

Analysis of Factors Influencing the Physical Fitness and Health of Students in Higher Education and Coping Strategies

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Abstract: Healthy physical fitness is a prerequisite for college students' learning, growth and development, only with a healthy physical fitness, college students have the energy and ability to participate in learning and practice, and can grow up to be a quality talent with all-round development of morality, intelligence, physical fitness and aesthetics. Looking at the real physical health of the current college student population, it is found that the physical health level of college students is generally lower, and has even begun to affect the daily learning efficiency and quality of life of college students to varying degrees. This paper will deeply analyse the main factors affecting the physical health of college students and put forward targeted coping strategies.

Keywords: college students, physical health, influencing factors, physical health, higher education

Introduction

Physical health covers a very wide range, health is an overall state, including the physical health, mental health and social adaptability of college students and so on. The health of college students is not only related to the normal functioning of their families, but also directly affects the future of the whole country and nation. In the face of reality, we have to admit that the physical quality of college students in China is far from ideal, and the overall situation is not optimistic. In the college student group in the emergence of health problems more and more significant, such as obesity rate, lung capacity decline, myopia rate increased, and so on, and college students' physical flexibility and sensitivity is showing a trend of polarization, and the rate of polarization is getting bigger and bigger. College students whether in strength, endurance or speed and other aspects have a big gap compared with the previous statistics.

1. Major factors affecting the physical health of university students

The year-on-year decline in the physical fitness and health level of university students is by no means determined by one or several factors, but is the result of a combination of factors.

1.1 Social environment

The influence of social environment on a person should not be underestimated, especially the physical and mental development of college students is not yet fully stable and shaped, it is very easy to be influenced by the social environment. First of all, in recent years, along with the rapid development of social and economic development, the current national and social standards for measuring talents have become more and more stringent, the new concept of talent selection and the increasingly competitive talent market environment, so that college students have to devote more time and energy to professional

learning and practical training, which will pay more attention to exercising and improving their social skills, and then neglected the need for physical exercise. Secondly, the social environment is complex and changeable, although college students have entered the ranks of adults, but social experience is not much, they are facing the complex social relationships and market environment, it is easy to produce psychological and mental problems, that is, some mental illnesses, these mental illnesses usually do not have too much reaction and presentation in the real life, but it is in the real impact of the college students' own physical health, for example, now some of the students have to devote their time and energy to professional learning and practical training, which will pay more attention to exercise and improve their social skills, and then ignore the need for physical exercise. Physical health, for example, some college students have serious anxiety, and they can't find an effective way to relieve it, which leads to sleepless nights, tasteless food, etc., which will inevitably cause different degrees of harm to the physical health of college students in the long run^[1].

1.2 Campus atmosphere

It is understood that colleges and universities have set up health courses for college students' physical health development needs, but these courses have not received the attention they deserve, and not only are there problems such as irrational settings, single type, and small amount of class time, but there is also an obvious shortage of teachers, which obviously can't satisfy the cultivation needs of college students' health literacy. In addition, many colleges and universities have not created a strong atmosphere of health education and physical exercise for college students, and the health consciousness of college students is still relatively weak, and many college students choose to stay in the dormitory after classes and are not willing to participate in sports training. In addition, as the closest contact with college students, counsellor and teachers, because of their busy daily work, and do not have time to take care of and monitor the health of college students, many health problems of college students have not been effectively intervened, resulting in the emergence of many health problems.

1.3 Family education

In today's society, education is one of the most important concerns of a family, parents are eager for their children to become a pillar of the country, which leads to parents will pay more attention to the student's learning situation, but ignored the student's physical and mental health, college students in the process of growing up in the occurrence of a number of reasonable health demands have not been met, for example, students want to participate in some outdoor sports in the holidays, but the parents out of the pressure of performance For example, students want to participate in some outdoor sports during holidays, but their parents force them to study at home or take extra classes due to the pressure of their grades. Such family education and family atmosphere can easily affect college students' health consciousness and habits, and even some college students have psychological problems in the process of growing up. When college students enter the university campus, there is even less emotional communication and spiritual support between them, and the lack of health education and attention to college students will make them more lazy and unwilling to participate in sports activities.

1.4 Personal factors

Nowadays, the health consciousness of college students is generally relatively indifferent, affected by various factors, college students' life and routine is not regular, their diet is not very healthy, and their health literacy is obviously lacking. In addition, nowadays the university campus is more open and independent, college students have a lot of free time, such as physical exercise, they are more willing to devote their time and energy to their own interests, but neglected their own health.

2. Effective strategies for improving physical fitness and health of college students

2.1 Guiding university students to create an awareness of physical activity

A correct outlook on sports is crucial to the growth and development of college students. Colleges and universities in the process of organizing and carrying out student management, need to penetrate into the students, that is, although the current social competition pressure is very great, but it does not mean that college students need to devote all their energy to study and practice, healthy body is the most important, only healthy body, all the goals have a chance to be achieved. Therefore, colleges and universities need to subconsciously guide college students to establish the awareness and habits of physical exercise^[2]. It can start from the following aspects: First, actively organize and carry out diversified and rich sports activities, encourage and support students to actively participate in sports activities, feel the charm of sports activities, and establish a correct view of sports in the process. Secondly, in daily education and teaching activities, teachers should emphasize the importance of physical education and sports to students at any time, especially in physical education courses, teachers should carefully plan and prepare diversified contents to inspire students to participate in sports and exercise enthusiastically and actively. Thirdly, various sports events are organized on a regular or irregular basis, and students are required to choose their own competitions according to their own conditions, so as to fully explore their sports potential and increase their interest in participating in sports. Fourth, do a good job of publicity and promotion of sports and sportsmanship, make full use of online and offline platforms, at any time and any place to students to promote health knowledge, the benefits of participating in sports and so on, to create a strong sports culture for the students.

2.2 Creating a favourable family micro environment

For college students, family education still occupies a very important position, which is a kind of basic and lifelong education. Colleges and universities should take the initiative to cooperate with students' parents, guide them to change their educational concepts, pay more attention to students' physical and mental health, and create a good family micro-environment for students. First of all, parents should take the initiative to change their own way of education, understand the real learning and growth needs of students, observe and pay attention to the dynamic changes in students' physical and mental health at any time, and give students the appropriate guidance for health training at the right time. Secondly, parents should set a good example, improve their self-restraint and self-management ability, create a good family culture and discipline for students, cultivate the concept of lifelong sports for students, and take the initiative to co-operate with the school in order to provide students with a high-quality sports training environment. In addition, parents should play a supervisory and management role. During the school period, parents can monitor students' work and rest by telephone and video, and during the holidays, they have to help students adjust their work and rest routine. If the realistic conditions allow, they can accompany students to do physical exercise together, and take this opportunity to communicate with students and talk to them, in order to bring them closer to each other.

2.3 Self-directed learning and enhancement to improve self-discipline

The physical health of college students is closely related to their own learning, life and future work, and while being helped by the outside world, college students themselves need to make efforts to improve and change on their own, and show stronger self-discipline. Firstly, students should establish the awareness of self-management, build up the ability of self-management, not only to manage their studies and life, but

also to manage their emotions, to ensure that they can grow up in a relatively healthy and comfortable psychological state and living environment. Secondly, college students should take the initiative to participate in on-campus and off-campus health programme and activities, learn and understand more about health-related knowledge, and practice and master more health skills, so as to steadily improve their health literacy. In addition, college students should have a correct and objective understanding of their own health, pay attention to changes in their own physical condition, seek help in time when they find problems, and maintain a healthy state of life and lifestyle^[3].

3. Conclusion

To sum up, the current physical health of college students is far from meeting the health expectations, and colleges and universities have the responsibility and obligation to help college students adjust their lifestyles, guide them to establish a correct view of sports and life, and uphold the principle of multi-pronged approach to actively adopt and boldly try a variety of education and guidance measures, to be responsible for the health of college students, and to serve for the physical health of college students.

Conflicts of interest

The author declares no conflicts of interest regarding the publication of this paper.

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