



# Research on Strategies to Enhance Students' Physical Fitness from the Perspective of Sports Education Management

Fan Jian

Guangxi Bangyou Investment Co., LTD, Nanning, Guangxi 530022, China

## ABSTRACT

In recent years, the physical health level of students has been declining annually, becoming a hot topic of widespread concern in society. By strengthening sports education management, optimizing sports curricula, enhancing the quality of teaching staff, and innovating health assessment systems, we can effectively improve students' physical fitness and health conditions. This article analyzes the impact of sports education management on enhancing students' physical fitness and health from the perspective of current student health status, proposing a series of enhancement strategies including building scientific sports curricula, improving the quality of sports teachers, improving school sports facilities, and innovating physical health assessment mechanisms. Research has found that systematic sports education management plays a significant role in promoting students' physical health and can provide long-term protection for students' healthy growth.

## KEYWORDS

Sports Education Management; Student Physical Health; Enhancement Strategies; Health Management; School Sports.

## 1. INTRODUCTION

As society develops and lifestyles change, the physical health of adolescents has gradually become a focal point of concern across all sectors. Recent data indicate that students' physical fitness is generally on the decline, with increased obesity rates and decreased physical fitness levels, while participation in physical exercises is relatively low. This phenomenon is closely linked to increased academic pressure, accelerated life pace, and sedentary lifestyles brought about by the widespread use of technological products. Meanwhile, as a crucial site for promoting students' comprehensive development, the management and implementation of physical education directly affect students' health levels. How to enhance students' physical fitness through a scientific sports education management model has become an urgent issue to explore and resolve. The level of management in areas such as curriculum settings, teacher team building, sports facility management, and physical health assessment directly determines whether students can effectively enhance their fitness through physical exercises.

## 2. CURRENT ANALYSIS OF STUDENTS' PHYSICAL HEALTH

### 2.1. Overall Level of Students' Physical Health

Currently, the overall physical health of students shows a downward trend, with significant issues such as overweight and declining physical capabilities. According to national student physical health standard tests, many students' endurance and strength indicators are below health standards.



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Particularly concerning are the rising rates of obesity and myopia among elementary and middle school students, with worrisome results in cardiopulmonary function tests. Against this backdrop, many schools' physical education programs have not fully exerted their role in enhancing students' physical health, lacking in high-intensity, long-term exercise arrangements, thus failing to effectively improve students' health conditions.

## **2.2. Main Factors Affecting Students' Physical Health**

Several factors influence students' physical health. First, increased academic pressure consumes much of students' daily exercise time, leading to insufficient physical activity. Second, changes in dietary habits, especially excessive intake of high-sugar and high-fat foods, directly impact students' weight and overall health levels. Additionally, technological advancements have led students to spend considerable time on electronic devices, exacerbating sedentary lifestyles. Schools have not sufficiently intervened in this area, failing to effectively guide students in developing good health habits.

## **2.3. Deficiencies in School Sports Education Management**

There are numerous deficiencies in school sports education management. The setup of physical education courses is often simplistic, focusing excessively on examination-oriented education and neglecting the diversity and fun of physical exercises, resulting in low student participation. Moreover, many schools lack systematic physical health assessment mechanisms, unable to monitor students' physical conditions in time, leading to ineffective feedback mechanisms in physical education. Additionally, the professional quality of some school sports teachers is not high enough to ensure the scientific nature and teaching quality of the courses. Furthermore, investment in sports facility construction is insufficient, particularly in rural areas, where students' sports venues and equipment are severely lacking.

# **3. THE IMPORTANCE OF SPORTS EDUCATION MANAGEMENT IN ENHANCING STUDENTS' PHYSICAL HEALTH**

## **3.1. The Critical Role of Scientifically Designed Sports Curricula**

Scientifically designing sports curricula is crucial for enhancing students' physical health. Schools should arrange sports exercise content and intensity according to the physiological characteristics of students at different age stages. For example, curricula for lower grades should focus on fun and stimulating interest in sports, while middle and upper grades should enhance endurance, strength, and flexibility training. The curriculum should include a variety of sports, such as athletics, ball games, and swimming, to comprehensively improve students' physical fitness. Also, ensuring sufficient curriculum time is essential to avoid reductions due to academic pressures, with a recommendation of at least three high-intensity exercises per week.

## **3.2. Strengthening the Construction of the Sports Teacher Team**

The professional level of sports teachers directly affects the quality of sports courses. Schools should enhance the teaching abilities and management skills of sports teachers through various methods, encourage participation in regular professional training, and incorporate modern sports science knowledge to improve their understanding of physical training and health management. During teaching, teachers should adapt to the individual physical conditions of each student, avoiding a one-size-fits-all approach. To ensure the professional integrity and capability of sports teachers, schools should also establish a teacher evaluation and incentive mechanism to encourage innovative teaching methods and technological applications.

### **3.3. Enhancing School Sports Facilities and Management**

The perfection of school sports facilities directly impacts the effectiveness of students' physical activities. Modern schools should gradually improve the allocation of sports facilities, ensuring every student has enough space and equipment to participate in exercises. Particularly in rural and remote areas, schools should prioritize the construction of basic infrastructure such as sports fields and gymnasiums and introduce modern sports equipment to meet the diverse exercise needs of students. Additionally, schools should establish a comprehensive management mechanism for sports facilities to ensure the safety and effective use of equipment, with regular maintenance and updates to prevent safety incidents due to outdated equipment.

### **3.4. Innovating the Physical Health Evaluation System**

The current physical health evaluation standards are too simplistic and do not comprehensively reflect the true health status of students. A diversified evaluation system should be established that assesses students' physical capabilities, psychological health, nutrition, and other dimensions. For example, employing intelligent health monitoring devices to regularly collect students' exercise data, body fat percentage, heart rate, and other health parameters and using scientific data analysis to develop personalized health management plans for each student. Additionally, the evaluation system should focus on long-term effect tracking to avoid short-term physical improvement while neglecting the steady enhancement of long-term health levels.

## **4. STRATEGIES FOR IMPLEMENTING SPORTS EDUCATION MANAGEMENT TO ENHANCE STUDENTS' PHYSICAL HEALTH**

### **4.1. Constructing a Comprehensive Health Management Model**

Building a multi-party participation comprehensive health management model is key to enhancing students' physical health. As the primary responsible entity, schools should first strengthen the top-level design of health management, establish a dedicated health management department, and be responsible for developing and implementing physical health enhancement plans. This department should not only supervise the implementation of physical education courses but also be responsible for linking with families and society to ensure students enjoy scientific physical health management both inside and outside school.

Schools can regularly organize parent health education activities to help parents understand how to provide reasonable nutrition, scientific exercise recommendations, and healthy lifestyles for their children. Through home-school cooperation, encourage parents to participate in their children's health management, forming a "home + school" health protection system. At the same time, schools should maintain close cooperation with community and government health departments, using public resources to conduct extracurricular sports activities, such as community sports meets and weekend outdoor physical training. Governments can provide more venue resources to schools through policy support, such as opening public sports venues for free, further expanding students' exercise opportunities.

### **4.2. Rational Curriculum Arrangement and Selection of Sports Activities**

Rationally arranging physical education curricula and selecting sports activities are foundational for enhancing students' physical health. Schools should scientifically design curriculum content according to the physical characteristics and developmental needs of students at different grade levels. For example, for elementary school students, the curriculum should focus on cultivating interest in sports through gamified methods, such as fun running competitions and team cooperation projects, to

enhance students' love for physical activities; for middle and high school students, it should increase strength training, endurance training, and specific sports training, such as basketball, volleyball, swimming, through more targeted curriculum arrangements to strengthen students' athletic capabilities.

#### **4.3. Integrating Technology to Assist Sports Education Management**

The introduction of modern technological methods can significantly improve the accuracy and efficiency of sports education management. Schools should introduce multidimensional health evaluation standards. In addition to traditional physical fitness tests, the evaluation system should also include students' body mass index (BMI), cardiopulmonary function, exercise habits, nutritional status, psychological health, and other indicators. For example, schools can regularly organize medical examinations for students, collect basic health data such as height, weight, and body fat percentage, and comprehensively assess their health conditions based on their daily exercise volume. This data can provide a basis for personalized exercise plans for students and help schools identify collective health issues to take corresponding intervention measures.

#### **4.4. Strengthening Health Promotion and Education**

Strengthening health promotion and education is fundamental to enhancing students' physical health. Schools should organically combine health education with physical education and help students master scientific health knowledge through various forms of promotional activities. Specific practices may include regularly organizing health lectures, inviting experts in nutrition and exercise science to educate students about dietary matching, exercise techniques, and physical training. At the same time, schools can design health education theme activities, such as "Healthy Living Week," to enhance students' understanding of and interest in health knowledge through games and competitions.

### **5. CONCLUSION**

By strengthening sports education management, scientifically designing curricula, enhancing teacher professionalism, improving sports facilities, and innovating health evaluation mechanisms, students' physical health can be effectively enhanced. Schools, families, and society should work together to provide a good sports environment and health management system for students. Sports education management is not only crucial for students' physical health but also positively impacts their learning abilities and psychological health. Therefore, a systematic and scientific management model is essential for improving students' health conditions.

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