

THE EFFECT OF DISTANCE LEARNING IN COLLEGES AND UNIVERSITIES ON PHYSICAL HEALTH PROMOTION IN COLLEGE STUDENTS



ORIGINAL ARTICLE
ARTIGO ORIGINAL
ARTÍCULO ORIGINAL

O EFEITO DO ENSINO A DISTÂNCIA EM COLÉGIOS E UNIVERSIDADES SOBRE A PROMOÇÃO DA SAÚDE FÍSICA NOS ESTUDANTES UNIVERSITÁRIOS

EL EFECTO DE LA ENSEÑANZA A DISTANCIA EN LOS COLEGIOS Y UNIVERSIDADES SOBRE LA PROMOCIÓN DE LA SALUD FÍSICA EN LOS ESTUDIANTES UNIVERSITARIOS

Yuan Sun¹
(Physical Education Professional)
Jun Shu¹
(Physical Education Professional)

1. Lianyungang Normal College,
Lianyungang, Jiangsu, China.

Correspondence:

Yuan Sun
Lianyungang, Jiangsu, China,
222006. ftdsn00@163.com

ABSTRACT

Introduction: Influenced by the traditional teaching methods of physical education, the teaching activities of athletics are exclusive to the outdoor environment, which is very common in China, resulting in many disadvantages in teaching these sports by distance, restricting career development and requiring adaptations due to current circumstances. **Objective:** Provide a theoretical basis to further improve the level of physical health of university students and substantiate the necessary adaptations to the teaching of athletics in colleges and universities. **Methods:** This paper reviews the physical health status of university students, raises the reasons for their decline, and analyzes the role of teaching athletics activities in promoting the physical health of university students. **Results:** The performance of physical activities related to athletics promotes the physical health of university students. **Conclusion:** Athletic sports play an important role in the health promotion of university students, not receiving proper care currently, lacking more attention in its promotion by responsible agents. **Level of evidence II; Therapeutic studies - investigation of treatment outcomes.**

Keywords: Track and Field; Student Health; Education, Distance.

RESUMO

Introdução: Influenciados pelos métodos tradicionais de ensino da educação física, as atividades de ensino do atletismo são exclusivas ao ar livre, o que é muito comum na China, resultando em muitas desvantagens no ensino dessas modalidades por distância, restringindo o desenvolvimento da carreira e exigindo adaptações devido às circunstâncias atuais. **Objetivo:** Proporcionar uma base teórica para melhorar ainda mais o nível de saúde física dos estudantes universitários e embasar as adaptações necessárias ao ensino do atletismo nas faculdades e universidades. **Métodos:** Este documento analisa o estado de saúde física dos estudantes universitários, levanta as razões do seu declínio, e analisa o papel do ensino de atividades na modalidade de atletismo na promoção da saúde física dos estudantes universitários. **Resultados:** A realização de atividades físicas relacionadas ao atletismo promove a saúde física dos estudantes universitários. **Conclusão:** Os esportes atléticos desempenham um papel importante na promoção da saúde dos estudantes universitários, não recebendo os devidos cuidados atualmente, carecendo de maior atenção em sua promoção pelos agentes responsáveis. **Nível de evidência II; Estudos terapêuticos - investigação dos resultados do tratamento.**

Descritores: Atletismo; Saúde do Estudante; Educação à Distância.

RESUMEN

Introducción: Influenciados por los métodos tradicionales de enseñanza de la educación física, las actividades de enseñanza del atletismo son exclusivas en el aire libre, lo que es muy común en China, lo que da lugar a muchos inconvenientes en la enseñanza de estos deportes a distancia, restringiendo el desarrollo de la carrera y requiriendo adaptaciones debido a las circunstancias actuales. **Objetivo:** Proporcionar una base teórica para seguir mejorando el nivel de salud física de los estudiantes universitarios y fundamentar las adaptaciones necesarias para la enseñanza del atletismo en colegios y universidades. **Métodos:** Este trabajo analiza el estado de salud física de los estudiantes universitarios, plantea las razones de su deterioro y analiza el papel de las actividades docentes en la modalidad de atletismo en la promoción de la salud física de los estudiantes universitarios. **Resultados:** La realización de actividades físicas relacionadas con el atletismo promueve la salud física de los estudiantes universitarios. **Conclusión:** Los deportes de atletismo juegan un papel importante en la promoción de la salud de los estudiantes universitarios, no recibiendo una atención adecuada en la actualidad, faltando una mayor atención en su promoción por parte de los agentes responsables. **Nivel de evidencia II; Estudios terapéuticos - investigación de los resultados del tratamiento.**

Descritores: Atletismo; Salud del Estudiante; Educación a Distancia.



INTRODUCTION

College track and field teaching thought fuzzy, mainly for in track and field teaching, track and field teachers did not train students from a scientific and reasonable point of view.¹ And the track and field teaching thought alone stays in the physical quality and health education of college students, and does not teach from the psychological quality education of college students, resulting in students' unclear understanding of the track and field teaching thought, and does not put the "health first" teaching thought in the first place.² Track and field teaching is no longer an ordinary physical education course, but also a means to promote college students' physical health.³ Although track and field plays an important role in the promotion of College Students' physical health, this effect has not been well reflected at present, so it still needs the joint promotion and efforts of many parties.⁴ Influenced by the traditional sports teaching methods, the track and field teaching activities in Colleges and universities are single, which is very common in the track and field teaching activities in Colleges and universities in our country, resulting in many deficiencies in the track and field teaching in Colleges and universities, which restricts the development of the track and field cause in Colleges and universities, and makes a big difference in the physical health of college students.⁵

The whole nation calls for strengthening the reform of college physical education to improve the physical health of college students, adding track and field teaching content in college physical education curriculum.⁶ As a breakthrough to improve college students' physique, it is undoubtedly an effective move. The single form of track and field teaching in Colleges and universities mainly refers to the teaching hours of track and field.⁷ Generally, traditional teaching methods are used to teach students, and at the same time, suitable track and field training is not taken from the actual situation of students' body, which leads to students' Weariness of track and field teaching due to a single teaching method, thus further reducing students' interest in track and field teaching.⁸ This paper analyzes the current college students' physical health, understands the reasons for its decline, and analyzes the role of track and field teaching in promoting college students' physical health, aiming to provide theoretical basis for further improving college students' physical fitness and health level and deepening the reform of college physical education.

Factors leading to the decline of college students' physique

Regular physical exercise can enhance physical fitness and improve health. With the development of society and the improvement of people's living standards, the life outlook and lifestyle of pursuing spiritual enjoyment have had a great impact on college students' thinking of participating in physical exercise. The foundation of track and field teaching can directly and effectively promote students' physical health when students acquire corresponding technical movements through teaching methods. Nowadays, college students pay more and more attention to the appreciation of sports events, which replaces their participation in physical exercise. It is impossible to develop good habits of physical exercise, let alone participate in monotonous and boring track and field sports, which leads to the decline of college students' physique. The richness of track and field is reflected in the number of events it contains, which is unique to track and field compared with other sports.

At present, the goal of college physical education reform is mainly to establish a diversified curriculum model of college physical education, and adopt new methods, new forms, new contents and new teaching methods in teaching practice, so as to stimulate students' interest in learning physical education courses. The idea and viewpoint of this reform are correct, but not comprehensive. Table 1 shows the sports safety problems of students in school.

College students are not only in a transitional stage in physical function and sports quality, but also in a transitional stage in psychological growth. Therefore, in the process of track and field teaching, it is necessary to have a comprehensive and meticulous cognition and grasp of college students' physical and mental characteristics, so that students can learn actively and promote their physical health. The main indicators of students' physical health in a university in recent three years are sampled and tested, as shown in Table 2.

The essential difference between the promotion of physical health and other ways lies in emphasizing the formation of healthy sports consciousness through sports intervention, thus forming a healthy sports lifestyle and improving the health level. Some parents like sports, have certain specialties or hobbies, and have fun or achievements from them, so they will cultivate their children's hobbies or specialties consciously or unconsciously from an early age. Running skills in track and field teaching courses are composed of sprint, middle and long distance running and long distance running, and the physical qualities developed by each running project are not the same.⁹ For example, the main physical quality promoted by sprint practice is explosive power, but the main physical quality promoted by long-distance running practice is endurance quality. The significance of promoting physical health lies in setting up different activities and courses for different groups of people, and actively advocating and mobilizing citizens to go out from home and participate in physical health promotion activities. Most of the students come from only-child families, who have been spoiled since childhood and are afraid of hardship. They are afraid of avoiding physical fitness exercises in physical education classes. This richness of track and field sports has great advantages. It not only makes the design of track and field teaching content more selective, but also makes the changes of teaching forms more diversified, thus enlivening the classroom atmosphere and improving students' participation enthusiasm.

Regular participation in track and field exercises can improve people's physical qualities such as strength, speed, endurance, flexibility, sensitivity, etc., and promote the normal development of human body and the development of various organs and systems, thus effectively achieving the purpose of strengthening physical fitness. Figure 1 Shows the selection process of all participants in track and field.

Sports lifestyle should include regular sports and exercise, taking sports as an important part of life, various sports consumption, and paying attention to sports events. The effect of physical exercise is a gradual accumulation process, not once and for all. The purpose of promoting physical health is to cultivate people's good sports consciousness and behavior habits, absorb the positive energy brought by sports, and encourage positive and healthy attitude towards life. School physical education is an important foundation of lifelong physical education. At

Table 1. Situations of sports safety problems among college students.

Overall number of people	149
Never happened	65
Once	36
Twice	28
Three times	10
More than three times	10

Table 2. Analysis of sampling data of students' physical health.

Year	Qualified		Good		Excellent	
	Number of people	Proportion (%)	Number of people	Proportion (%)	Number of people	Proportion (%)
2020	1202	78.6	206	13.5	22	1.4
2019	1324	84.8	218	14.0	20	1.3
2018	1184	75.7	366	23.4	15	0.9

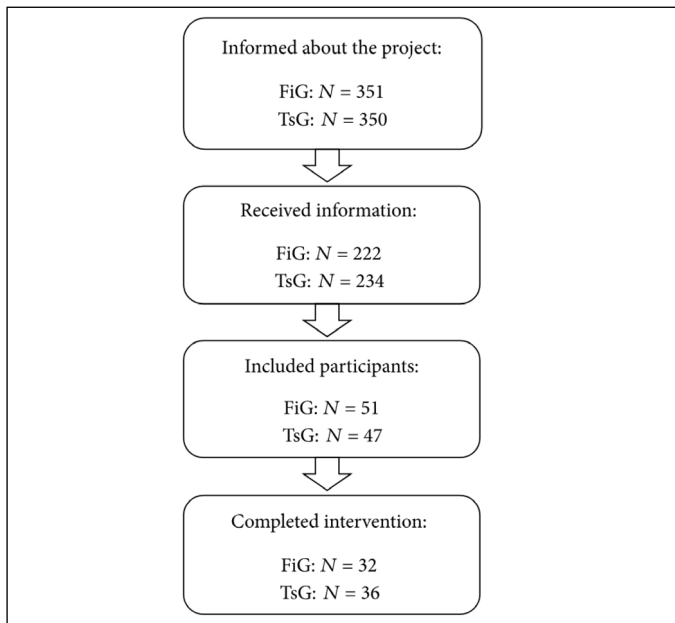


Figure 1. Mixed teaching mode of sports dance and cooperative learning.

present, track and field courses still adopt the traditional teaching goal of mastering skills and improving sports performance, and the teaching content is not combined with the interesting and entertaining sports that students generally like, which makes the original monotonous and boring nature of track and field courses not well improved, and reduces students' initiative to participate in track and field sports.

The concept of adding track and field teaching content in colleges and universities

Deeply understand the function and value of track and field

Track and field sports came into being and developed with the development of human society, and evolved into competitive sports after walking, running, jumping and throwing. This process is not only the process of human cultural unification, but also the guarantee of human basic activity ability. This is because all events of track and field only need a single individual to complete. Unlike team events such as basketball and volleyball, there is collaboration and cooperation among team members, and unlike badminton and tennis, there is an opponent. Track and field sports have a wide range of contents, which are adjustable and controllable in practice intensity, density, amount and rhythm, and can develop college students' physical qualities such as strength, speed, endurance, agility and flexibility. At the same time, because track and field sports are mostly carried out outdoors, the human body is more restricted by natural conditions such as sunshine and air, which can effectively improve students' ability to adapt to changes in the external environment and increase the body's defense ability against diseases, and can achieve the purpose of strengthening physical fitness, preventing diseases and strengthening health.¹⁰ Students majoring in physical education should have considerable advantages in time and intensity of exercise, so the acquired exercise plays a very important role in physical fitness, and the effect of exercise on physical fitness is also very obvious. The health effects and physique enhancement of college students' physical exercise are influenced by exercise prescription, and the physical, psychological and social health effects and physique enhancement of college students with different intensity of physical exercise are significantly different.

Strengthen the reform of the teaching content of track and field class

As the oldest sport, healthy track and field naturally has its own unique charm, but due to many factors, it is often not favored by people.

However, its promotion effect on college students' physical health is unmatched by other sports, so it is necessary to change the traditional ideas of college students' cognition of track and field. On the premise of laying a solid foundation for students' physical quality, the direction of college physical education reform should cultivate and develop students' interests and specialties in sports, and guide students to overcome their psychological, physical and physical weaknesses through physical exercise. Physical education teachers' professional quality and sense of identity with their own profession also play an important role in the development of school physical education curriculum and school physical education activities to a great extent.¹¹ The better the quality of mental health, the higher the level of physical health. Individuals with good mental health quality can deal with difficulties and setbacks well in life. If track and field teaching needs to be combined with the promotion of college students' physical health, it should be scientific and reasonable. This is because track and field teaching is not only a form of physical education curriculum, but also a means of physical intervention.

Sports develop the sense of control and self-control, and improve the cognition and self-concept of one's own body. Figure 2 shows the relationship between the subjects of diversified governance of college students' physical health.

Every physical education teacher's ideas on physical education and health directly affect groups of students. Therefore, the physical education teachers' physical education literacy and health concepts and behaviors play a key role in establishing college students' physical education and health concepts. Figure 3 shows the basic element structure of the integrated service system for college students' physical health.

In the long run, if you learn track and field well, you can have lifelong physical education, keep healthy, improve the quality of life, and study

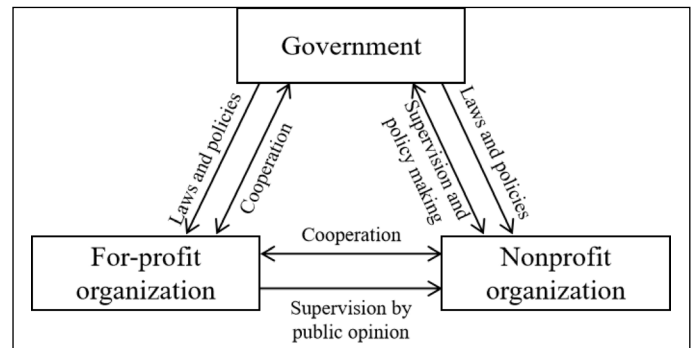


Figure 2. The relationship between the diversified governance bodies of college students' physical health.

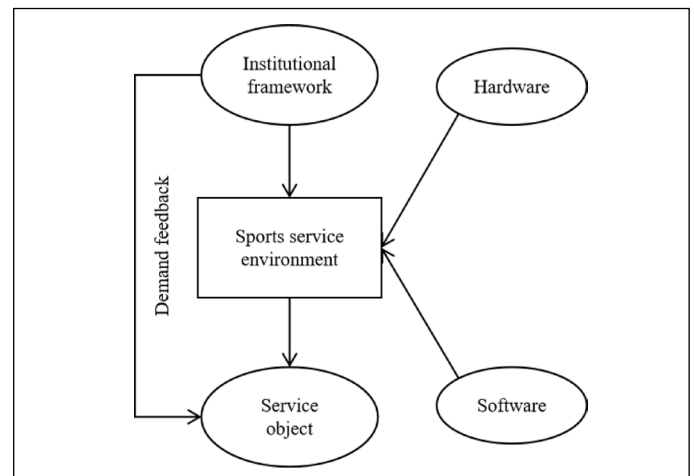


Figure 3. An integrated service system for college students' physical fitness.

and work better. Therefore, it is very necessary to set up track and field courses in colleges and universities, impart scientific track and field training methods to students, and let students experience the charm of sports through track and field sports and improve their physical health.¹²The lack of sports environment resources hinders the enthusiasm of college students to take part in physical exercise and restricts the healthy development of students' physique. School physical education should pay attention to and cultivate college students' interest in sports. In addition to the required contents, it is necessary to increase the elective courses and enrich the teaching forms. Schools should organize colorful sports activities regularly according to students' hobbies and free time, so that students can develop good physical exercise habits and lifelong sports awareness.

CONCLUSIONS

With the popularity of track and field and the in-depth development of national fitness, track and field can not be understood in a narrow sense only from competitive sports. Track and field sports will play a more and more important role in strengthening physical fitness, developing physical fitness, improving health level and cultivating people's social adaptability. The full application of track and field teaching in colleges

and universities can promote the overall progress and development of college students' comprehensive quality by strengthening their physical fitness and improving their physical quality, thus helping them to better enter the society and improve their working ability. School physical education should pay attention to and cultivate college students' interest in sports. In addition to the required contents, it is necessary to increase the elective courses and enrich the teaching forms. Schools should organize colorful sports activities regularly according to students' hobbies and free time, so that students can develop good physical exercise habits and lifelong sports awareness. In track and field class, it is necessary to establish the teaching guiding ideology with the main purpose of strengthening physical fitness, cultivate students' brave, tenacious and enterprising will, promote the all-round development of body and mind, stimulate students' interest in active track and field exercise, improve students' sports ability, and expand the connotation of track and field teaching content, so as to promote the popularization and development of track and field class.

All authors declare no potential conflict of interest related to this article

AUTHORS' CONTRIBUTIONS: The author has completed the writing of the article or the critical review of its knowledge content. This paper can be used as the final draft of the manuscript. Each author has made important personal contributions to this manuscript. YS: writing and performing surgery; JS: data analysis and operation.

REFERENCES

1. Evangelio C, Sierra-Díaz J, González-Villora S, Fernández-Río J. The sport education model in elementary and secondary education: A systematic review. *Movimento*. 2018;24(3): 931-946.
2. He Z, Wu H, Yu F, Fu J, Sun S, Huang T, et al. Effects of Smartphone-Based Interventions on Physical Activity in Children and Adolescents: Systematic Review and Meta-analysis. *JMIR Mhealth Uhealth*. 2021 Feb 1;9(2):e22601.
3. Karasievych S, Maksymchuk B, Kuzmenko V, Slyusarenko N, Romanyshyna O, Syvokhop E. Training Future Physical Education Teachers for Physical and Sports Activities: Neuropedagogical Approach. *BRAIN. Broad Research in Artificial Intelligence and Neuroscience*. 2021;12(4): 543-564.
4. Wang L, Zhang E. Exploration and practice of teaching reform of industrial robot course based on application ability training. *IOP Conference Series: Materials Science and Engineering*. IOP Publishing. 2020;780(3): 032017.
5. Engel A C, Broderick C R, van Doorn N, Hardy L L, Parmenter B J. Exploring the relationship between fundamental motor skill interventions and physical activity levels in children: A systematic review and meta-analysis. *Sports Medicine*. 2018;48(8): 1845-1857.
6. Zeng S, Li L. Analysis and Countermeasures of related factors between mental health and physical exercise of Law College Students. *Revista de Psicología del Deporte (Journal of Sport Psychology)*. 2022;31(1): 17-25.
7. Chiva-Bartoll O, Fernández-Río J. Advocating for Service-Learning as a pedagogical model in Physical Education: towards an activist and transformative approach. *Physical Education and Sport Pedagogy*. 2022;27(5): 545-558.
8. Stradze A E, Pushkina V N, Fedorova E Y, Gernet I N, Sizov A E, et al. Using Wearable Devices to Stimulate Students Motor of Physical Activity and Consequence Physiological Response. *Journal of Educational Psychology-Propósitos y Representaciones*. 2020;8(2): e510.
9. Tan S M. The Status Quo of Sports Training in Colleges and Universities and its Changing Strategies in China, 2022 7th International Conference on Social Sciences and Economic Development (ICSSSED 2022). *Atlantis Press*. 2022: 1467-1470.
10. Zhang Z, Min H. Analysis on the construction of personalized physical education teaching system based on a cloud computing platform. *Wireless Communications and Mobile Computing*. 2020;(3):1-8.
11. Timpka T, Janson S, Jacobsson J, Dahlström Ö, Spreco A, Kowalski J, et al. Lifetime history of sexual and physical abuse among competitive athletics (track and field) athletes: cross sectional study of associations with sports and non-sports injury. *Br J Sports Med*. 2019;53(22):1412-1417.
12. Zheng Y, Wang W, Zhong Y, et al. A peer-to-peer live-streaming intervention for children during COVID-19 homeschooling to promote physical activity and reduce anxiety and eye strain: cluster randomized controlled trial. *Journal of medical Internet research*, 2021, 23(4): e24316.