

# Relationship between strengthening internet-based physical teaching and the improvement of excellence rate of students' physique health tests

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**Abstract**

According to current teaching objectives of PE class in China, the teachers are required to take measures to ensure adolescents' physical and mental health, and they are suggested to enrich the physical education means based on existing level, promote the reform of physical education, establish sound sports mechanism, lengthen the students' sports time and fundamentally guarantee youths' good health. Accordingly, this study will focus on the relationship between strengthening psychical teaching and the improvement of fine ratio of students' physique health test based on Internet via analysis of mathematical model, and it concludes that strengthening Internet-based physical teaching can improve the students' physical quality. It is hoped that this study can provide valuable reference for domestic physical teaching.

*Keywords:* internet, physical teaching, students' physique, physical health test, the excellence rate

**1 Introduction**

The adolescents' sturdy growth can determine a country's future and destiny, and thus it has become the focus of the state and society. Good physical health is the premise for the youth to engage in scientific research, and only those strong students can invest enough time and effort to study [1-2]. In order to effectively promote China's young students' health quality, several student physique health tests and corresponding formula have been formulated.

$$\alpha_1 = 1.86 \left(\frac{\lambda}{d_i}\right) \text{Re}^{\frac{1}{3}} \text{Pr}^{\frac{1}{3}} \left(\frac{d_i}{L}\right) \left(\frac{\mu}{\mu_w}\right)^{0.4}$$

aims to attach more importance to the improvement of the youths' physical health and raise the schools' more attention to psychical teaching and further reform [3]. The youths' fitness is critical for national development, and its importance has exceeded the traditional discussion of "sports for great power" [4-6], and it is necessary to guarantee their good psychical quality so as to ensure continuous sound rapid development of China.

**2 Characteristic of internet-based strengthening psychical teaching and the effect on students**

**2.1 KEY POINTS OF INTERNET-BASED STRENGTHENING PSYCHICAL TEACHING AND THE EFFECT ON STUDENTS' HEALTH**

According to the objectives of psychical teaching in China, the students should be equipped with correct sports skills and knowledge, which requires PE teachers imparting rich sports information to students [7-9], including standard sports skills and techniques, enhancing their physical exercise consciousness, and explaining scientific means and

methods. The curve of corresponding effects on the students' physical health is shown in Figure 1.

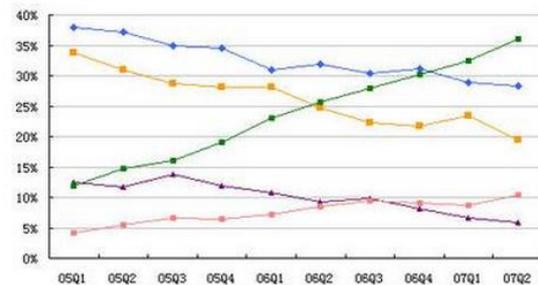


FIGURE 1 Curve of effects of Internet-based strengthening psychical teaching on the students' physical health

When the students enjoyed their own individual ideas about physical training, the effect of internet-based teaching can be verified relying on its features in fast and high-efficient transmission and various teaching modes.

Students can devote to PE class and physical exercise to improve their exercise skills in pleasant atmosphere and effectively enhance their physical quality. The Internet-based strengthening psychical teaching and its effect on the students' health can be tested by the following:

$$K1 = \frac{1}{\frac{1}{\alpha_1} + \frac{1}{\alpha_2} + \frac{\delta}{\lambda} + \gamma}$$

**2.2 INTERNET-BASED PSYCHICAL TEACHING FORMS AND THEIR EFFECT ON THE STUDENTS' HEALTH**

At present, various students' psychical sports are mainly preferred in domestic physical teaching, and their active

participation in physical exercise demonstrates the practicality of physical teaching. In fact, Internet can teach more forms of teaching and improve the students' interest in learning, and the effect can be tested by the following formula:  $\alpha_1 = a\omega^{0.8}d_i^{-0.2}$ . In PE class, the students can apply their theoretical sports knowledge and skills into physical exercise, and summarize their own understanding [10]. Their repeated exercise can help them to well understand sports knowledge. They can not only complete the sports task, effectively improve their physical quality and keep them healthy.

**2.3 FUNCTION OF INTERNET-BASED STRENGTHENING PSYCHICAL TEACHING IN PROMOTING STUDENTS' ACTIVE PHYSICAL EXERCISE FOR GOOD HEALTH**

At present, the application of Internet has improved the fun in physical teaching ways, so that the students can learn sports knowledge when enjoying the pleasure of body movement. Through this teaching mode, the students can enhance their health and realize overall development via sports and mutual exchanges. The teamwork sports activities can promote their abilities of communication and cooperation, which indicates the function of psychical teaching in training students' comprehensive quality. The effect can be tested according to the following Equation:

$$\sum d_0 = nsd_0 / 2D$$

In addition, psychical teaching can enhance the antagonism and interest of sports, effectively promote their sense of competition and unity, and improve their enthusiasm to actively participate in group activities.

**3 How to effectively promote internet-based psychical teaching**

**3.1 THE SHORTAGES OF PSYCHICAL TEACHING SHOULD BE ELIMINATED, AND PRACTICE AND THEORY SHOULD BE ENHANCED SIMULTANEOUSLY**

The young students with little social experience can be easily endowed with the importance of lifelong physical exercise in physical teaching, and thus the schools should seize good opportunity to guide the students' correct idea about physical education. With the development of domestic physical education reform, the PE teachers have gradually found only by actually enhancing the students' interest in physical exercise, can they enthusiastically do sports. Therefore, practice and theory should be enhanced simultaneously in psychical teaching, and more fun should be raised in the lasses so that the students can easily accept the theories when enjoying themselves. The combination of theory and practice can enable the students to assess to the essence of sports in interesting exercise, improve their physical qualities and theoretical sports knowledge in happy atmosphere, establish correct idea of lifelong exercise and keep their good health.

**3.2 PSYCHICAL TEACHING REFORM SHOULD BE FURTHERED, AND SUNSHINE INTERNET-BASED PSYCHICAL TEACHING SHOULD BE PROMOTED**

In domestic reform of physical teaching modes, many new teaching methods have been applied, including sunshine physical teaching mode put forward in Third Plenary Session of the 18<sup>th</sup> Central Committee of the Chinese Communist Party and widely applied in China. This widely-used teaching mode has effectively promoted students' enthusiasm in exercise and improved their physical quality. This teaching mode is shown in Figure 2

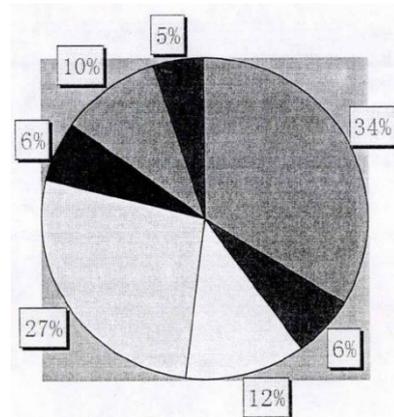


FIGURE 2 Composition of Internet-based psychical teaching mode

The sunshine psychical teaching mode can effectively improve the atmosphere of physical sports in the whole campus and drive a large number of students to walk into playground and the nature so as to enjoy physical and mental pleasure in bright sunshine and effectively improve their physical quality. The effect can be tested by the following Equation:

$$K = \frac{A^2 \cdot B^3}{T^3}$$

At present, the sunshine psychical teaching mode is promoted by schools' provisions and system. Sports activities may be held, with rich rewards for winners. Promoted by schools' careful organization, the students will actively participate in physical exercise with the purpose to obtain excellent results in contests, which improves the students' sense of competition in addition to enhancing their physical health.

**3.3 MORE PSYCHICAL TEACHING ITEMS SHOULD BE DESIGNED**

At present, in domestic PE classes, the sports activities are limited to a small number of items, including running, playing basketball and football, and they fail to meet the students' actual needs. Accordingly, in order to effectively promote the psychical teaching level and enhance the adolescents' enthusiasm for sports, more fresh teaching items should be advocated, such as swimming and martial arts that embraces rich Chinese traditional cultures in which young students are interested. That is to say, martial arts teaching can enhance students' enthusiasm for learning and

better their physical quality. To sum up, more items should be introduced to physical teaching, so that the students can enhance their physical quality in happiness.

#### 4 Conclusions

Students represent the future and hope of the nation. In order to cope with various challenges successfully, the students

should enhance their physical quality, which raises the necessity to further the psychical teaching reform continuously. In this study the means to enrich the Internet-based physical teaching so as to improve the excellence rate of students' physique health tests are briefly explored, with the purpose to make contribution to reform of domestic physical teaching.

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