

The Study of Physical Education on Physical Health Development of College Students in Special Groups

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Abstract: With the improvement of China's economic level and the advancement of education fairness, there are more and more students with special groups in colleges and universities. By using the methods of literature analysis and summary, this paper studies the physical education status and physical health of students in special groups in colleges and universities, discusses the impact of physical education on physical health, mental health and social ability of students in special groups in colleges and universities, and analyzes the current situation of physical education on the physical health development of students in special groups in colleges and universities. This paper puts forward the implementation strategy of physical education in special group students in colleges and universities, and puts forward reasonable suggestions combining the physical and mental characteristics of students and the actual situation of colleges and universities, aiming at providing scientific basis and practical guidance for physical education of special group students in colleges and universities.

Key words: Physical Education; Colleges and Universities; Special Groups; Physical Health

1. Research Purpose

The convenient way of life makes a great change in students' physical health. Under the promotion of national fitness and the call of sports power, the community pays special attention to the physical education of students in special groups. The report of the 18th National Congress of the Communist Party of China clearly stated that education should be fair and just, attach importance to vulnerable groups, and care about the education of special groups. According to the Regulations on Education for Persons with Disabilities, people with disabilities shall enjoy education fairly, improve their overall quality according to their physical and mental

characteristics and needs, and create conditions for their equal participation in social life [1]. Today's convenient lifestyle has led to a sharp decline in students' physical health. Through the study of physical education for special group students in colleges and universities, this paper probes into its influence on the development of students' physical health, in order to provide scientific basis and practical guidance for physical education for special group students in colleges and universities.

2. Research Methods

2.1 Literature Analysis

Through consulting the relevant literature, and screening, analyzing and sorting them out, it lays a certain theoretical foundation for this study.

2.2 Summary Induction Method

Combined with the physical and mental characteristics of students in special groups of colleges and universities, the importance of physical education to the development of physical health of students in special groups of colleges and universities and the necessity of implementing strategies are analyzed.

3. Results and Analysis

3.1 Definition and Characteristics of Special Groups of Students

Special group students are students who have a disability or a medical condition that is not suitable for sports. The special sports groups of the school include not only students with physical disabilities, but also the sickly, the obese, the thin, the low athletic ability, the patients with congenital diseases, the mentally problematic and the lazy people who do not participate in physical fitness.

The Guidelines for the Teaching of Physical Education Courses in National Colleges and Universities of the Ministry of Education clearly stipulate that physical education courses

focusing on rehabilitation and health care should be set up for some students with physical abnormalities and special groups such as illness, disability, weakness and individual elderly students [2]. Due to their own movement disorders, the special group of students have less opportunities to participate in physical exercise, and their sports skills are worse than those of ordinary students, and they are easy to form the characteristics of inferiority and sensitivity. This phenomenon has put forward new requirements for the physical education teaching in colleges and universities. This requires our educators to be in line with the educational principle of individualized teaching and fair treatment, targeted physical education curriculum redesign for special groups of students, cultivate lifelong sports awareness and strong and unyielding personality quality, and then improve the quality of life, enhance social competitiveness.

3.2 The Importance of Physical Education to the Physical Health of Students in Special Groups

3.2.1 The Impact of Physical Education on Physical Development and Health of Students in Special Groups

First of all, physical education can promote the physical development of students in special groups. By participating in sports activities, students of special groups can carry out various sports exercises, promote the development of bones and muscles, and improve physical fitness.

Secondly, physical education can enhance the cardiopulmonary function of students in special groups. Through aerobic exercise, special groups of students can improve cardiopulmonary function, enhance the function of the heart and lungs, and improve the body's endurance and resistance.

3.2.2. The Effect of Physical Education on the Mental Health of Students in Special Groups

Enhancing self-esteem and self-confidence Physical education provides opportunities for students in special groups to demonstrate their abilities and achieve personal achievement. By participating in sports activities, they can feel their own worth and ability, thus boosting self-esteem and self-confidence.

Relieving Pressure and anxiety Students in special groups often face pressure and anxiety from academic and social aspects. Physical education can provide them with a way to

release stress and anxiety, relax the body and mind through sports, and reduce negative emotions.

3.2.3 Physical Education Cultivates Social Ability of Students in Special Groups

Physical education is very important for cultivating social ability of students in special groups. As a well-developed form of education, physical education can provide a positive social platform for special groups of students through various sports activities and sports projects.

By setting reasonable physical education teaching objectives for special groups of students, school physical education teaching can also cultivate the cooperation ability and communication ability of special groups of students. In sports, students need to communicate and collaborate effectively with their teammates to accomplish various tasks and goals. Through such cooperation and communication, students in special groups can learn to listen to the opinions of others, express their own ideas, and learn to cooperate effectively with others, which is of great significance to the cultivation of their social ability.

Table 1 Physical Education Teaching Objectives of Special Group Students in Colleges and Universities

Physical education teaching objectives	precedence
Improve the physical quality, enhance the physical fitness	1
Ideological and moral education and will quality education	1
Teach the basic knowledge and basic skills of sports	1
Improve social adaptability	2
Develop good behavior habits and lifestyle	3
Promote mental health	4

3.3 Status Quo of Physical Education on Physical Health Development of Students of Special Groups in Colleges and Universities

3.3.1 Influence of Students' Own Factors on Physical Education

The physical condition and ability of students in special groups are different, which will directly affect their participation and performance in physical education. Secondly, psychological factors of special groups of students will also have an impact on physical education. In addition, the interests and preferences of special groups of

students will also have an impact on the effect of physical education. The family background and social environment of special group students will also have an impact on their attitude and participation in physical education.

3.3.2 Constraints of School and Social Environment on Physical Education

First of all, schools and society have insufficient investment in their physical education and lack of support from relevant policies and measures. This makes the special group of students face more difficulties and challenges in physical education, unable to fully develop their physical health level. Secondly, schools and society pay little attention to physical education for special groups of students, and there are often insufficient resources in sports venues, equipment, coaches and other aspects.

3.4 Implementation Strategies of Physical Education in Special Groups of College Students

3.4.1 Design and Content Selection of Physical Education Courses

The implementation strategy of physical education in the special group of college students mainly includes the design and content selection of physical education courses. The design of physical education curriculum should pay attention to individuation and differentiation according to the demand of physical health development of students of special groups in colleges and universities. First of all, corresponding teaching objectives and contents should be formulated according to students' special needs and physical conditions [3]. Secondly, diversified teaching methods and means, such as individual guidance and group cooperation, should be adopted to meet the learning needs of different students. In addition, attention should also be paid to cultivating students' interest and active participation in sports, through the setting of interesting and challenging activities to stimulate students' enthusiasm for learning and initiative. In terms of content selection, we should combine the characteristics and needs of students to choose the appropriate sports and training methods. At the same time, we should also pay attention to cultivating students' sports skills and physical quality to improve their sports level and physical health. Through reasonable curriculum design and content selection, it can effectively promote

the healthy development of the students of special groups in colleges and universities.

Table 2. Physical Education Content Setting and Efficacy of Special Students in Universities

Physical education teaching content	effect
Yoga	Relax, and improve focus and concentration
simplified Taijiquan	Improve attention and hand-eye coordination
eight-section brocade	Enhance coordination and flexibility
dance	Improve social skills and increase physical coordination
Sitting movement	Promote muscle strength and endurance development, and develop perseverance and determination

3.4.2 Physical Education Teacher Team Construction and Training

The construction and training of physical education teachers is an important strategy to implement physical education in colleges and universities. In order to ensure the effective implementation of physical education, colleges and universities need to establish a professional, high quality, rich teaching experience of teachers. First of all, colleges and universities can recruit excellent physical education professionals, including teachers and coaches with relevant academic and professional backgrounds. These professionals are able to provide professional guidance and teaching to ensure that students have access to scientific and systematic physical education. Secondly, colleges and universities can improve the teaching level and professional quality of teachers through training and further study. By participating in various training courses, academic seminars and teaching exchange activities, teachers and coaches can constantly update their knowledge and teaching methods to improve the quality of teaching. In addition, colleges and universities can also establish teacher training programs to provide teachers and coaches with systematic training courses, including physical education theory, teaching methods, psychological counseling and other aspects of knowledge and skills training. Through these training measures, the overall quality of the teaching staff can be

improved, and better support and guidance can be provided for the physical education of students of special groups in colleges and universities.

3.4.3 Allocation of Physical Education Facilities and Resources

The allocation of physical education facilities and resources is one of the important strategies to implement physical education in special groups of students in colleges and universities. In order to promote the physical health development of special groups of students, colleges and universities should rationally allocate physical education facilities and resources to provide a good learning and exercise environment.

First of all, colleges and universities should build physical education facilities suitable for special groups of students. These facilities should take into account the physical characteristics and needs of special groups of students, such as the provision of barrier-free access and equipment to facilitate the participation of students with reduced mobility in sports activities. In addition, special training venues and equipment should be provided to meet the special training needs of special groups of students.

Secondly, colleges and universities need to rationally allocate physical education resources. This includes both human resources and material resources. In terms of human resources, colleges and universities should be equipped with professional physical education teachers, who have professional knowledge and experience, and can effectively guide special groups of students to carry out physical training. In terms of material resources, colleges and universities should provide a rich variety of sports equipment and equipment to meet the different needs of special groups of students.

In addition, universities should actively connect with social resources and strive for external support and cooperation. By establishing cooperative relations with social sports organizations, professional institutions and enterprises, colleges and universities can obtain more physical education resources and provide better physical education conditions for special groups of students.

4. Conclusions and Suggestions

4.1 The Importance and Necessity of Physical Education for the Healthy Development of College Students in Special Groups

By participating in sports activities, they can develop self-discipline, persistence and perseverance, and improve their enthusiasm and initiative in learning and life.

4.2 The Importance of Implementing Strategies of Physical Education in Special Groups of College Students

The implementation strategy of physical education in special groups of college students is to promote their healthy development of physique, improve their physical quality and sports ability. First of all, according to the characteristics and needs of different special groups of students, the development of personalized physical education programs, including the choice of sports, training plans. Secondly, focus on cultivating students' interest in sports and awareness of active participation, and improve their participation and involvement by stimulating their initiative and consciousness. In addition, we should pay attention to the mental health of students in special groups, take appropriate psychological counseling and support measures to help them overcome difficulties and challenges, and improve their self-confidence and self-esteem.

4.3 Suggestions

In order to really improve the physical health level of college students in special groups, the key lies in the students themselves. Students of special groups in colleges and universities should establish a healthy concept of life, strive to participate in sports activities regularly, and know that the body is the capital of the revolution.

Strengthen the construction of teaching staff. Cultivate and introduce professional physical education teachers, improve their professional quality and teaching ability, and provide high-quality physical education services for students of special groups in colleges and universities.

Innovative physical education teaching methods. Based on the characteristics and needs of students of special groups in colleges and universities, we should explore physical education teaching methods suitable for them, pay attention to cultivating their interest and

potential, and improve their sports skills and physical quality [4].

We will strengthen the construction of sports facilities. We will increase investment in the construction of sports facilities for students of special groups in colleges and universities, provide sports venues and equipment suitable for them, and provide them with a good environment for physical exercise.

Strengthen the integration of physical education with other disciplines. Promote the cross-integration of physical education and other disciplines, carry out interdisciplinary comprehensive physical education activities, and improve the comprehensive quality and subject ability of college students in special groups.

Strengthen physical education evaluation and monitoring. Establish a scientific evaluation and monitoring system to regularly evaluate and monitor the effect of physical education for students of special groups in colleges and universities, find problems in time and take corresponding improvement measures.

Strengthen the publicity and promotion of physical education. Strengthen the publicity of physical education for students of special groups in colleges and universities, improve their understanding and attention to physical education, and promote the attention and support of the whole society to physical education.

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