Analysis on the Status and Root Cause of Physical Health of Middle School Students in China

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Abstract. This paper discusses the concept of physical health and the condition of middle school students’ fitness (seniors) in our country by using the methods of literature, comprehensive analysis and other research methods. The root cause of the decline of Chinese students' physical health are the lack of meso and micro mechanism of monitoring and evaluation system and the long-term impact of informal system.

Analysis of the Concept of Physical Health

Physical fitness is a comprehensive index to evaluate health from the perspective angle of physical education. The definition of physical fitness in Chinese sports is that the quality of the human body is the comprehensive and relatively stable characteristics embodied in human form, structure, physiological factors which are based on the heredity and the performance. Physical fitness is always embodied in the human body function and skills which is a comprehensive evaluation of human health. Physical fitness includes human morphological structure, physiological functions, physical quality and psychological factors, not just refers to the physical quality. Physical fitness is the precondition of the material basics for the health, is the guarantee of health condition, and the health is the external performance of the physical fitness. Physical fitness is a special fitness, health is a condition. Health is the unity of physical health, mental health and good social adaptation. The relationship between physical fitness and health is characteristic and state. The mechanism of physical fitness is the result of the interaction of heredity and environment. The development of physical fitness is the result of long term active participation in sports activities and only regular physical exercise can achieve a good physical health. School physical education, physical fitness and health are closely related, inseparable.

Status of Chinese Students’ (Seniors) Physical Health

In "the first China youth physical health BBS" held in August 19, 2006, Yang Guiren, the ministry of sports health and art education department, presented that China had four surveys of youth physical health since 1985 which the results all showed that the physical health of teenagers has been continuously decreasing in the recent 20 years. Wang Dengfeng said that there are three key words of students’ physical health at present. Firstly, the physical health level of students is continually declining in 25 years from 1985 to 2010. Secondly, the conscription examination passing rate, which there are less than ten percent students who are not healthy qualified in conscription registration examination in Beijing in 2012. Thirdly, at present our country has been at the stage of comprehensive construction of well-off society. But the level of youth physical health is getting worse. And the decline of physical health is not just the teenagers but also the entire social groups.

Through the China academic journal network retrieval, there are 6 health studies of senior students. According to Wangying’s study, the health of senior graduates in Taiyuan are improved, such as flexible quality, endurance quality, vital capacity index of lung capacity weight. And the passing rate of speed, lower limbs strength, girl's waist and abdomen, endurance have reached more
than eighty percent. But the vision of senior graduates (myopia rate > 80%) in Taiyuan is still not improved in recent years. More than 91.7% of the students are willing to participate in physical exercise. But only 8.8% of the students persist in physical exercise every day and 80.7% of the students take exercises less than 30 minutes at a time. Compared with the standard of national students’ health, the rate of senior graduates who pass the physical health exam is 43.0% while the rate of students who failed the exam is 17.1%. The passing rate of standing long jump exam of the students in grade three in Zhoukou, Henan province is 36.67%. The writer find that the myopia rate of Han nationality students in grade three is 80.27% from the statistical study. And the rate in city is higher than the countryside while the girls are more than the boys. Senior three students’ height and weight are basically normal. The body function and physical quality are just fine or below the level. And the whole is generally low. Junior three students’ physical health is better than senior three students. From the research materials of junior three students in changsha, yichang, mianyang, shandong and sannmenxia province, the physical health of junior three students are generally good. And this phenomenon is closely related to the implementation of physical examination system in China.

The national sports policy system has been constantly promulgated. But why the majority of students’ physique can not be improved and continues to decline, especially senior school students’ physical condition. According to the research result of national students’ fitness announced by Ministry of Education in 2010, students’ physical health have been generally improved. It embodied in such aspects: the improvement of morphological growth, the rising inflection point of vital capacity, the continuous improvement of nutrition, the reduction of ascaris of rural students and the curb of students’ physical quality decline. But there are still some problems of the students’ physical health. College Students’ physical quality continued to slow down, but declined significantly. The detection rate of poor eyesight continues to rise, and the emergence of society. Obesity detection rate continues to increase. Prevalence of dental caries is still rebounding. What is the root cause of this phenomenon? It is not the problem of the school physical education system but the implementation of the system, the interpretation of the problem, the concept of the problem and the implementation of the problem.

The Root Cause of the Decline of Students’ Physical Health

It exits abroad and in China even more serious. In the 1990 s, the U.S. public health service issued three reports about health condition which shows that there are 13% teenage children in USA were overweight while about 50% adolescents can take normal physical activity. But the activity decrease with increasing age. In 1991, the number of senior high students in United States who participate in physical education has been reduced to 43%.In 2007, the number has been reduced to 30%. And there are even no physical education in 20.8% primary schools, 22.7% middle schools and 30.9% high schools. There is less than 30% students take part in the one hour physical activity in campus each day. And even 40% students can’t have half an hour exercises a day on average. On the one hand, the state policy and system about school sports are introduced constantly and the school sports is being reformed gradually. However, on the other hand, the falling condition of students’ physical health hasn’t been improved. Faced with the "world” problem, there are no good policy introduced by our country.

The Analysis of Government's Factors

Wang Dngfeng said the whole country is paying attention to the schools' PE problem. That’s health level. The main problem that the schools are facing is the lack of and unpopularity of PE class, the bad conditions of physical education, fewer teachers, places and facilities. Now there are only 0.9 teachers in the schools of the central town and 0.7 teachers in countryside primary schools. There are 0.4 teachers in schools of some provinces. The playgrounds of primary schools can't reach 50%. Middle schools can't reach the level of 30%. For the securities, many schools cancelled the course of gym and middle distance race.
The Analysis of Scholars' Factors

Lu Yuanzhen believes that in the eighties of the 20th century, sports had two major variation in China. Then school sports had failed until today. The status of school physical education are (1)students’ physical condition continued to decline which could not be resolved; (2)"One hour per day" policy were not be truly implemented; (3)Continuous decline of the level of physical quality were not be solved. (4) Schools couldn’t train students for the national competitive sports department, and students competition can not be included in the national sports competition system.

Liu Xinmin (2001) believes that the main problems in the development of school sports in our country are (1) all walks of life and all levels of schools are still having little cognition of the status of P.E. in quality education and the concept of education still needs to be updated; (2) lack of physical education teachers, low academic qualifications and quality which can not meet the requirements of the quality education development especially in rural areas. (3) The school sports funds investment is insufficient, the material condition is poor and lack of stable source of funds; (4) the level of school sports research is low because of the economy and education development, lacking of a certain number of full-time staff. The school sports scientific method theory and means of scientific research is still relatively backward and the reform of the theory and practice are not combined closely.

Dang Ting (2011) believes that the plight of the development of school sports are: (1) school sports is in the "marginalized" embarrassing position; (2) lack of funds, venues and equipment which are seriously restrict the development of school sports; (3) lack of teachers, low quality, unstable team is the plight of the human resources of school sports; (4) China's current reform of PE in the school is urgent. The main problems are that teaching goal is single, ideas are backward, contents are so athletics, methods are too formula and the management is too concentrated which can not adapt to the development economy, education, sports of our country; (5) The health condition of students is worrying; (6) physical injury accident troubled P.E. teachers.

ZhangJinghua (2012) said that the situation of school sports in our country is worrying. School sports hardware resources are seriously insufficient. Software resources, especially teachers are relatively weak. In the school sports development, sports competitions are not enough. The effect of school sports is relatively weak, showing a continuous decline in the overall physical fitness of students. The main problems of school physical education include: students’ physique and physical fitness is generally decreasing; venues and facilities are fewer; teachers are not enough; Organization and management institutions are not perfect; supervision and evaluation mechanism is not perfect.

ZhangHoufu, QiYuZhong (2007) thinks that school sports in our country are facing widespread problems, especially the prevalence of primary and secondary school leaders who do not attach importance to sports, sports teaching conditions, salary for teachers. And sports extracurricular activities are not strictly enforced. Physical fitness of students is under the demotion year after year.

Leizhen, dragon Jiahui (2009) think that China school sports are facing such main problems by analyzing the development and present situation of school physical education reform in China and opening up 30 years: (1) School physical education has not been given due attention; (2) School sports facilities, physical education teachers are insufficient; (3) The efficiency of promoting the youth physical health in school physical education is not high; (4) There is still a gap between the new teaching concept and the teaching practice.

LiangPingan (2012) thinks that the current problems of school physical education in our country are (1) the Adolescent’s physical health is still declining; (2) Lack of school sports funds, sports facilities and teachers; (3) The coordination mechanism between the education department and the sports department needs to be strengthened. Such as HanGailing (2013) believes that the students themselves should have attitude on the physical health; Family environment for students' physical health; examination-oriented education; absence of school physical education; Government regulation and control of students' physical health. WeiXiangBo (2013) mainly thinks that because of school physical education in guiding ideology, curriculum, evaluation of curriculum diversification, trifles, field museum is not open to the public free of charge, difficult to carry out
extracurricular sports activities. Facilities are old. There exist a lot of problems. Wang Changzhu (2011) said that the pressure of examination oriented education, living habits change school physical education problems heavy form of light substance extracurricular physical exercise are not paid attention for a long time.

In conclusion, the causes of the problems of school physical education and students' physical health in our country, analyzed by most of the scholars in the political and academic circles, mainly includes the following aspects: (1) Physical education philosophy; (2) Physical education teachers; (3) School sports funds and materials; (4) School sports science studies and other issues. Thus, the analysis result from China’s political and academic circles is relatively comprehensive and authentic. The previous research also has some deficiency. For one reason, it is do not clearly indicate that the essential (core) issues that affect China's school sports education and. In fact, the root cause or core problem of students’ physical health and school physical education students' physical health. In fact, the primary cause or we can say the core problem should be the improvement of school physical education system and the solution and implementation of specific problems; Secondly, the study of physical health and school physical education of the students in the graduating class is insufficient. High school’s graduating class students are a special group. They are facing the pressure from enter a higher school or take up an occupation, this group should be specially considered of their physical health, mental health and physical education system and be the primary objects of study. There should be a complete physical education system and physical education programmes for them; Three, is the lack of discuss of the extracurricular athletics. Extracurricular athletics plays an important role in student's' interests in sport and their physical and mental health. The studies and implementation of this aspect should be enhanced. Four, there is not a fundamental solution to the problems of students’ physical fitness.

The Basic Cause for the Decline of Students’ Physical Fitness in Our Country

Generally, the scholars have suggested that the reason for the decline of students' physical fitness is diverse. They mostly focused on the investigation and analysis of current situation. The conclusion of the analysis and the reasons which are put forward are the same. The study concluded the reasons for the impact of students’ physical fitness. First, macro-reasons. Second, middle-reasons. Third, micro-reasons. Of course there are hardware and software reasons. Chinese students' physical health of the macro policies and regulations are still relatively clear, comprehensive and perfect. Key issue is in the middle, which is the local competent department of education at all levels. In the micro level, is the primary and secondary schools. Therefore, the basic reason lies in the school's physical education policy, the system and its implementation. The author believes that the implementation of the policy system is the main resistance to the informal system of school sports and the problem of the coordination mechanism between formal and informal institution. Generally speaking, physical education system is divided into formal system and informal system. "The problem of national education should ultimate be attributed to the system." North takes the pattern of manifestation of the system as the basis. Divided the institutional structure into three parts, which are interrelated and interact with each other, namely informal rules, formal rules and enforcement mechanisms. Formal school education system is also known as formal constraints, formal rules or hard system. The formal school education system is based on the explicit form of statutory regulations, rules or laws. It is the norm or rule that the school educators create and rationally design. In the modern educational activities, from the country's entire education system to a certain school have to adapt to all different kinds of formal school's education system which suits them. Such as sports law, school sports work regulations, national fitness program, etc. Another example of it is teaching system of sports, the school sports facilities management system. Informal education is also known as informal constraints and soft system. It is the value idea, believe, moral rule, ideology and unwritten bind rule that educators gradually formed in the process of teaching and learning in a long term to guide individual's development direction. Informal education system is the initial state of the education system, and it is the foundation and source of the formal school education system. The implementation of the formal education system should be influenced and restricted by the informal
education system. As Inpit has said, without the help of the habit, no one can handle the work that must be done every day, no matter what life is, even if it is one day. If the social cultural traditions, behavior habits, ideology and formal system do not fit, and even occur conflicts and contradictions. Then, even the formal system is good, it may not be able to effectively come into play. In today's society and school's physical education area, people not only affect by traditional ideas, such as "Officialdom is the natural outlet for good scholars", "Headworkers control people and laborers are enslaved", "To be a scholar is to be the top of society", but also influenced by the popular social thoughts, such as "don't let the children lose at the starting time", "the enrolment time", "exam oriented education". Thoughts like this are still present through the universe and its profound impact on people. So it is not difficult to understand why physical education system will continue to reform, revise and improve; however, students' physique has declined continually even if the government and school have a very clear and reasonable physical education system.

Conclusion
The essential cause behind the decline in physical function of middle school students in China lies in two aspects. One is Chinese middle school students' physical health middle and microcosmic are lack of monitoring and evaluation mechanisms; the other one is long entrenched influence of informal institutions.

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