



# Research on the Construction of Fitness Courses in Colleges and Universities from the Perspective of Lifelong Physical Exercise

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**Abstract:** Currently, colleges and universities are paying more and more attention to cultivate students' consciousness of lifelong physical exercise. Many colleges and universities will bring fitness into the physical education curriculum system, so that more and more students realize that fitness can not only enhance students' physical fitness, but also help students shape a perfect body shape, and benefit students for life. However, there are some problems in the construction of fitness courses in universities, which hinder the effective development of fitness courses in universities. Based on this, the writer discusses the feasibility, significance and current situation of the construction of fitness courses in colleges and universities in the perspective of lifelong physical training, and puts forward the construction strategy of fitness courses in colleges and universities in the perspective of lifelong physical training.

**Keywords:** lifelong physical exercise, college fitness courses, construction, health of college students

The overall goal of implementation of physical education curriculum in colleges and universities is to promote students' physical and mental health, enhance students' physical constitution, cultivate students to have a good state of mind in both study and life, and establish students' consciousness of lifelong participation in physical exercise. Due to the influence of future employment pressure, and excessive worry about whether to adapt to the social environment, it is difficult for contemporary college students to develop their comprehensive quality in a balanced way.

For example, some students will resort to network at the first thought when it comes to problems. Some students are weak in interpersonal communication and emotional regulation. There are some students have irregular diet and work schedule, and they often stay up late. Besides, the self-closed learning state and bad living habits of college students can cause physical discomfort and threaten the health of students.

Therefore, from the perspective of lifelong physical exercise, it is not only the requirement of contemporary quality education for contemporary college students, but also the need of the development of the times to teach them the correct skills of fitness exercise, train them to participate in fitness exercise actively and establish lifelong sports consciousness, create fitness conditions for college students, teach college students the correct skills of fitness exercise, train students to take the initiative to participate in fitness exercise, establish lifelong sports awareness.

## 1. The feasibility of the construction of fitness courses in colleges and universities from the perspective of lifelong physical training

### 1.1 Social needs

The report of the 19th National Congress of the Communist Party of China clearly put forward: "Accelerate the strategy of strengthening the country through sports, and carry out the national fitness campaign." At the same time, Liu also stressed: "It is urgent to promote quality-oriented education, and we need to constantly innovate and reform the content of physical education curriculum to meet the needs of society and the development of The Times."

In many colleges and universities, students spend a lot of time on their studies, do not pay great attention to physical health, and do not form the habit of physical exercise. In the face of this situation, colleges and universities are required to make changes in accordance with the times, comprehensively build fitness courses and mobilize all college students to participate in fitness exercise, which is also the realistic demand of education reform for lifelong physical exercise of college students.

### 1.2 Course advantages

Colleges and universities are the main bases for training talents. Colleges and universities have a professional team of teachers for training talents, and at the same time, there are a large number of students eager to get in touch with new things

in college. Compared with social groups, college students have been at the forefront of fashion trends and are more receptive to new ideas. The construction of fitness courses in colleges and universities can not only help students to keep fit, but also make college classes full of fresh elements, which can promote the spread and sustainable development of fitness sports.

## **2. The significance of college fitness course construction from the perspective of lifelong physical training**

### **2.1 Lifelong exercise as the guiding ideology to improve the positive role of fitness exercise**

At present, social sports activities are widely carried out in different age groups. Lifelong physical exercise means a new physical teaching concept is imperative. In recent years, Chinese medical technical level is stronger and stronger, people's health status presents a declining trend, therefore, the country puts forward higher requirements for personal physical quality.

On the one hand, it attaches great importance to the physical quality of students. Only with a healthy body can students cope with learning more suitably. Therefore, the construction of fitness courses in colleges and universities from the perspective of lifelong exercise can guarantee the physical quality of students and create basic conditions for their lifelong fitness.

On the other hand, the school always enriches the fitness course content from the perspective of lifelong physical exercise, so that students can improve their cognition of the fitness course, and finally achieve better results in the construction of the fitness course.

### **2.2 Cultivation of students' aesthetics**

In the context of the rapid development of the times, people's life is increasingly enriched with changes of people's aesthetic awareness, as a result, the need for aesthetics emerged accordingly. Some men and women with the perfect body shape have started to drive the whole nation to participate in fitness activities on various online live streaming platforms. Contemporary college students no longer stay in the past dressing stage, but began to have a new pursuit of beauty, began to pay attention to the physical beauty.

University is the cradle of training comprehensive talents, college students are also advancing with the times, who receive new things. Therefore, They should follow the development of the times and make scientific connection with the social trend. If the school sports blindly pay attention to the economic competition of students, then it can not meet the urgent needs of contemporary college students for lifelong physical exercise and lifelong fitness.

In the contemporary college students group, fitness was deeply loved by students, most of the students is enthusiastic about his fitness, because the students who participate in fitness for a long time can see the shape changes, for the students with obesity, it can play the role of plasticity and weight loss, improve the metabolic function of the body, and promote health. Therefore, the construction and development of fitness courses in colleges and universities can help students improve their aesthetic ability.

### **2.3 Exercise students' strong will and quality**

The construction of fitness courses in colleges and universities from the perspective of lifelong physical exercise can allow students to have access to healthy sports items. At the same time, under the guidance of professional teachers, students can also correctly learn the standard movements of fitness sports, and students can also find suitable ways of fitness sports according to their physical conditions.

After students develop the consciousness of lifelong physical exercise, they will make use of their leisure time to exercise independently and use their time in meaningful things. And long-term participation in fitness, can test students' character, the importance of encouraging students to do a thing, also can set up the university student's consciousness of self-discipline and manage the consciousness of the body, let them no matter in spirit or in terms of psychology, have good habit of lifelong physical exercise, not only for improving the quality of the student physique, will have a positive role in, At the same time, it can help students develop a healthy psychological quality.

## **3. The current situation of fitness course construction in colleges and universities from the perspective of lifelong physical training**

### **3.1 Lack of knowledge of fitness among some students**

At present, in the construction of fitness curriculum in Chinese colleges and universities, there are many problems of insufficient attention of students, lack of enthusiasm, low participation, even some students ignore this course, and they think that PE class can be free and relaxed, as long as complete the learning tasks in class. In addition, some students think that

fitness exercise is easy to do, not difficult, lack of challenge, usually ignored by students, students don't take it seriously, just to cope with the exam after class a little practice. It can be seen that some college students do not pay enough attention to fitness exercise, which hinders the improvement of the effect of fitness course construction.

### **3.2 Single course**

In the sports teaching in colleges and universities in our country under the background of development and perfection, Chinese colleges and universities have begun to diversify the development of sports, and introduced a variety of sports into the curriculum system to increase the teaching content of physical education, which can not only enable students to develop interest and hobbies in physical education, but also avoid the singleness of learning of physical education.

However, in the process of fitness course construction, some colleges and universities have the problem of single course content, and the small number of colleges and universities offer fitness courses. Even if some universities offer this course, it is presented in the form of elective course, which reduces students' learning needs, and students can only learn relatively simple action essentials.

Due to the lack of fitness space, or lack of fitness equipment, students can only use the equipment together, students have less exercise opportunities, lack of lifelong physical exercise, lifelong participation in the training of fitness training ideas, students do not innovate in learning, can not reflect the spirit of cooperation and sportsmanship.

### **3.3 Inadequate fitness facilities**

From the perspective of the development of colleges and universities, school leaders have given care and support to the development of sports projects. However, a small number of colleges and universities still pay attention to the construction of school culture and despise the construction of sports facilities. The construction of fitness course in colleges and universities needs to have hardware facilities, lack of perfect fitness infrastructure, the construction of this course can only stay in sight and stop at the state.

### **3.4 Lack of professional fitness teachers**

At present, some universities are short of professional fitness teachers. There is a shortage of teachers who have received professional training. Some fitness teachers work in gymnasiums, while some are not highly educated. If the comprehensive quality of fitness teachers employed by colleges and universities is low, it will have a negative impact on students' learning and make students lose interest in this subject. Therefore, professional fitness teachers with high comprehensive quality are helpful to the smooth implementation of the construction of fitness courses in colleges and universities, and at the same time, they can effectively achieve the teaching goal of lifelong physical exercise for fitness course students.

### **3.5 Lack of strong fitness teaching atmosphere**

Bodybuilding is popular among students, and the number of bodybuilding students is also on the rise. But in colleges and universities, the concept of fitness course construction is not promoted enough, lack of strong fitness teaching atmosphere. This hinders the smooth implementation of fitness classes.

In addition, students do not pay enough attention to this subject and do not actively cooperate with teachers. Some students think that fitness exercise is boring, harmful to the body and difficult. The influence of students' bad thoughts increases the difficulty of teachers' active fitness atmosphere. It is necessary to show the value of fitness course construction.

## **4. The strategy of college fitness course construction from the perspective of lifelong physical training**

### **4.1 Build a fitness course system in line with lifelong physical exercise**

The reform of physical education in colleges and universities is to make students physically fit and cultivate their good attitude towards life, which is also the obligation of teachers. At present, the Ministry of Education pays much attention to the construction and development of fitness courses in colleges and universities. Therefore, colleges and universities should guide students to establish the ideological consciousness of lifelong physical exercise by offering fitness courses. Create favorable conditions for students, effectively construct and reform the fitness curriculum system for students, promote the fitness curriculum system in colleges and universities to conform to the principle of scientific development, and stimulate students to establish lifelong sports concept to the greatest extent

### **4.2 Optimization of the content of fitness courses**

Textbook content is the foundation of education. Teachers should grasp the psychological and physiological

characteristics of students, as well as the combination of different students' physical quality, the correct selection of fitness textbooks. To carry out fitness courses in colleges and universities, teachers should optimize and integrate teaching contents.

Because college students have a lot of access to fitness equipment, some students like to go to the gym to exercise, but how to take the right way to exercise, this is the key for students. Teachers should impart theoretical knowledge and practical skills to students to deepen their understanding of fitness courses and fitness equipment.

In addition, while teachers pay attention to students' physical fitness, they should also pay attention to cultivating students' sportsmanship and moral character, so that students can comprehensively develop their physical and mental quality in fitness teaching. The development of fitness courses should also be added to the relevant sports, so as to enrich the fitness teaching content, but also help students to master some theoretical knowledge. At present, teachers should lead students to keep up with the trend of The Times, introduce the most popular fitness sports into teaching, so that students learn fitness sports in line with the times.

### **4.3 Improvement of fitness facilities in colleges and universities**

Fitness sports do not require much space, but they need to have professional equipment, which costs a lot of money. For colleges and universities in short of funds, they can establish cooperative relations with fitness enterprises outside the school, and cooperate with enterprises to run schools. Colleges and universities can use the fitness equipment and facilities provided by enterprises. School sports and fitness teachers can also go to enterprises to explain fitness knowledge to enterprise employees. In addition, the construction of fitness courses in colleges and universities should avoid the limitations of venues. For example, fitness courses can be carried out for students with the help of nearby site resources. Therefore, colleges and universities should have a new understanding of the construction of fitness facilities.

### **4.4 Introduce professional teaching staff and provide professional training for teachers**

In the process of university gym course construction, teachers' comprehensive quality, directly affects the effective development of fitness course in university, therefore, in order to improve quality of university gym course construction, should be the introduction of professional teachers, professional training of teachers, at the same time can be taken to build the body system of part-time teachers in colleges and universities, to regulate the appraisal system, And employ positive energy, young and energetic teachers, because such teachers can keep pace with the development of The Times, add fresh elements to the fitness courses of college students.

In addition, teachers should be trained to enhance their sense of responsibility and improve their comprehensive quality before taking office. Finally, colleges and universities should encourage teachers to make progress in the construction of fitness courses in colleges and universities with a perfect incentive mechanism, reward teachers who have made breakthrough progress in fitness teaching, and encourage teachers to give suggestions for the construction and development of fitness courses in colleges and universities.

### **4.5 Increase the cultural atmosphere of fitness course construction in colleges and universities**

In order to create conditions for the construction of fitness courses, colleges and universities must adopt various means of communication to enhance teachers and students' consciousness of lifelong physical exercise. The construction of fitness courses in colleges and universities needs a strong cultural atmosphere. Teachers can promote fitness culture through campus network and campus media, and make college students have a correct understanding of the role of fitness sports by inducing and imperceptibly.

To make students to establish the idea of lifelong physical exercise and need to do a good job in supporting to build the culture atmosphere of good exercise classes, in colleges and universities can hold about the fitness activities, such as, fitness guru, reduced fat fuck, etc., at the same time can also be combined with external enterprise works, common colleges and universities sports knowledge and culture spread out, students participate in extracurricular fitness activities, Not only can provide students with the opportunity to display their fitness skills, but also can be combined with the enterprise to establish a fitness club, let more people who love fitness to join, so as to guide college students to actively participate in fitness exercise.

In short, lifelong physical exercise is the ultimate goal of the construction of fitness courses in colleges and universities, and the equipment fitness project is an indispensable resource for the construction of fitness courses in colleges and universities, which requires colleges and universities to invest energy in the construction of fitness equipment and fitness venues, and speed up the reform. At the same time, colleges and universities should strengthen the development and construction of fitness sports, and bring them into the physical education curriculum system, which can promote the improvement of students' physical and mental quality.

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