

# National Fitness and Physical Education Curriculum Construction based on Network Environment

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## Abstract

**In the current Internet environment, people pay more attention to the level of physical and mental health, and fitness has gradually become an important demand of people. With the development of the Internet, the Internet has entered people's lives. It is particularly important to construct the national fitness information system based on the network environment. National fitness aims at improving the overall physical quality of the people, and encourages people to participate in fitness activities in the form of national participation. Promoting national fitness activities can make full use of network resources, speed up the pace and promote the smooth implementation of national fitness plan. Combining with the current Internet environment, this paper analyzes the construction ideas of the national fitness service system, and probes into the direction of the future college physical education curriculum reform. Using the Internet as an important tool and resource, we can better promote the current national fitness activities through publicity and guidance, so that the public can form a good fitness awareness and master the correct fitness knowledge.**

## Keywords

**National Fitness; Physical Education Curriculum; Network Environment.**

## 1. Introduction

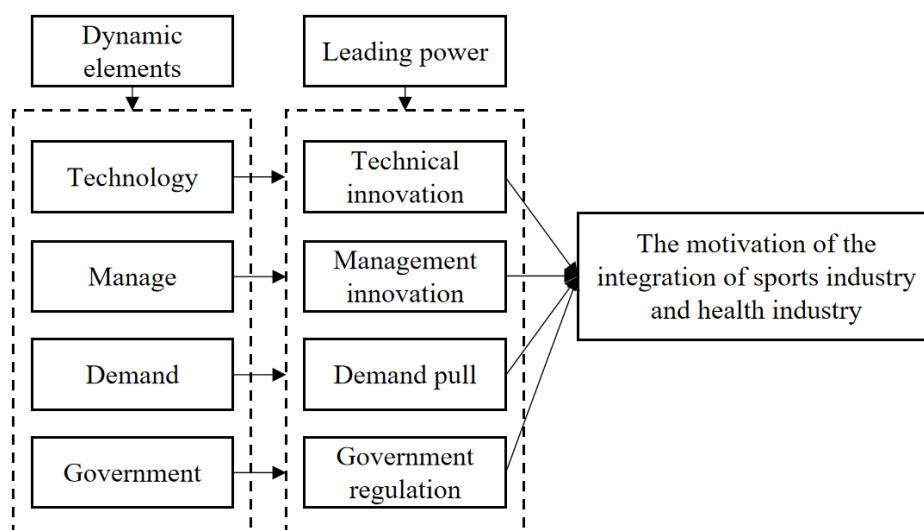
The implementation of the national fitness program involves all walks of life, especially the garden of school. As an important basic part of physical education, college physical education has made gratifying achievements [1]. Physical health is not only a scientific and technological activity with people's health as the main goal, but also a major event related to the prosperity and strength of the country. It is very important for both individuals and the country [2]. National Fitness aims at improving the overall physical quality of the people, and adopts the form of national participation to encourage people to participate in fitness activities [3]. Although there are many fitness activities and fitness methods, the effect is not very good because there is no systematic and theoretical guidance, which has become the fundamental reason why many people give up adhering to fitness [4]. The promulgation and implementation of a series of national fitness plans, regulations and outlines indicates that the state attaches great importance to national fitness and actively moves forward from a large sports country to a powerful sports country [5]. National health level is one of the important contents of socialist modernization, and it is also one of the indicators to measure national happiness.

The construction of national fitness system not only benefits the people, but also directly affects the prosperity of the country. In the current Internet environment, through the construction and promotion of the national fitness service system, we can make better use of network resources and realize the effective promotion of comprehensive fitness activities [6]. Universities are the base and cradle of cultivating all kinds of high-level talents in the country. College physical education curriculum is closely related to the development of students' physical quality [7]. In order to cooperate with the implementation and promotion of the

national fitness plan, how to develop school physical education, especially how to deepen the reform of college physical education curriculum construction, and how to transform the long-term traditional physical education centered on sports technology into fitness centered physical education is a new topic put forward by the national fitness for the construction of college physical education curriculum [8]. Using the Internet as an important tool and resource, we can better promote the current national fitness activities through publicity and guidance, so that the public can form a good fitness awareness, master the correct fitness knowledge [9]. Only by fully recognizing the problems existing in the current college physical education curriculum and the development trend of modern physical education curriculum, can we reform the college physical education curriculum, better implement the national fitness plan and improve the physical quality of the whole people [10]. Combined with the current Internet environment, this paper analyzes the construction idea of national fitness service system, and discusses the direction of college physical education curriculum reform in the future.

## 2. Significance and Current Situation of National Fitness

Physical education curriculum refers to the content, structure, degree and process of physical education stipulated for realizing the sports goal, and it is an important way to strengthen students' physique, cultivate sports ability and lay the foundation for lifelong fitness. Fitness for all can not only improve people's physical fitness and the overall physical fitness of the whole country, but also improve bad living habits and prolong people's life span, which is beneficial to both individuals and countries. Modern production and modern lifestyle have brought many "civilization diseases" to society. The high-efficiency and fast-paced modern production and life require people to have better physique. National fitness is different from competitive sports activities. National fitness is a national activity, which needs the active participation and cooperation of the broad masses of students and is a social activity. The reason why physical education class went from primary school to university is not because these skills are difficult to teach and learn, but mainly because of the need of exercising students' bodies and enhancing students' physique. Sports technology is indispensable, but from the long-term practice, the effect of sports teaching is not good. The more you teach sports technology, the less you learn. Many times, college students must teach sports technology from the beginning. The motivation for the integration and development of sports industry and health industry is shown in Figure 1.



**Figure 1.** Motivation for the integrated development of the sports industry and the health industry

Facing the upsurge of lifelong physical exercise at present, college physical education should cultivate students' habit and consciousness of lifelong physical education, make physical activities the most basic life needs of modern students, and make the achievements of college physical education affect people's life, thus improving the physical quality of the whole nation. At present, the content of physical education textbooks for students' fitness and development of basic sports ability is not enough, and most of them focus on the description of technical movements, which is not in line with the psychological characteristics of students' learning, and brings difficulties to students' self-study. The repetition rate of the teaching materials is high, and it covers all aspects, which is too old to be new. In order to enable students to consciously join the national fitness not only at school stage or after entering the society, the physical education and curriculum construction in universities should focus on the goal of fitness, and emphasize the cultivation and education of students' fitness awareness, concepts, abilities and methods. At present, people have paid more attention to fitness, but due to the lack of correct guidance and certain common sense of scientific fitness, the effect of fitness is not obvious. Only by linking the contents, forms and methods of physical education class with the goal of body-building, can the reform of the content system of physical education curriculum construction be synchronized with the social development, and can the physical education curriculum construction be combined with the national body-building. Many college students don't exercise before they leave school, which shows that the physical education curriculum can neither specifically reflect the goals of school physical education nor well reflect the needs of today's society, so that many of the students trained by the school belong to the passive sports population, because they only passively participate in organized sports at the school stage and lack a strong desire for fitness. Most physical education courses in colleges and universities lack the minimum material guarantee, which seriously affects the full completion of physical education class's task.

### **3. National Fitness and Physical Education Curriculum Construction under the Internet Environment**

#### **3.1. Renew the Teaching Concept of Physical Education Curriculum**

The development of the Internet provides a good space for the current national fitness service. With the continuous development of the Internet, people's real life has been affected in all aspects. Massive information and free interactive forms make it easy for each of us to get the information and resources we need. College physical education should change the idea of pure sports technology teaching, change the past education with sports competition teaching as the main line to fitness education aiming at improving people's physical quality, and establish the idea of national fitness and lifelong physical education aiming at strengthening physical fitness, cultivating students' sports ability and pursuing life fun. At present, in the process of popularizing and constructing the national fitness service system, the Internet provides an effective support for the development of related activities, and users only need to access the Internet to get the corresponding fitness guidance. With the development of the times, the sports needs of college students are further expanding. The differentiation and reorganization of sports and sports technology has led to a diversified pattern. Where is this diversification reflected? First, the cultural and sports forms existing in social life were reorganized and transformed, creating new sports events. Nowadays, the international community pays more attention to cultural soft power. To build national self-confidence, the first step is cultural self-confidence. Similarly, in the process of building campus sports culture, we should develop campus sports culture according to the specific situation of the school and local conditions, and finally form our own traditions and characteristics. The satisfaction of college students' needs is the premise to achieve the peak of emotional experience. Not only that, the peak of emotional

experience has a certain period of time, too much repetition and too long time, which must lead to the decline of emotional experience. Therefore, to meet the specific needs of students, offering small-sized and project-based physical education courses in a short period of time has the effect of getting twice the result with half the effort.

If students can have good exercise habits and develop a healthy lifestyle, they can appreciate the charm of sports and benefit for life. When these college students set foot on the society, they will inevitably use their active and healthy lifestyle and scientific exercise methods to influence their families and students around them, which is also the most effective way to publicize the concept of sports health. In the internet environment, the timeliness of information processing can be better improved, and all aspects of information can truly achieve effective guidance from the perspective of mass fitness, so that the fitness model of the whole society can be better expanded. Through various forms of publicity work, we should form a public opinion orientation of comprehensive fitness on campus, enhance the awareness of physical fitness, and make all teachers and students realize that physical quality is the material basis of ideological and moral quality and scientific and cultural quality, which is one of the important contents of the current university sports culture construction. Compared with traditional fitness activities, fitness activities under the Internet environment can be applied through various multimedia communication methods, which also makes the development of fitness activities more diverse and rich. People can choose different fitness methods according to their own needs and characteristics, and the freedom of fitness activities has also been effectively improved.

### **3.2. Strengthening the Construction of Physical Education Curriculum**

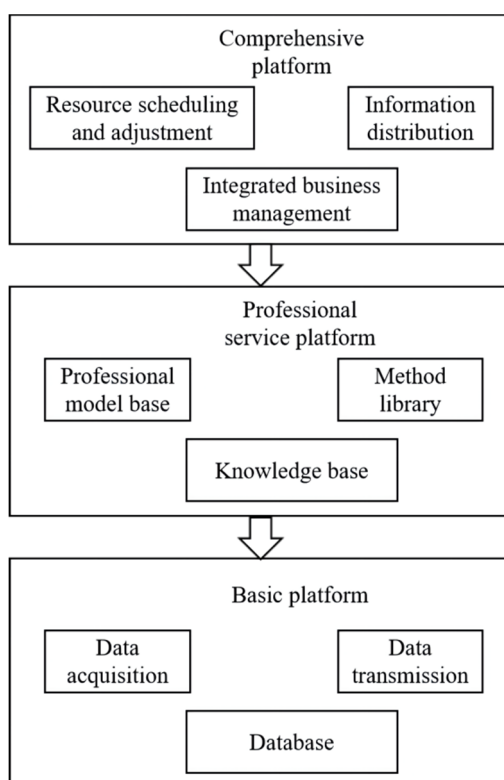
The national fitness program is aimed at the public, and school physical education is the foundation of national physical education. College physical education, as an important stage of school physical education, must make students form a good habit of taking part in physical exercise frequently, and improve students' awareness and interest in physical fitness through various physical fitness methods. Theoretical education in physical education class is far from satisfying students' thirst for knowledge. It is urgent to strengthen theoretical education of campus physical education and improve students' cognitive ability. The education of sports theory knowledge should be extended from the teaching of sports theory class to extracurricular sports. Before all kinds of competitions and extracurricular activities, there are planned and targeted lectures on special sports knowledge and training classes for student referees. In sports technology teaching, we should effectively improve the effect, avoid the phenomenon that students teach more and learn less, and at the same time, we should consider the needs of professional occupations when selecting projects.

At present, in most universities, only students majoring in physical education will study the course of physical education theory. There is almost no teaching of physical education theory in public physical education. Only sports practice, physical education without theory is not perfect. Physical education courses should increase the teaching of physical exercise knowledge and methods, and carefully plan and arrange the knowledge of sports and fitness in physical education courses. Universities should set up a certain amount of sports theory courses, such as sports culture appreciation, sports development history, sports fitness exercise prescription and so on, to ensure that sports theory courses have strong cultural background or strong practicability. College students should be able to master sports knowledge comprehensively and systematically, know sports culture, actively participate in sports activities, enrich students' knowledge structure, improve students' sports culture accomplishment, and fundamentally achieve the development of campus sports culture.

### **3.3. Construction of National Fitness Network Information System**

The development of modern society has led to the diversification of individual values of human beings. In the process of college students engaging in sports, apart from the value orientation

of stable hobbies and expertise which is the same as that in the senior high school of basic education, there are also many value orientations such as professional sports, ecological sports, fashion sports, survival training and so on. The realization of these value orientations can also be realized through the life-oriented physical education curriculum. The construction of the national fitness network information system in line with China's national conditions must meet the needs of different regions and individuals. Through on-the-spot investigation, we can understand people's demands for national fitness in different regions. In order to improve the promotion effect of the national fitness service system, we should fully combine the fitness needs of students in different regions, and make the promotion of the whole national fitness service system have better adaptability through in-depth investigation. The national fitness network information system is shown in Figure 2.



**Figure 2.** National Fitness Network Information System

Carrying out colorful sports and cultural activities, whether in-class or out-of-class, whether organized by schools or spontaneous by students, need material support. Therefore, schools should pay attention to the physical environment and construction of campus sports culture, including building stadiums, adding facilities, and making rational use of existing venues, facilities and sporting goods. At the same time, it is necessary to strengthen the training of serving teachers, improve the academic structure of teachers and improve teachers' humanistic quality; Through lectures, competitions, teachers' ethics appraisal and other ways, teachers' professional ethics level and soft power can be continuously improved. If inter-university cross-school elective study is implemented, if college students are allowed to participate in social sports organizations or social cultural sports entities, and their academic qualifications are recognized and corresponding academic scores are given, the reform of college physical education curriculum will be synchronized with the process of sports socialization. At this time, the network will no longer be limited to the campus, but will be extended to the society, and the great function of the network of physical education courses in colleges and universities will be further reflected.

The development of the national fitness network information system depends on a sound system structure, but also on the comprehensive and extensive promotion of the government. In order to adapt to the development of national fitness network information system, it is necessary to adopt corresponding promotion and publicity. In order to make the national fitness program better implemented in schools, it is suggested that college physical education should face the reality, fully consider the psychological characteristics, intellectual advantages and cognitive rules of college students, and attach great importance to scientifically combining various sports and physical exercise methods and integrating them into systematic fitness knowledge. In order to enhance students' awareness of lifelong sports, in the process of developing fitness service activities, students should be made aware of the importance of lifelong sports through reasonable publicity. According to students' specific conditions, we should guide them accordingly, so that students can correctly view the current national fitness activities, and stimulate their enthusiasm for participating in sports in the deep heart and subconscious level.

#### 4. Conclusion

As an important field of cultivating talents, universities should deeply understand and implement the spirit of the series of documents of "National Fitness", strengthen the construction of campus sports culture, and help students cultivate correct sports health values. Physical education teachers are the leaders and implementers of school physical education. Therefore, the professional ability and comprehensive quality of PE teachers directly affect the smooth development of school PE teaching. In order to enhance students' awareness of lifelong sports, in the process of developing fitness service activities, students should be made aware of the importance of lifelong sports through reasonable publicity. This paper analyzes the national fitness service system under the Internet environment, probes into the defects and problems in the process of building the national fitness network information system, and puts forward the ideas of sports curriculum construction. College physical education is the continuation of junior and senior high school physical education, which plays an important role as a bridge and link under the vision of national fitness. Therefore, as the main body of college physical education, physical education is responsible for imparting sports technical skills and basic knowledge to students, cultivating students' interest in learning and enabling students to develop good physical exercise habits. With the rapid development of the Internet at present, we should adjust and improve according to the current demand of national fitness activities, provide scientific guidance and communication, further enhance the adaptability of the overall service, and cooperate with effective promotion and implementation to better promote the perfect development of national fitness system in China.

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