Using Computer-aided Technology to Analyze the Effect of College Physical Education on the Health of College Students

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Abstract. At present, with the rapid development of China's education and economic construction, society has increasingly higher requirements for the comprehensive quality of talents. As for the huge pressure of study and employment competition that modern college students bear, most of them don't have much physical exercise in their spare time. This phenomenon leads to a decline in the physical and health problems of college students, such as some unhealthy conditions such as overweight, obesity and myopia. To this end, this article will use computer-aided technology to analyze the effect of college physical education on the health of college students. In the context of the rapid development of society and the desire for talents, some sharp problems caused by the gradual decline of college students' physique were discussed, and the society paid more attention to college students' physique and health problems.

Keywords: College Physical Education, Health Promotion, Healthy Physique of College Students, Computer Aided Technology

1. Introduction

According to the research report on the establishment of physical education in colleges and universities and the influence on the physical health of college students in China, the physical education course in colleges and universities is an important determinant of the development of physical health of college students. Physical education courses in colleges and universities can effectively provide students with the corresponding knowledge of physical health, and at the same time, it can make students get effective physical exercise in physical education courses. At present, some colleges and universities in China do not have a perfect system to establish physical education curriculum, and students' awareness of physical education health is weak. As a result, most students have developed a certain aversion to physical education curriculum. The effective health education consciousness of the efficient educators for the physical education curriculum is not perfect, under the breeding of this phenomenon, it will lead to the college students in our country in health and comprehensive quality are seriously affected.

2. The experimental program on the health promotion of college students by physical education
courses

2.1. Effective experimental purpose

We have made an experimental investigation on the effective promotion effect of college physical education curriculum on the comprehensive quality of college students' health. Taking a university in China as an example, an effective experiment on health promotion of college students was carried out among 200 freshmen. The physical fitness test before and after the physical education class was carried out periodically for these two hundred students, and the corresponding experimental test indexes were given according to the test results.

(1) Morphological index

In the overall health promotion experiment, college students' height, weight, waist circumference, hip circumference, body fat rate and body mass index were measured and tested.

(2) Physical function and physical fitness indicators

For college students’ vital capacity body mass index and physical education, we do the tests of 50 meters step and grip strength response.

(3) Overstrength load test

The heart rate of college students in the process of exercise was tested. The data were monitored by accurate heart rate remote control instrument to ensure the accuracy and scientificity of the data.

2.2. Overview of the research results

After several weeks' health test in the university, relevant data were tested on the physique of college students before and after physical exercise. We found that after the perfect physical health exercise, students have a new understanding of their own health consciousness and their physical health have obvious improvement and enhancement.

2.3. The status quo of college students' physical health awareness

The health consciousness of college students is the key to promote college students to participate in various physical exercises to enhance their physique. College students should pay attention to the active participation in physical activities and change good health consciousness. However, it can be seen from the investigation of various universities in China that some college students are still weak in physical health awareness and do not pay attention to physical exercise, which leads to threats to their overall physical quality and health. In addition, some universities in China have carried out relevant statistics on whether college students pay attention to their health and physical quality (as shown in Figure 1).
Some college students believe that the foundation of health education is the positive cognition of their own healthy body quality. Through the survey we can see that nearly 95% of college students has a certain degree of attention on their own physical health and 42.9% of college students also have the focus. It also suggests that in university physical education curriculum for healthy and effective propaganda, the college students' cognitive degree of their own physical quality and own health has improved.

3. The Promotion of college physical education to the health of college students

3.1. Participation status of physical education in colleges and universities

Effective participation in sports activities is the key factor to promote the physical health of college students. Participation in sports activities can comprehensively improve the physical health quality of college students. At present, in the basic policy of education in Chinese universities, it is clearly pointed out that the physical health quality of college students should be guaranteed and improved and the key to the improvement is to let students actively participate in relevant sports activities, which is also an effective reform measure for college students' physical health.

Facing the overall implementation plan of the reform, the physical education curriculum and the way of physical education should be comprehensively improved and the physical education teaching system should be transformed with innovative teaching mode in order to stimulate the positive attitude of college students towards healthy sports. In terms of improving the links, colleges and universities should pay attention to the transformation of college students' interests in physical education, strengthen the students' health thoughts in physical health teaching methods and effectively combine health exchanges to achieve the health reform under physical education curriculum.

3.2. Influence of college physical education on health promotion of college students
Based on the investigation of the influence of physical education on the health promotion of college students in some universities, we investigated and studied the physical fitness of college students before and after physical education courses. After investigation and study, it can be concluded that there is a significant difference in the physical health quality of college students before they participate in the physical health course. Before they participate in the physical health course, their body fat is too high and the muscle proportion is not even. However, with the effective learning and driving of physical health courses, students' physical health quality has been significantly improved, the high fat content in college students' bodies has been significantly reduced and students' physical fitness has been enhanced in different degrees through physical exercise. It also can be seen that college students can improve their physical quality and interest in participating in sports after they have experienced the perfect physical health course. In other words, good physical education in colleges and universities can promote the physical health quality of college students. In the concept of health education, the standardization and perfection of physical education courses occupy an important determinant of students' physical health quality.

3.3. Improvement of the curriculum system of college physical education

At present, some universities in our country still have some imperfect factors in the arrangement and design of physical education curriculum. Physical education teachers are not responsible in the teaching of physical education courses and they do not know about students' attitude towards physical education courses and their cognition of health quality, which leads to some students' psychological boredom towards physical education courses. College students have ignored their physical health quality in the heavy study and life. Therefore, physical education courses in colleges and universities are the key to the improvement of college students' physical health quality. Physical education courses in colleges and universities should establish a perfect teaching system and effectively combine physical education teaching knowledge and healthy physical education practice. In addition, we should actively carry out related physical education teaching activities or hold some sports competition activities to stimulate students' active interest in physical health, effectively integrated into the state of physical health learning. The gradual perfection and reform of the physical education curriculum system in colleges and universities can improve the problems under the current physical quality of college students, encourage college students to go out of the classroom, participate in sports activities, strengthen the body and improve their physical quality and various aspects of physical function.

4. Conclusion

In summary, the continuous improvement of college physical education courses can effectively improve the physical fitness and health of college students, and the improvement of systematic physical education courses can increase college students’ interest in participating in sports activities. To this end, this article uses computer-assisted technology to conduct in-depth analysis and research on the health promotion of college students. At present, under the circumstances of great learning pressure, Chinese college students pay little attention to health and physical fitness. This phenomenon has also led to a decline in the physical quality and function of our college students. The decline in the quality and function of the body may cause college students to become ill, even unable to resist viral colds and other symptoms. Therefore, the effective construction and reform of college physical education courses can ensure the health of our country's college students to a certain extent..
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