



Improve physical fitness for students through teaching physical education

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Article Info

ISSN (online): 2582-7138

Volume: 04

Issue: 06

November-December 2023

Received: 14-09-2023;

Accepted: 16-10-2023

Page No: 521-524

Abstract

Physical education activities in school are meaningful in many ways to the health and development of students. It not only helps children practice good health but also trains discipline, collective awareness, willpower and team spirit, helps them develop comprehensively, reduces stress. In the education system, the specific content of physical education is associated with intellectual education, moral education, aesthetic education and labor education. Physical education is one of the important contents, contributing to the goal of comprehensively educating students in the school.

Keywords: Physical, sport, education activities

1. Introduction

Resolution No. 08/NQ-TW on strengthening the Party's leadership and creating strong development in physical education and sports emphasized "Implementing physical education well according to the internal curriculum; Strongly develop sports activities of students, ensuring the goal of developing comprehensive physical fitness and basic movement skills of students and contributing to the training of sports talents and abilities" and in order for physical education and sports in schools to be effective, it is necessary to "Innovate physical education programs and methods, linking physical education with willpower, morality, and education national defense, health education and life skills of pupils and students. Reasonable remuneration and promoting the capacity of existing physical education teachers, expanding and improving the quality of training and fostering physical education teachers and instructors for schools; Consolidate scientific research bases on age psychology and physical education and school sports. Society is increasingly developing, the cycle of life is increasingly hustle and bustle, many worries of life draw us into worrying about food and money, forgetting about our health, making us forget that in life the most precious things for humans are health and intelligence. Having good health will create conditions for better intellectual development and vice versa. Therefore, exercise helps us have good health.

2. Research content and results

2.1. The role of physical training for students

When building the physical education industry, the general goal that needs to be promoted is to develop everyone's basic health care and movement capacity. This is a very important goal, because health is a decisive factor in the quality of life of each person. If people have good health, they can work more effectively, study better and participate in social activities more actively. After all, physical education serves the following purposes:

The main purpose of physical education is to develop people's basic health care and movement abilities. Through physical exercise, the body's internal organs are activated and function more effectively. This is especially important for children, who are in a period of development with their bodies rapidly changing. Besides, increasing physical activity also helps prevent many diseases and improve health. Physical fitness is the foundation of health, and a healthy body will help prevent many diseases such as obesity, diabetes, cardiovascular disease.

At the same time, physical education also helps strengthen the functions of parts and organs inside the body, thereby helping the body operate more effectively and optimize its functions. This helps people increase their physical strength and develop harmoniously physically and mentally. In addition, physical education also focuses on the good qualities and abilities necessary to become responsible citizens. By practicing sports regularly, people can form training habits and develop diligent and diligent qualities.

In the education system, the specific content of physical education is associated with intellectual education, moral education, aesthetic education and labor education. Physical education is one of the important contents, contributing to the goal of comprehensively educating students in the school.

Physical education in schools is a mandatory subject, part of the educational program of all educational levels and training levels, in order to equip children, pupils and students with basic knowledge and movement skills, forming habits of exercising and sports to improve health, comprehensively develop physical qualities and stature, and progress to perfecting important skills and techniques for life to the necessary level, at the same time educate physical culture, improve mental health, know how to adapt and harmonize with living conditions, learning environment conditions, work and social circumstances.

School physical education is especially important in the development stage of each person, especially at school age. Shown in the following aspects:

- Contribute to maintaining health, improving physical strength and stature appropriate to the age, gender and personal health characteristics of each student.
- Create the basis for developing comprehensive physical capacity, perfecting form, strengthening health and forming a system of skills and techniques.
- Develop comprehensive physical fitness, basic motor skills and core motor abilities: Automatic and creative abilities; communication and behavioral capacity; physical capacity (speed, strength, endurance, dexterity); ability to coordinate movements; ability to overcome obstacles; drowning prevention capacity; ability to adapt to the social environment... On that basis, educate moral qualities and will, form personal physical culture and build a healthy lifestyle.

School physical education at different levels, stages of education, and different ages has different goals, requirements and methodological content, in terms of fundamental and comprehensive innovation in education and training. Emphasizing the importance of physical development for comprehensive development of students' moral - intellectual - physical - aesthetic qualities.

Studies show that physical exercise not only plays an important role in the development of the body but also has an impact on people's mental abilities. Science and practice have also proven that caring for and improving health through physical exercise is the most proactive, positive, least expensive, most implementable and appropriate measure with the laws of mental and physiological development of the body and age, plays an important role in preventing diseases, improving health, beautifying morphology and comprehensively developing movement qualities in the most complete way.

Exercising your body by practicing different sports that require high physical and mental willpower can help form

and educate moral qualities. Natural human virtues such as: Will, courage, determination, confidence, perseverance and patience; sense of discipline, collective spirit, team spirit... Physical culture helps build a healthy spiritual and cultural life, contributing to repelling social evils, building trust and spirit.

Students are an age group that is developing and perfecting their bodies and forming their personalities. Physical training not only helps keep the body healthy but also perfects personality and develops intellectual abilities, aiming for comprehensive development both physically and mentally, meeting the needs of children. life as well as adapt to natural and social environmental conditions throughout the study period until the professional working process.

Physical exercise also helps relax the mind, reducing stress and anxiety. Studies show that regular exercise affects many functions of the nervous system, develops the brain's ability to function, increases β -Endorphin levels, contributing to increased pleasure, reduced stress, and improved mental health. Improve sleep, improve confidence, increase cognitive ability.

2.2. Benefits of physical education activities for students

Society is increasingly developing, the cycle of life is increasingly hustle and bustle, many worries of life draw us into worrying about food and money, forgetting about our health, making us forget that in life The most precious things for humans are health and intelligence. Having good health will create conditions for better intellectual development and vice versa. Therefore, exercise helps us have good health.

The same goes for students, in order to study well, they also need to be in good health. Studying physical education and practicing sports not only contributes to improving the quality of education in schools but also helps students improve their health, mental strength and become useful people for society festival.

Firstly, the role of sports is increasingly enhanced

As society develops, the role of sports is increasingly enhanced. For developed countries, exercise is carried out scientifically every day and has become an essential part of life.

For our country, in the education system of colleges and universities, physical education has been introduced into teaching. To improve the health of students, the school has paid attention to creating conditions for students to participate in sports activities, so that students can study and practice, contributing to perfecting the students' personality. Regular, planned exercise will help children have a healthy, joyful lifestyle, study and work more scientifically and effectively.

Second, the effects of sports on students' health

According to scientific research results of professors and doctors, participating in regular physical exercise has benefits and good effects on human health:

- **For the muscular system:** The muscular system develops strongly from puberty until 25 - 30 years old. People with well-developed muscular systems, plump bodies, balanced and beautiful physiques have good health. At this age, if you choose a leisurely and inactive lifestyle, your muscles will gradually atrophy, your body will become weak, and you will be susceptible to disease.

- **For the respiratory system:** Breathing will bring oxygen to every cell, lots of exercise will lead to a good respiratory system, increased lung capacity, all cells will be well ventilated, contributing to increased longevity.
- **For the cardiovascular system:** The heart of a person with an inactive lifestyle can pump about 70cc of blood each time, while the heart of a person with an active lifestyle can pump from 100 - 130cc of blood. Exercising properly every day for a few hours, 5-7 days a week can reduce systolic blood pressure by an average of 11mm Hg and diastolic blood pressure by an average of 7 mm Hg.
- **For the excretory system:** The intestines, urinary tract and sweat gland system increase excretion thanks to movement, helping the body remove excess waste from the body better, the kidneys work less, so early kidney failure thanks to which the body becomes healthier.
- **For the nervous system:** Exercise makes the spirit bright, fights stress, prevents fatigue, and sadness.

The above studies all show us the benefits and importance of exercise. With such important benefits, students need to regularly exercise to keep themselves healthy, have more confidence to work and study, and deserve to be good students in school, be healthy citizens and make useful contributions to society in the future.

Develop teamwork skills, creative ideas, and the ability to flexibly use strategies and tactics in sports. When you love a certain sport, you will learn to observe, evaluate your own abilities, and learn from teammates or opponents to improve yourself. This will help children develop the confidence to take part in other physical activities and better understand the value of a healthy and active lifestyle.

Have a sense of responsibility to the community

When you are part of a team, you can take on different responsibilities and roles. Each child needs to be responsible for their role to help the team achieve its goals and win. Increase concentration. Students who practice sports regularly will be able to concentrate and maintain concentration better, positively impacting their studies, life and improving achievement in other cultural subjects.

Have a healthy and active lifestyle

Children will learn sportsmanship and develop positive fitness habits from a young age, which they will maintain into adulthood. This will help children actively exercise physically, stay healthy and live more active lives. Relieve stress and reduce anxiety. "Sports activities help stimulate brain cells to produce neurotransmitters such as endorphins and opiates, making us happy and loving life."

2.3. Solutions to improve physical fitness for today's students

Firstly, Focus on training and fostering expertise and skills for physical education teachers.

Focus on training and fostering expertise and skills and strengthening political and ideological education, improving ethical qualities and professional capacity for staff and lecturers working in state management about physical education, sports and teaching physical education.

The team of lecturers and vocational education managers is considered the key key, playing a decisive role in improving the quality of training at vocational colleges in the context of

globalization and economic integration international. The 13th Party Congress emphasized: Creating breakthroughs in fundamental and comprehensive innovation in education and training. Continue to synchronously innovate goals, content, programs, methods, and methods of education and training in the direction of modernity, international integration, comprehensive human development, and meeting new requirements of development socio-economic development, science and technology, adapting to the fourth industrial revolution. Pay more attention to moral education, creative capacity and core values, especially educating patriotism, national pride and self-respect; Arousing the desire to develop a prosperous and happy country and firmly protect the socialist Fatherland of Vietnam. Integrate education of knowledge, ethics, aesthetics, and life skills with physical education, improving the stature of Vietnamese people.

To promote the role of vocational education teachers and improve the quality of human resource training, it is necessary to focus on training and fostering teachers, perfecting standards and standardizing teachers' qualifications to contribute to creating Good conditions to meet the School's Physical Education teaching requirements.

Second, Innovate teaching methods of physical education

In parallel with professional training for lecturers teaching Physical Education, lecturers need to innovate teaching methods to contribute to improving the quality and effectiveness of teaching physical education. physical education and physical training and sports activities in school.

Innovating physical education teaching methods must ensure balance, consistency, flexibility, inheritance and development between educational levels; Provide adequate knowledge and skills for students; Forming and maintaining regular exercise and sports habits, associated with moral education, building a healthy lifestyle, training willpower and qualities consistent with physical, psychological and physiological characteristics, age and specific conditions of students.

During the teaching process, the lecturer will provide new knowledge to students, thereby performing the task of educating and developing students. For learners, lecturers need to proactively control and guide students to actively absorb knowledge as well as master knowledge systematically. At the same time, it is necessary to thoroughly and appropriately apply the principles of teaching physical education and sports such as ideological principles, comprehensive principles, intuitive principles and a system of principles suitable to the students' ability to absorb, principles of consolidation and enhancement.

Third, Increase investment in facilities and create your own equipment for training activities. In order to improve the quality of physical education and sports activities, in addition to innovating teaching methods, it is also necessary to ensure physical conditions as well as funding for teaching. Increase investment in facilities and create your own equipment for training activities.

Improve the quality, renovate and upgrade yards, tools and increase the number of technical equipment to serve the work of Physical Education to achieve high efficiency. Make the most of the school's budget for Physical Education and sports activities to purchase equipment for teaching and practicing sports during regular school hours in sufficient quantity and quality assurance.

Fourth, Develop school sports activities

Along with the above tasks and solutions is the development of school sports activities. Create a rich and diverse environment for regular sports activities, enrich the cultural and spiritual life of students, and help students become familiar with physical and sports activities. Develop various types of fitness and sports clubs in schools; Focus on developing a variety of sports, encouraging students to participate in extracurricular sports activities.

Through physical training and sports activities, it will help strengthen communication relationships between students and students, between students and staff and lecturers in the school. It is necessary to innovate the content and form of organizing school sports activities in a diverse and rich direction, suitable to the specific conditions and characteristics of each locality, school, and physiological and psychological characteristics. age and training level of students.

3. Conclusion

Physical education is an indispensable part of each country's education system. It plays an important role in human physical development and health. With specialized content of teaching movement and developing human movement qualities, physical education helps improve people's ability to adapt physically. To achieve that goal, physical education is divided into two separate aspects: teaching movements and educating movement qualities. In particular, teaching movements are aerobic exercises that help improve people's health, flexibility and ability to express themselves. Teaching movement helps students exercise their bodies, improve their health and enhance their ability to adapt to the surrounding environment. In addition, aerobic exercises also help students feel refreshed, alert and highly focused in learning.

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