

Research on the Current Situation and Development Countermeasures of College Students' Physical Health under the Background of Big Data

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Abstract

In order to solve the existing problems of data processing of College Students' physical health, this project proposes big data, deeply explores the causes of College Students' health status, analyzes its influencing factors, and finds out the relationship between various influencing factors. This project uses the scientific information technology system of big data to analyze the specific reasons for the decline of College Students' physical health and give improvement measures, actively promote college students to carry out physical exercise activities, further improve college students' physical quality and comprehensive quality, and continuously strengthen college students' physical quality.

Keywords

Big data; Physique and Countermeasures.

1. Concept of Big Data and Physical Health

1.1. What Is Big Data?

"Big data" is a data set characterized by large quantity, many data types, high processing timeliness and high commercial value. It was used in the ranks of electronic information technology in the early stage of discovery, and is rapidly developing into the application of data. In the development of the new era, we should actively apply big data information technology, constantly strengthen the analysis of data and the collection of data in various formats, so as to find a new generation of information technology with knowledge, innovative value and ability.

The information analysis technology of big data can not only make great changes in the development of the times, but also make the times change rapidly and constantly update and develop. At the same time, it also has the ability to predict the future development trend. This is also the reason why university physical health adopts big data information technology. Big data must have a distributed architecture of collecting data, analyzing data and forming data reports, and carry out distributed data mining on a large amount of data. Therefore, it must rely on the technical processing method of cloud computing. With the continuous development of the mobile Internet and the popularity of the Internet of things, the application technology of big data is also enriched, "big data" is also a key word in the computer information technology industry. The big data platform is mainly based on big data, and the information technology based on data analysis has become a new research method to improve the physical health level of students in some colleges and universities.

2. Concept of Physical Health

Physical health is actually very important for each of us, so our understanding of health should gradually change from single to multi-dimensional, which is a cognitive process. With the

gradual enrichment of material life, people's living standards have been greatly improved, and physical health has become a topic of common concern. In the concept of "physical health", we first pay attention to the concept of physique. First of all, human beings have good physique. All aspects of the body are infused with good energy to ensure the normal and unstable operation of the body. This is the so-called good physique. However, the formation of physique is not only innate heredity, but also the combination of acquired efforts. However, only when the physique is good can the body be healthy. Health first appeared in the dictionary, which means "the collective is in normal operation and there is no disease". Therefore, we should naturally improve our physical health through physical exercise and exercise, so that our body has been in a long-term exercise health state.

3. Physical Health Status of College Students under the Background of Big Data

3.1. Problems Existing in the Healthy Development of College Students' Physique

3.1.1. Monitoring Methods of College Students' Physical Health

Due to the influence of "big data" and "Internet +" on the physique of college students, the new era is constantly updated, the information technology is updated, the national geographical location is also changing in real time, and the physical condition of college students is also changing. Therefore, the physical health of college students has been affected by various factors. Although various national policies and strategies formulated by the state are also keeping up with the development of the times, with the continuous renewal of the times, there are still problems in the methods of College Students' physical health monitoring, which need to be improved. For example, all registered students in the country must participate in the physical health test. The definition standard of the test is unified across the country, and the standard can be reduced for remote areas of ethnic minorities. The State Education Department should also strengthen the inspection of schools. Schools should not be allowed to lower the monitoring standard of students in order to meet the qualification standard required by the state, so as to improve the "qualification rate" and physical health standard of schools. Such an approach is not correct, is an unqualified educational method, and does not really consider the physical health of students. Some university teachers are just to complete the tasks assigned by the school and improve their teaching achievements. Some schools are also to complete the tasks assigned by the Ministry of education. They are not too strict with the test indicators and seek qualified results for students under the condition of loose test. For students, physical health test is just an ordinary test, as long as students can muddle through. The "loose" policy of teachers is also popular among students. These factors are also the main reasons for the inaccurate data collected by college students' physical health. These data can not truly reflect the overall physical health level of college students. However, on this inaccurate data, the index system required by the national student physical health standard has been formed, and use the index system of "national student physical health standard" to further guide the current physical fitness of colleges and universities, and take it as the reference standard of College Students' physical health. Round trip cycle for test guidance, then test and then guidance. This wrong cycle is clearly disadvantageous.

3.1.2. Gap of Government Responsibility Consciousness

The CPC Central Committee and the State Council have issued the outline of the "healthy China 2030" plan, which puts forward the concept of "healthy China", so "healthy China" has officially become a national strategy. Physical health is one of the important indicators to measure the comprehensive quality and ability of college students, which affects China's comprehensive

national strength to a certain extent. Students are the "flowers" of the future of the motherland, the hope of the future of the motherland and the solid main force of the future of the motherland. In recent years, with the popularity of the Internet, more and more people are addicted to the Internet. A large number of research data show that the physical health level of college students in China generally shows a downward trend. The government should take countermeasures. For the government's social subject consciousness, the government is the leader of the social subject, but its social responsibility subject consciousness is not clear and its function is not fully played.

3.1.3. The Investigation and Research System Needs to Be Improved

For college students in the new era, we should constantly improve their own physical health standards. The school should constantly improve the fairness and fairness of College Students' physical fitness monitoring procedures, put the monitoring procedures into the comprehensive evaluation of teachers, and teachers will raise their requirements. It will also treat students objectively, fairly and strictly, as well as the investigation of College Students' physical health level, which can help colleges and universities and education management departments timely grasp the development level and change trend of students' physical health, and enable college students to recognize their own physical health status. In recent years, in order to seriously implement the national student physical health standard, major colleges and universities will conduct physical fitness tests on college students every year, and input the test data into the computer through information technology for data analysis. Some colleges and universities have also established their own data analysis platforms to conduct more systematic data analysis and Research on the physical fitness test data of college students. If we only rely on the annual physical fitness test, it is difficult to comprehensively analyze the physical health status of college students. The results of data analysis are difficult to be fully expressed. Therefore, we need to comprehensively analyze the specific physical health of students by adding the performance of students in ordinary physical education, whether they like extracurricular sports, whether they often exercise, whether the results of physical education are qualified, and the basic physical test results. However, the old-fashioned survey methods often use the way of questionnaire survey. The data collection source is relatively single, the content is scattered and the data is untrue, which will inevitably lead to the singleness and one-sidedness of the survey and research results. The old investigation and research methods can no longer adapt to the analysis of such huge data, so we need to constantly explore new research and analysis methods.

3.1.4. Lack of Extracurricular Physical Exercise Activities of College Students

Data show that at least two-thirds of college students in China do not like extracurricular physical exercise and do not have the habit of regular fitness exercise. Jitter, Taobao, WeChat and QQ are now the tiktok of contemporary college students. The current situation of College Students' dormitory is to sleep, play games, brush dramas and short videos. This has become the current situation of every college student's college life. There is no exercise and fitness in these activities. Facing the habits brought by mobile phones, exercise and exercise did not bring habits to college students. Therefore, colleges and universities should cultivate students' good habit of exercise and constantly enhance students' physical health. College Students' physical exercise is of great significance to college students' physical health and living habits.

4. Countermeasures for the Healthy Development of College Students' Physical Health under the Background of Big Data

4.1. Improving College Students' Physical Health Monitoring Methods

With the development of information technology in the times, in order to promote college students to actively participate in after-school physical exercise, the National Education Department has issued many targeted documents and policies to effectively promote college students to actively participate in physical exercise. It uses big data information technology to collect information on College Students' sports data in Colleges and universities, and then conduct data analysis, data evaluation Health guidance in one of the college students' physical health data analysis platform, and finally obtain the total score data to determine whether the student is healthy or not. For example, wearable devices connected to the Internet, such as Xiaomi bracelet, apple watch and Huawei watch, are used to monitor the steps, heart rate, blood pressure and pulse of college students anytime, anywhere. In this way, college students can observe their physical health, and adverse reactions can be found in time. In addition to wearable devices, college students' daily exercise behavior data can also be collected using mobile app, such as keep, joy circle, Gudong, mint health, etc. In addition to the above data sources, there are many other data that can provide specific basis for the physical health survey of college students, such as online consumption information and medical data, which can be uploaded to the personal database as useful data, then analyzed and generated data reports for users and schools to view at any time. Using the information technology method of big data can meet students' exclamation about the rapid development of science and technology, stimulate students' interest in sports and exercise, improve college students' participation motivation, and achieve the dynamic balance of "supply and demand" between schools and students in the direction of physical health promotion.

4.2. Using Big Data Information Technology to Strengthen College Students' Physical Health Education

According to the research data, physical health education has a very important impact on sports behavior tendency. We should pay more attention to college students' physical health education in school and social education, and constantly strengthen ideological and political health education. The state and the government should continue to actively guide college students to firmly establish the correct values of physical exercise and promote the mutual promotion of learning and exercise in college education. We should truly and correctly understand the importance of College Students' physical exercise from the heart, establish correct sports values and firm and correct college students' physical exercise concept. Schools can use big data information technology to push news and strengthen the publicity of physical health in public places on campus. Many students don't like exercise. The big reason is that they don't know how bad the current living habits will have on their bodies, and they don't know that physical exercise will change these bad effects. Therefore, college students have insufficient understanding of the significance of sports activities, and their attitude towards participating in physical exercise activities is not correct. These factors are directly related to the insufficient publicity of the importance of College Students' physical health to their health. In the daily course study of college students, college physical education is also a compulsory part of College Students' learning career. The learning evaluation of college physical education includes the specific content of classroom teaching, learning level, students' mastery of classroom learning content, teachers' performance and attendance rate of students in class, etc. these information must be uploaded by teachers to the college students' physical health system platform of their own school as real and effective data, To provide the basis for the subsequent data analysis of students' health.

4.3. Strengthen College Students' Community Activities and Create A Good Exercise Atmosphere

In school, middle school students are the main learning group. In University, the main activity medium of middle school students is the main student community activity. Therefore, the school needs to strengthen college students' community activities, set up more sports associations related to physical exercise, and increase all kinds of community sports activities to encourage students to love sports. We can also enhance students' practical and innovative ability and cultivate students' physiological, psychological and social adaptability through the activities of community organizations. Constantly improve the management and operation mechanism of school associations, let students fully participate, experience students' voice, carry out sports activities loved by students, and improve students' physical and psychological quality and all-round comprehensive quality in sports activities. Let the students who like exercise get together, let this group of energetic and energetic young people lead the trend of loving sports in the school, and let the majority of students participate in it. Therefore, the school should take the community as the center and create an atmosphere of being positive and loving exercise. Finally, realize the role of the community in promoting the physical health of College Students under the background of big data, and realize the concept of combining work and rest.

4.4. Strengthening Social Government Responsibility

The government is the manager of this society and a key step in social governance. It needs to constantly strengthen and guide college students to have a strong sense of social responsibility and consciously improve their physical health. But before that, the government also needs to arrange and deploy its own responsibilities and strengthen its sense of responsibility. A society. The management of a city and a school is inseparable from the management of the government. Therefore, the government must shoulder its due responsibility for the management and improvement of College Students' physical health. The methods and means adopted must not be too radical, blunt or rough. It needs to invest more human, material, financial, energy and time to do in-depth and meticulous work. Constantly strengthen the construction of management system, combine family and school physical education, build a "diversified and integrated" physical health cultivation mode for college students, promote college students to actively participate in physical exercise, and participate in different types of physical exercise together with family, society and school organizations, so as to form mutual interaction between the three. The government should also establish and improve the legal management mechanism of College Students' physical health, strengthen the legalization of College Students' physical health monitoring, increase the accuracy of College Students' physical health monitoring and the accuracy of monitoring data.

5. Advise

According to the advent of the information big data era and the rapid development of the "Internet +" industry, the college students' physical health system can use the Internet to collect a large amount of data information and use big data information technology for analysis. In physical health teaching, we can also use big data to provide resources for schools to develop teaching and exercise. The use of Internet of things and other technologies to connect students' physical health information to mobile phones makes the information-based teaching system more and more popular. For students' physical fitness test scores, the system adopts the methods of mathematical statistics and logical analysis, and comprehensively analyzes the current situation and trend of students' physical health by using big data information technology.

6. Summary

In the 21st century, people are stepping into the new big data era of the Internet and the Internet of things. The change of emerging information technology is also constantly changing people's lifestyle. The ability of big data. The development of big data provides more management and monitoring means for college education management. At the same time, it also promotes the benign development of students' physical health and upgrades the concept of College Students' physical health. Enhance the government's strong sense of responsibility for the physical health of college students, comprehensively analyze the physical health of students by using big data information technology, analyze the advantages and disadvantages, and generate correct improvement measures. It is a way to improve college students' love for extracurricular physical exercise, cultivate innovation and personalized physical health education.

Acknowledgments

Project fund: 2021 provincial level innovation and entrepreneurship project, Project No.: s202110377218.

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