

# The Analysis on the Value of “Vocational Physical Education” To Students’ Physique

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**Abstract:** Higher vocational colleges are the important place to transport high-quality workforce and high-tech talents to the country. Students of higher vocational colleges are an indispensable part of China’s modernization, and their physical health should be paid attention by higher vocational colleges. Higher vocational colleges should strengthen the work of the physical health level of their students, encourage and supervise the students to carry out physical exercises. Colleges can set some appropriate and scientific physical exercise modes according to students’ own preferences, and seek a healthy and balanced way of living and studying in the physical exercises.

## Introduction

With the continuous development of China’s economic construction, the economic model has shifted from the intensive type to the fine type, so higher requirements are placed on the comprehensive quality of professional technical staff. Students’ professional ability, their ability to adapt to society and their physical and mental health are now indispensable for students in higher vocational colleges. Physical and mental health occupies a basic position, which is the basic element for the rapid development of vocational students and other professional literacy in the student’s comprehensive quality and ability system. Therefore, strengthening the training of the health and quality of higher vocational students is a key element of physical education in higher vocational colleges. However, the cultivation of students’ physical and mental health is a long-term process, which requires not only the comprehensive promotion of physical education, but students also need to have a healthy awareness. Therefore, physical health education in higher vocational colleges has an important role in strengthening the stimulation and cultivation of students’ health consciousness.

## Connotation of Physique

Physique is based on genetic variation, the relatively stable qualities that the human body presents to efficiently maintain its own shape and functional development, which mainly include:

- (1) Development of body, for example: body shape, somatotype, and nutritional status.
- (2) The level of physiological and biochemical functions, which is body’s metabolic function and the working efficiency of various human systems and organs.
- (3) Physical fitness and active ability, which are the physical qualities such as strength, endurance, speed, flexibility, and agility that are shown in life, work, and exercise [1], and also the athletic ability to walk, jump, run, throw, climb, support and so on.
- (4) Psychological state, which is the state of the human body in various aspects such as sensory ability, intuition ability, interpersonal relationship, judgment ability, will quality, and individual awareness.

(5) Adaptability, which is the ability of the human body to adapt to the natural and social environment, as well as the degree of resistance to the disease.

There are many factors that can affect the development of physical fitness, such as genetics, environment, nutrition, education, physical exercise, health care, and lifestyle. Among them, factors

of education and physical exercise have an effective promotion on improving people's physique.

### **The nature of physique education**

A sport is a complex social and cultural phenomenon with diverse connotations, which can be divided into three levels: elementary, intermediate, and advanced [2]. The elementary nature is the physical fitness and entertainment games covered by sports itself; the intermediate nature is based on the elementary one and the educational function has been further developed. It plays important roles in promoting students' ability, such as character cultivation and the formation of sports awareness. Active promotion role; Advanced nature means sports can effectively promote people's self-transcendence, form conscious creative ability, and achieve sustainable all-round development. It can be seen that the ultimate goal of sports is to strengthen physical fitness, improve personality, promote physical and mental health, and further achieve the ultimate goal of comprehensive and harmonious development among people. Therefore, the essence of physical education is, through scientific and effective methods, using reasonable and efficient teaching methods, to promote students' understanding of basic theoretical knowledge of sports and related sports abilities, to further effectively improve students' physical fitness, to scientifically modify the students' psychology and fully cultivate their personality.

### **The analysis of physical health**

Through the analysis of the results of various tests in higher vocational colleges, it can be seen that the health level of boys is average, but the physical condition is decreasing year by year. In 2011, the average height and weight of boys were 171 / 63.5, but by 2012, the average height and weight had become 170 / 62.1. The average value is showing a downward trend. In 2011 boys' vital capacity body mass index was 70, the average time boys took in 1,000-meter race was 3 minutes and 58 seconds, the long jump is 2.36m and the grip weight is 73. However, by 2013, the average values were in a state of decline. The vital capacity index was 65, 1,000-meter race 4 minutes and 18 seconds, the long jump 2.27m. it can be seen that the physical fitness level of boys is decreasing year by year [3]. Girls' physical fitness is also average, like the boys, each test index is in a downward trend year by year, especially the vital capacity body mass index, and the weight directly reflects the human bones, muscles, internal organs and fat development.

### **Practical Value of Physical Health Education in Higher Vocational Colleges**

#### **Implementing the National Physical Fitness Standards for Students and promoting the effective integration of health education and physical education**

In order to effectively grasp the state of student's physical health, China has formulated and implemented the National Student's Physical Health Standard, the purpose of which is to first measure and monitor the state of student's physical health, and the effect of students' exercise, further develop the trend of school physical education and give a realistic and reasonable judgment to the construction of the developmental system. Compared with physical education in higher vocational colleges, physical fitness education in physical education can promote students to understand the significance of physical health. In addition, it can also standardize and lead students to fully implement the country's proposed standards in physical education, as well as ensure the effectiveness of physical fitness activities. Therefore, it is important to integrate health education with physical education in higher vocational colleges.

#### **Stimulate and cultivate students' health consciousness, and ensure the formation of students' thought of health comes first**

Health comes first, and it is a prerequisite for everything. The idea of "health comes first" comprehensively elaborates the status health established and the role it played. The essence of

carrying out physical health education is to systematically and effectively foster the theory, connotation and various skills of physical health for students. On the basis of promoting students to establish a correct health consciousness, and to guide students to recognize the importance of health, have a correct and clear understanding of health. Since the students in vocational colleges and universities become part of the backbone of society after graduation, in order to realize the transformation of self-social value and make contribution to the progress of society, a healthy physique becomes an indispensable basic requirement. The implementation of physical health education strengthens students' understanding of health in their minds, enhances their enthusiasm for exercising independently, and fully guarantees the establishment of the "health comes first" thought.

### **The development of students' comprehensive quality**

At present, strengthening the cultivation of students' comprehensive quality is the core of the educational work in higher vocational colleges. Because health quality, which plays the role of a protector, occupies a fundamental position in the comprehensive quality system, strengthening the foster of health quality has an important practical role. The implementation of physical health education strengthens students' understanding of health, improves students' basic skills of developing their health quality. For students in higher vocational colleges, this can improve their overall quality and perfection; have a positive role in promoting their own physical development. And it has become a key element for students to achieve independent development, self-improvement and self-value in the future.

### **Practice of Physical Health Education in Higher Vocational Colleges**

#### **Change teaching concepts**

Physical health education is a new type of education that integrates physical education and health education. In the traditional physical education of higher vocational colleges, they only exercised students' physical skills, but ignored the guidance of students' health consciousness in the past. As a result, the physical education and health education were not integrated and the development of college physical education is relatively backward. Therefore, in order to ensure the effective implementation of physical health education in higher vocational colleges, it is necessary to change the old teaching methods, and inject new vitality so that to rationally integrate scientific and healthy education into physical education, therefore, to promote the all-round development of sports abilities and health awareness through physical education, which has a very important role to promote and guarantee the reasonable implementation of physical health education in higher vocational colleges.

#### **Establish well-developed system.**

In order to carry out and develop physical health education, it is necessary to establish a complete teaching system. Therefore, establishing an effective physique health education of sports is a key element of physical education in higher vocational colleges. At this time, it is necessary to make improvements in the following points: 1. It is necessary to add health education content in the selection of teaching content; 2. In determining the orientation of teaching development, it is necessary to show the importance and necessity of health education; 3. About the teaching mode, we should advocate the integration of theory and practice and integrate health education in the process of physical education; 4. In the teaching evaluation, we need to strengthen the proportion of physical fitness tests and also strengthen students' understanding of physical health education. In this way, create a regularly and timely physical health education development system, which could lay a solid foundation for recommending all-round improvement of students' physical fitness level in higher vocational colleges.

## Conclusion

Taking the future professional needs of students in higher vocational colleges into account, it is necessary to strengthen the cultivation and improvement of students' health qualities, which is the fundamental goal of physical education as well as the social responsibility of higher vocational colleges. Therefore, whether it is for the future development of students, or the improvement of physical education in vocational colleges, it has important practical significance to actively launch physique health education to strengthen the cultivation of students' health consciousness, enhance their consciousness of receiving sports health education, and ensure that students are deeply aware of the importance of health.

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