Research on Thinking and Governance of Sports and Health Management for College Students from the Perspective of Life Philosophy

Mi-Na XIONG¹,a, Li-Qiong MO¹,b,*
¹Sports Department, Wuhan University of Technology, Wuhan, Hubei, China
a riossky2769@sina.com, b 39885764@qq.com
*Corresponding author

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Abstract. At present, the sports and health management for college students in China was not good, ignoring the life characteristic of college students. Combining the development experience of foreign countries and the reality of our country, the study suggests to take improving the index system, establishing the intervention system, building resources integrated service system as the key way, and take structural establishment, optimal allocation of resources, guarantee and supervision as the important part of development strategy. It will encourage the full development of theory and practice of Chinese college students' sports and health management with the core of the life characteristic and sports and health need of college students.

Introduction

Sports and Health Management for college students (SHM for short) is the process of carrying out scientific and systematic monitoring analysis, evaluation guidance and effective intervention on an individual or group of college students’ physical health, mental health, social adaptation and sports according to their life characteristics, sports and health need through reasonable resource optimize configuration. As an important content of quality education, SHM for college students can enhance students' physical and mental health, and provide the guarantee high quality talents for the society. However, the phenomenon such as bad physical health, exercise sudden death and frequent suicides among college students shows that our job does not reach the designated position, which is far from the development goals. On the basis of foreign experience and the situation of our country, this study re-examines the current situation of SHM for college students in China from the perspective of life philosophy and gives attention to two or more things put forward practical and feasible development strategy, in order to further standardize the SHM for college students in China and lay the foundation to improve physical and life quality of college students.

Reflection on the Management of Sports and Health of Chinese College Students from the Perspective of Life Philosophy

Life is an eternal impulse that can't be stopped. Everyone can experience life and understand the meaning of life through self introspection, which is a collection of individual perception, thought and emotion, the character of "life experience" is particularly prominent. For each individual, life is the uniqueness of life that he has shown in his activities, his knowledge of people and things, and his relationship with the surrounding environment. "Life is not only a process of creation, but also the ability of going beyond life. As a kind of blind and irrational, surging impulse of life, life spontaneously and constantly rotates in the vertical axis of time, showing the "continuity of life".

Although from birth to death is the natural law that everyone can not escape, in the whole life of the continuous process, we can improve the quality of life through a variety of ways in order to prolong life. SHM is an important means to improve the life quality of college students. From the perspective of life philosophy to re-examine the status quo of SHM development for college
students in our country, mainly has the following problems: first, in the medical and health management, physical examination project is single[1], does not contact closely with the epidemic of college students in the new era, ignoring the unique life of college students; Second, in the physical and mental health management, "attach importance to detection and underestimate intervention" is widespread[2], ignoring the students' life transcendence; Third, in the detection of knowledge and education, "one and four grade jump" phenomenon is serious[3], lack of health knowledge, ignoring students life duration; Fourth, in the course of teaching intervention, emphasizes teacher's leading role, cramming education makes students do not actively passive [4], ignoring the life experience of college students. Health is continuously developing and changing, which runs through the whole process of life from birth to death. It is not only the basic resource for the survival of individuals, but also an important guarantee for the steady development of the society. Therefore, the implementation of targeted improvement measures based on both the life characteristics, sports and health needs of college students is an important issue to be solved in various departments.

**Management Strategies of Chinese College Students' Sports and Health Management from the Perspective of Life Philosophy**

**Improve the Index System of College Students' Sports and Health**

College students are a special group of the society who promote social progress, their level of physical and mental health is directly related to the future development of the country. It is particularly important to track and grasp their physical and health condition in a long time. Whether the monitoring index is comprehensive and effective influences the level of sports and health of college students. At present, there are some problems in college students' SHM, ignoring the uniqueness of college students’ life. First, the medical physical examination indicators are lagging behind. The examination did not involve the current diseases of college students such as diabetes, irritable bowel syndrome, premenstrual syndrome, urinary tract infections, eczema, abnormal body composition, AIDS, sexual health, hyperthyroidism and other physiological diseases. Second, physical test index validity problem. Admittedly, college students' physical monitoring index is get through a systematic program, but some indicators are still need to be improved, such as the test method of sit and reach is not reasonable [5], and testing items of cardiopulmonary endurance are not accurate [6]. Third, mental health indicators "attach importance to negative and lack of positive". Psychology should not only deal with the individual defects and problems, but also to tap the potential of a constructive and positive mental strength. The monitoring indicators of mental health of college students are more inclined to the "negative" dimension, and the investigation of subjective well-being, mental flexibility and other positive mental quality is relatively weak. Fourth, sports indicators are very lack. The research seldom focus on the college students' exercise intensity, the amount of exercise, the frequency of movement and the knowledge of sports, etc. The problem is bound to adversely affect the students' sports and health monitoring work, and make it difficult for us to fully grasp the students' status of sports and health, therefore, improve the sports and health index system is the primary task of SHM for college students in china. We should deeply understand the life uniqueness of college students, to clarify the connotation, structure and characteristics of sports and health, to build a set of scientific and comprehensive sports and health index system for college students.

**Establishing the Intervention System of Sports and Health for College Students**

Sports and health intervention is an important link of college Students' SHM. A series of phenomena such as College Students' physical health is not optimistic, sports sudden death and suicide shows that the implementation of SHM work is not in place, ignoring the life of college students. In order to meet the requirements of higher authorities, most universities only implement the physical and mental health monitoring for college students, seldom carry out targeted intervention at the same time, the medical and health management also stalls in the "wait for
treatment", students can only passively accept the status of "management of disease treatment, the lack of prevention". The study found that the contents of College Students' SHM intervention is particularly scarce, ignoring the students' life experience and continuity, lack of education and dissemination of health, lifestyle, sports injury, mental health, health knowledge. With the development of society, in foreign countries sports and health intervention has been developed gradually from the traditional classroom to the direction of the mobile Internet modernization, by contrast, in China the intervention technique of SHM for college students is conservative, which still stays in the traditional classroom teaching, network sports and health education lags behind, teaching means and methods of innovation is not enough. Overall, to strengthen supervision and intervention, and improve the theory and technology of intervention content, development of mobile network technology intervention, establish the intervention system of sports and health, is the necessary condition to ensure the benign development of college students’ SHM.

Construction of Resource Integrated Sports and Health Management Service System for College Students

There are many problems in the SHM for college students. First, compared with the increasing demand, the total amount resources of colleges’ sports and health services is relatively low. Second, the distribution of resources is irrational, the relevant agency service capabilities are weak. Third, the fragmentation issues of college students' SHM service system is prominent. The collaboration mechanism of university hospital, department of physical education and mental health institutions is not perfect which lacks of sharing and collaboration, and the whole service efficiency is poor. Fourth, the macro management ability of the government’s existing service resource allocation is not strong, and the effectiveness of government supervision system needs to be enhanced. Optimizing the allocation resources of the university hospital, department of physical education and mental health institutions, constructing SHM resources integration service system which matches the needs of college students with a clear division of labor, complementary functions and close cooperation is an effective way to solve the problem of students' sports and health. The SHM service system of college students in China can be constructed from three sections: the institutional setup, the optimal allocation of resources, the guarantee and supervision.

The Ministry of education, the Ministry of health and the Sports Bureau should be the top management institutions of college students' SHM. By the way of hierarchical management, establish the middle management of SHM for college students at the provincial department of education, ministry of health and sports Bureau, implement the overall sports and health management of the regional university students, construct the basic management organization consisted of the university hospital, department of physical education, mental health institutions and social health management organizations, and form diversified resources linkage management mode.

The lack of resources has seriously restricted the development of college students' SHM. Through the introduction of personnel and training, ensuring sufficient capital supply, improving the sports and health information communication, increasing the introduction of new technologies and development way, we should constantly optimize the college students' SHM resources and make it meet the needs of the students in order to improve college students’ sports and health level and the quality of life. Guarantee and supervision system is an important means for the state to carry out macro regulation and control of college students' SHM. On the one hand, we should strengthen the government's leadership on the work of college students’ SHM, put it on the agenda, and reasonably divide the management organization responsibility of top layer, middle layer and grass-roots, consider the college students’ life demand, through the information and technology support system, guarantee the basic supply of college students' sports and health resources.

On the other hand, we must continue to deepen the reform of SHM for college students, encourage the cooperation of universities and social health management companies, through the complementary advantages, collaborative innovation, optimize the integration of the regional service function of SHM to meet the college students’ needs of multi-level. In the service process, adhere to the combination of prevention and cure, both traditional Chinese medicine and Western
medicine, medical support combined with good policy, prevention and treatment of diseases of the work of college students, give full play to the advantages of traditional Chinese medicine, preventive care characteristics of sports, to achieve “Zhi Wei Bing” and the purpose of health fitness. At the same time, we should further improve the basic medical insurance system for college students, establish the network operating mechanism of college students’ sports and health services, and build the platform of information resources sharing, remote assist service and network teaching and training between universities, and university colleges and social health management organizations.

Third, all levels of the organization should determine a reasonable allocation of resources, improve the supervision and evaluation system and mechanism of SHM for college students, and promote its orderly development according to the needs of college students and the full consultation with the relevant departments and sectors. To establish various special supervision evaluation committee and working groups, each year to carry out the National College SHM input (human, material and financial resources, information resources and technology), process (college sports and health information collection, monitoring, intervention and guidance) and output (sports and health literacy, physical and health status, medical expenses) the evaluation work. Timely release all kinds of supervision and evaluation results, summed up the problems of SHM for college students, and research solutions to ensure that sports and health literacy and quality of life of college students have been continuously upgrade.

Concluding

In the direct or indirect influence of demographic characteristics[7], ideology and ability[8], lifestyle[9], family [10] and other internal and external factors, the physical health of college students in China is not optimistic. SHM is an important means to improve the life quality of college students. Based on summarizing the development regularity of sports and health management for college students in China, take the life characteristics, sports and health needs of college students as the core, and the actual situation in our country as the starting point, further standardize and perfect the sports and health management for college students in China from the index system, intervention system, resource integration service system construction and other aspects, promote the theory and practice of the sports and health management for college students with China characteristics comprehensive development by taking the organization setting, the optimization of resources allocation and the guarantee and supervision as the key link.

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References


