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## The Research on the Optimization of College Health Education From the Perspective of Health Promotion

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### Absrtact

The health problems of youth groups are directly related to the sustainable development of future society. As the main position of training talents, colleges and universities should pay attention to students' health problems and health education. Due to the late start of health education in China, there are many deficiencies in the development of health education at this stage. For Backward teaching concept, single teaching method and curing teaching content all limit the development of health education teaching mode in colleges and universities. Based on the perspective of health promotion, this paper sorts out the relevant research literature of the domestic education and academia, and summarizes the main problems of the current health education teaching model for college students, and proposes related optimization ideas, hoping to further enrich colleges and universities health education reform theory.

**Keywords:** Health promotion, Colleges students, fitness, Optimization

# **1. RESEARCH BACKGROUND**

## **1.1 Literature review**

Adolescent health education has always been a key area of national concern, and it is also a hot topic of continuous concern in education and academia. Especially about the research and discussion of the main position of talent cultivation, in recent years, a lot of theoretical documents on health education teaching for college students have emerged. In order to meet the growing demand for health promotion, the reform of physical education teaching in Colleges and universities has become an inevitable trend of development.

Scholars such as Shi Jinliang and Liu Chen have inspected the theoretical connotation of health promotion, and analyzed the problems existing in the relevant links of College Physical Education in the light of the current development situation of college physical education. It also points out that teachers and students should improve their perception of sports life and reform sports life service in an all-round way (Shi et al, 2017). Chen Huilin and other scholars pointed out that college students are facing many pressures, including life, study and employment. In order to effectively prevent and solve the psychological problems of College students, we should pay attention to the curriculum of mental health education. By using the teaching method of Mu Course, we can avoid passive learning and single teaching in the traditional teaching mode, and better achieve the teaching objectives (Chen et al, 2015).

Feng Ting believes that the living habits of contemporary college students are not very good, which will directly affect the physical and mental health and physical status. Therefore, the construction of student-oriented health education evaluation system has become one of the key points of health education in Colleges and universities. By investigating the current curriculum and teaching mode of health education in Colleges and universities, we can quickly screen out the main problems and improve them accordingly (Feng, 2014). Han Jie and other scholars have studied the teaching mode of health education for college students under the concept of health promotion school. By setting up two experimental groups, the routine group and the promotion group, respectively, to observe their educational effects and explore the best way of health education for college students (Han et al, 2015).

## **1.2 Research purposes**

Health education in Colleges and universities has gradually become a key driving force for the healthy development of students' physical and mental health. However, compared with foreign countries, health education in Colleges and universities in China started late, and there

are many shortcomings and problems. At present, the health education mode in Colleges and universities is curriculum-oriented in health education teaching and second classroom-oriented in health education activities (Zhao et al, 2018). There are obvious problems in these two parts, such as single teaching content, solidified teaching form and weak teaching staff. There is much room for improvement (Yang, 2018).

However, as the main field of large-scale gathering of young people, colleges and universities are directly related to the comprehensive quality of future talents. Therefore, colleges and universities should actively learn from the relevant theories and advanced experience of health education, accurately locate health education in Colleges and universities, and ensure the physical quality training of college students (Ru and Chen, 2018). This paper reviews the relevant research in China and finds that although many domestic scholars are very concerned about health education, they have also carried out research and analysis. However, most of the existing literature theories are from a macro perspective, and seldom discuss the health education model of subdivided colleges and universities. Based on this, this paper explores the teaching mode of health education for college students from the perspective of health promotion, and tries to optimize and improve the teaching mode, providing some reference for the optimization of health education mode in Colleges and universities.

## **2. THE CONNOTATION OF HEALTH EDUCATION AND**

Health education is an important content of education and a basic knowledge that must be possessed. However, in the current living conditions, people often do not pay enough attention to health education, so many people neglect health education. In some cases, unnecessary losses are caused by insufficient basic knowledge of health. Therefore, health education is an important part.

The contents of health education generally include the following four categories, as shown in Table 1. The first category is general health education. Help to understand the basic knowledge of how to improve the health of individuals and people. This is the basic Department of health education. It lays the foundation for the understanding of health education. It is also a necessary common sense of life for individuals. It plays a great role in improving life skills and enhancing physical health (Deng and Hong, 2017).

Second, special health education. To educate the special population in the community about their common health problems. This part contains a lot of content, which will involve the

understanding of many diseases. Of course, not everyone will encounter these health problems in life. This part mainly teaches us how to correctly view our own or other people's health problems. The third category is health management laws and regulations education (He, 2015). Understand the laws and regulations, improve the sense of responsibility and consciousness. Fourth, health awareness education. Enhance individual and group awareness of health attitudes and values.

**Table 1. Classification of Health Education Contents**

Category	Name	Basic content
I	General health education	Improving basic knowledge of personal and population health
II	Special Health Education	Common health problems in special population
III	Health Management Regulation Education	Relevant Basic Regulations and Regulations
IV	Health Awareness Education	Understanding Attitudes and Values to Health

There are two main categories of healthy behavior. On the one hand, personal behavior. Good hygiene and living habits. Such as regular bathing, haircut, nail clipping, keep clothes neat, wash hands before and after meals, etc. This is the main content of healthy behavior and the basic living habits that shape a healthy body (Li, 2016). On the other hand, group behavior. Develop good public health moral habits, abide by traffic rules, avoid accidents, and actively organize recreational activities beneficial to physical and mental health.

Health education and healthy behavior are the important basis for developing good living habits. Schools should attach importance to students' health education and healthy behavior, in order to improve students' quality of life and living standards in the future. At the same time, healthy life should start from the individual, in order to create a harmonious atmosphere of the whole society and create a harmonious society.

### **3. MAIN PROBLEMS OF HEALTH EDUCATION FOR COLLEGE STUDENTS**

#### **3.1 The physical quality of contemporary college students decreases**

In recent years, the overall physical fitness level of contemporary college students has shown a downward trend, which is worrying. According to the standard of College Students' physical fitness test issued by the State Sports Commission, the situation of College Students' physical

fitness test is not optimistic. By consulting the literature data and statistics of domestic college students' physical fitness test data, it is found that the overall level of College Students' physical fitness is not high, and has a downward trend year by year. Among them, the number of people who exceed the normal weight is increasing year by year, and the step and vital capacity test and strength level are also on the low side.

According to a study published by the World Health Organization, there are 600 million cases of myopia in China, and the rate of myopia among students is as high as 70% (Jin et al, 2014). At the same time, the health awareness of college students is relatively weak. Most students do not like sports and exercise, and their daily work and diet are irregular. This unhealthy lifestyle makes college students' physical quality worse and worse.

### **3.2 The old educational model used by colleges and universities**

Although at the end of the 20th century, China initiated the reform of physical education in Colleges and universities, requiring the reform of physical education in schools in the direction of humanization. However, due to the limitation of traditional teaching concepts, the current health education teaching mode is still relatively backward. For a long time, the research funds of colleges and universities often focus on the scientific research of other specialties.

The research investment of physical education teaching in Colleges and universities is low, and the project funds are usually difficult to support in-depth research (Zhu and Liu, 2015). Compared with the international level, China's sports theory and related issues of sports, physiology and psychology are relatively backward as a whole. And the managers of some colleges and universities do not attach enough importance to the physical education curriculum.

In the whole university's teaching curriculum system, the proportion of physical education credits is relatively small, especially for many non-physical education majors, who think that their sports achievements are not important. Current college physical education teaching is mainly divided into two parts: theoretical knowledge explanation and project training. This traditional teaching mode limits the teaching of teaching content, and sports skills and practicality are relatively small. To a certain extent, this has hindered the development and reform of physical education teaching.

### **3.3 Lack of equipment and equipment**

The Director of Education had earlier pointed out that there was a serious shortage of full-time PE teachers in China's primary and secondary schools. At the same time, there are serious problems such as inadequate investment and lack of use of venues, equipment and equipment. As the most prominent problem, the shortage of teachers requires universities to take it seriously and pay enough attention to it in order to solve it smoothly.

As for the students' small sports venues, the aging and lack of sports training equipment, especially in some areas where the development is relatively backward, the lack of sports equipment venues is particularly serious. In this regard, university administrators need to plan carefully and adjust and optimize it according to the actual teaching situation of the school.

## **4. OPTIMIZING THE TEACHING MODE OF HEALTH EDUCATION FOR STUDENTS**

### **4.1 Improve the diversity of health education teaching contents**

The most basic part of the optimization of the teaching mode of health education for college students is the course content. Through optimizing the curriculum system of health education, we actively introduce advanced concepts and teaching methods of health education and psychology, medicine, communication and pedagogy. By constantly improving the ideological and scientific nature of the health education teaching mode, we can build a reasonable and prominent health education curriculum content system.

Specifically, when designing the teaching content, we should fully understand and consider the psychological characteristics and group characteristics of students in colleges, and formulate teaching contents and teaching methods that conform to their cognitive laws and behavioral attitudes. When designing teaching content, teachers should understand the cognitive level of different students, master the learning status, intelligence status and life accumulation of students at different levels. At the same time, teachers must respect the law of students' physical and mental development, take into account the learning needs and characteristics of students of different ages, and carry out targeted teaching. Moreover, increasing the diversity of teaching content is not only to convey the content knowledge of textbooks, but also to cooperate with other teaching means to carry out teaching activities.

#### **4.2 Improving the technicality of health education teaching model**

With the development and popularization of modern information technology, many fields and industries have been impacted by multimedia technology. Education is no exception. Therefore, in order to optimize the teaching mode of health education for College students, we should actively introduce Internet technology to improve the teaching mode's technicality.

The combination of Internet and teaching has formed new concepts of network teaching, and many new concepts such as network teaching resources, network teaching software, network teaching system, network teaching video and so on have been derived. The introduction of new technology has helped teachers to establish advanced teaching concepts, changed classroom teaching methods and greatly improved teaching quality.

Moreover, the traditional form of teaching organization has also undergone revolutionary changes. Because of the development of Internet technology, the "flip classroom" of "learning before teaching" has become a reality. At the same time, the interaction between teachers and students in teaching is no longer a mere formality. Through the Internet, it completely breaks through the limitation of time and space in the classroom.

#### **4.3 Improving the dissemination of health education teaching propaganda**

There are many ways of propaganda in Colleges and universities. In order to ensure more participation in the teaching of health education in Colleges and universities, it is necessary to improve the dissemination of teaching propaganda. In addition to the traditional classroom teaching activities, we need to increase a lot of publicity channels to attract students to participate in health education teaching activities. For example, posters can be posted on bulletin boards in schools, and health education knowledge can be disseminated through platforms such as in-school broadcasting, campus official network and school public numbers.

In addition, in the campus mobilization meeting, school leaders and counselors can make joint recommendation, focusing on the introduction of health education courses to students, so as to improve the initiative of students to participate. The school's teaching department, medical department, student management department and other departments cooperate to carry out in-school health education lectures, health education knowledge competitions and other practical activities. Schools can also formulate scientific and reasonable management rules and regulations to ensure that students' work and rest time is reasonable and reasonable, and lay a good foundation for healthy learning and life.

#### **4.4 Improving the practicality of health education teaching activities**

At present, many colleges and universities carry out health education teaching for students, still using the traditional way in the past. College knowledge adopts a single classroom teaching mode. However, from a practical point of view, the course of health education in Colleges and universities should not only attach importance to the mastery of theoretical knowledge, but also cooperate with practical activities in order to fully achieve landing usefulness.

Specifically, colleges and universities can organize various forms of practical activities to achieve the teaching objectives of health education. On the one hand, we should strengthen the guidance of students' healthy behavior. In view of the behavioral activities that students will encounter in practice, this paper gives correct and reasonable guidance and suggestions, so as to help students better grasp the theoretical knowledge. On the other hand, carry out health consultation. Colleges and universities provide good news services for students by setting up relevant health education consultation departments to help students solve practical problems and health puzzles.

### **5. CONCLUSION**

Health education has been paid more and more attention by the educational circles. Many schools have carried out health education teaching in succession, hoping to cultivate comprehensive talents with good physical and mental health. However, due to the weak awareness of College Students' group health, most students do not like sports and exercise, and their daily work and diet are irregular. The level of physical fitness of contemporary college students is gradually decreasing. At the same time, the relatively backward educational model and equipment in schools make it difficult to achieve the teaching objectives of health education. By discussing the problems existing in the health education model of College students, this paper puts forward the optimization ideas of better operability and execution, expecting to provide some reference for the development of health education in Colleges and universities.



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