#### **3.2. The School Hospital**

The main responsibility of the department is to archive the health files of students, and it is also the preferred place for students to seek medical treatment. It needs to update the health status of students in real time, and build a health management database with the help of advanced science and technology, so that PE teachers can arrange education management activities more scientifically and reasonably.

#### **3.3. The Physical Education Department**

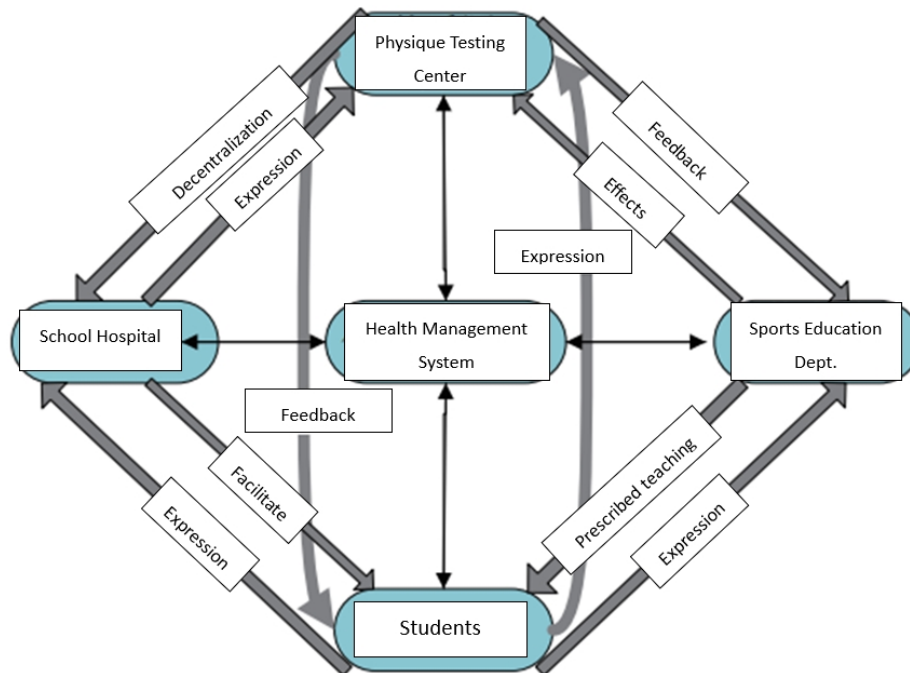
This department is mainly a team of PE teachers in colleges and universities. It imparts relevant sports knowledge and skills to students, and plays an indispensable role in the construction of sports health management system. It promotes students to form a good concept of sports health, helps students solve the problems encountered in the healthy development of sports, and gives scientific and reasonable opinions and intervention measures.

### **4. The Construction Strategy of College Sports Health Management System**

#### **4.1. Construction of Diversified and Interactive College Sports Health Management System**

In the process of constructing the college sports health management system, in order to effectively improve students' physical health quality and realize the effective supervision of students' physical health, the relevant person in charge of colleges and universities need to include students' self-perception, teaching situation, physical test results, etc. in the system, and comprehensively analyze these information, put forward practical and effective measures to

intervene in the students' physical health and help students form a good physical health concept, that is, we need to combine the physical health of college students at this stage to build a diverse and interactive college sports health management system. The main performance of the system is shown in Figure 1.

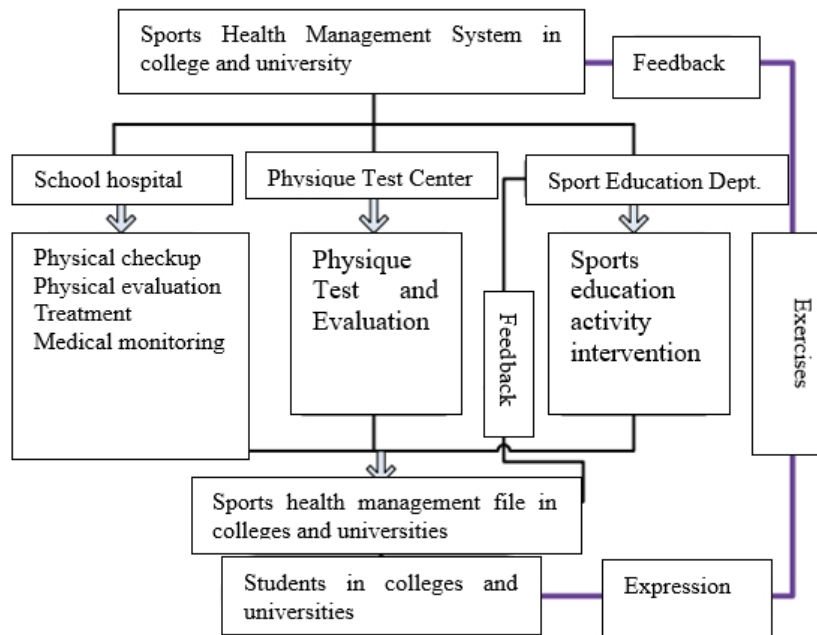


**Figure 1.** Schematic diagram of diversified and interactive college sports health management system

First, to create diversified and efficient sports health management services. In view of the general poor physique of college students, the above-mentioned problems cannot be solved by the efforts of one department alone. Therefore, colleges and universities need to make overall planning for the capabilities of each department, and incorporate the University Hospital, Physique Test and Physical Education Department into the university sports health management system, so as to realize the diversified and interactive university sports health management.

Second, based on the three-dimensional structure of sports health management to achieve multiple interaction. Specifically: (1) Fully utilize the advantages of the three departments, in which educators can draw a graph of the students' physique development curve according to the college students' physique monitoring provided by the Physique Test Center, and take scientific and reasonable measures to intervene in the students' physique development; and combine with the medical information provided by the University Hospital, reasonably sort the students' physique and education Injury location, etc., and then the information is analyzed through the relevant equipment to analyze these information, and then the analysis results are sent to the physical education department, which is designated by the physical education teachers specify the exercise prescription, scientifically and reasonably arrange the teaching plan and plan, give priority to make up for the students' physical health shortcomings, so as to promote the balanced development of college students' physique [8]. (2) In order to coordinate and unify each department under multiple interaction, the university sports health management system should carry out statistical deployment of the three departments, so that they can always maintain the state of self-consciousness, spontaneity, high efficiency and high quality, so as to effectively improve the quality and effect of sports health management. To achieve this, the university should design a scientific and reasonable management system operating mechanism according to its own specific situation as shown in Figure 2. The sports health management system of colleges and universities can summarize the detection information of the three departments in real time, and sort out the development trend of the overall system health of students in time. The physical education department can combine this information data to reasonably adjust the teaching plan, and can also send the students' physical

health and exercise prescription to each student to guide the students to conduct targeted physical exercise.



**Figure 2.** Operation mechanism of college sports health management system

#### 4.2. Optimizing the Management Mode of Physical Health Education in Colleges and Universities

In order to ensure the advantages and functions of the sports health management system in colleges and universities are fully utilized, physical education teachers, as the promoters and implementers in the implementation of the system, need to focus on cultivating and enhancing students' autonomous participation and cooperative learning capabilities, so that students fully understand their leading position in the sports health education management system, and increase their enthusiasm and enthusiasm in participating in the sports health management. To effectively improve the effect and level of college physical education management, students should be given a part of the management power to encourage and guide them to independently and consciously think about and analyze their own physique, sports theory and technology, the cultivation of sports habits, and be able to focus on and actively practice the norms and requirements of college physical health management system, so as to effectively improve the effect and level of college sports education management

At the same time, colleges and universities need to strengthen the construction of college physical education team, through regular organization of physical education teachers to learn advanced technology, new teaching ideas, etc., to change their traditional sports health management concept, can combine with the needs of contemporary social development, and establish a new education thinking, and have higher education management capabilities. We should also effectively combine the management system of physical education in colleges and universities with the performance of physical education teachers, take the improvement of students' physique as the basis of evaluation, and give some rewards to the physical education teachers with better performance, so as to encourage more physical education teachers to participate in the physical health management of college students [9]. In addition, colleges and universities should give full play to the intervention ability of physical education, so that it can combine the actual situation of students, provide scientific and effective sports plan for them, and according to the sports equipment resources available in the school, help students carry out sports exercise more efficiently, and realize the effective improvement of their physical health quality.

#### 4.3. Actively Using Advanced Information Technology to Build Network Management Tools

In the process of constructing the sports health management system in colleges and universities, colleges and universities can actively use advanced information technology to build health management APP. Each student can obtain his own physical health by registering and logging into this APP. With the help of this APP, college physical education teachers can release health data for students, guide students' health behavior, plan various health activities, etc., and be able to answer the students' problems encountered in sports activities in a timely manner. At the same time, the APP can also set a variety of service functions, such as: psychological counseling language, health education knowledge clearance test, etc., and can also put forward various forms of sports activities according to the interests of college students. Students can set daily exercise time, and the APP will urge students to exercise every day, thereby promote the improvement of students' physique.

## 5. Conclusion

To sum up, in order to promote the healthy development and progress of contemporary college students and make them better adapt to the new requirements of the new era for high-quality talents. Colleges and universities should not only focus on improving students' professional quality, but also on enhancing students' physical quality. Therefore, they need to combine their own reality and the development needs of college students to build a scientific and effective college sports health management system to help college students develop good sports habits and effectively enhance their physical quality.

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