

# STUDENT HEALTH INTERVENTION RESEARCH PROGRESS IN FOREIGN SCHOOLS

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**Abstract:** Health is defined as the level of physical, mood, social adaptability, mental and intelligence and health. Improving the three levels of common role of cognition, changing behavior, and creating a supporting environment Promote the change of lifestyle. Among them, the supporting environment is the most important influencing factor to maintain health and continuous improvement. Study of physical health intervention is one of the important aspects of health promotion research. After 2009, the concept of health promotion was considered by the World Health Organization to be the most promising to make the school achieve good education and health effects. The main goal of this concept is not only to change the traditional health education methods in the class, but also improve the school, society and material environment. In the past 30 years, health promotion has become a extensive activity that coordinate school work, and it is carried out around the core work of the school -education and teaching. Research. Intervention research is very common in experimental research on psychology. More and more scholars have begun to get involved in experimental intervention in physical health in the sports field and explore the laws of physical health. In recent years, the research on sports activities is mainly concentrated in communities and schools. Intervention experiments research requires the support of the environment. Community and schools can ensure the environment required for intervention.

**Keywords:** Physical fitness; Intervention research; Student

## 1. STUDY OF PHYSICAL HEALTH INTERVENTION IN SCHOOL STUDENTS

In recent years, the rapid increase in research papers based on school -based sports activities and student diet. Most of them are intervention research. The reason is first to deal with public health threats caused by obesity and overweight, and the second time that the decline in the aerobic ability of young people is worrying. Although research reports from the United States, Scandinavia, and Ireland over the past ten years show that the overweight and obesity of teenagers are relatively stable, but the overweight and obesity rates remain high.[1]

The development of youth's physical and psychological development is inseparable from sports activities, but the lack of sports activities has become a global problem that affects the health of the whole people. For example, in the past ten years, the number of overweight and obesity teenagers in the United States has increased. trend. Recent studies have pointed out that regular participation in sports activities can effectively prevent the occurrence of type II diabetes.

## 2. THE SCOPE AND METHOD OF PHYSICAL HEALTH INTERVENTION IN SCHOOL STUDENTS

At present, due to the decline in the level of youth sports activities and the type of unhealthy diet, it has become the main factor that leads to a decline in the level of health, and it is also related to the rapid extension of the overweight and obesity. Therefore, it is necessary to effectively interfere with the project to promote the sports activities and healthy diets of children and adolescents.[2] Children and adolescents spend most of the time in schools, and the school environment plays an important role in their sports activities and eating habits. Through the school, a direct connection with the family environment can be established, the school intervention and community intervention can be combined, and the sports activities of adults such as parents such as parents and other adults will inspire students to participate in the enthusiasm of sports activities, which will affect students' sports activities.

The contents of students' physical health intervention mainly include behavior, social, nutrition and sports activities. The fields of scholars are different, and the research directions that focus on may also be different. Medical workers focus on nutrition and drugs. The experimental results are often indicators such as incidence and blood. , Human Quality Indicators such as strength and outbreaks; psychologists focus on behavior and social networking, and the results are mainly focused on behavioral performance and other indicators; for sociology, political science (policy research) The variable indicators chosen by researchers such as economics and other researchers also include in the above indicators. In the future, the development trend of physical intervention research in schools is to integrate these indicators to study, requiring multi -disciplinary cooperation, and also requires researchers to broaden the knowledge reserves required by the intervention research institute.

In the intervention research of teenagers participating in sports activities, the self -variable settings are mainly: individual factors (such as gender), school and family environment (such as parental sports activities), and the impact of community and industrial industries (such as the environment for safe activities) And social norms and social value orientation. The settings of variables (experimental results) mainly include health test indicators, such as height, weight, physical quality index (BMI), subcutaneous fat, blood lipids, and blood sugar; physical fitness test indicators, such as

speed, strength, endurance, flexibility, etc.; The incidence of diseases, diabetes, heart disease, hypertension, etc. Then use the method of comparative research to draw the corresponding conclusions.

The settings of variables are mainly considered from affecting the decisive factors and variable factors and other factors of student sports activities. The decisive factor refers to the behavior of students' sports activities. The resistance that has been confirmed includes the lack of and insufficient maintenance of sports equipment, the restrictions of climate conditions, inappropriate clothing, personal physical defects or psychological disorders (such as frightening, invisible sports pressure, sex, and sexuality Social network) and so on. Variable factors include self-efficacy, cognition of sports skills, results expectations, positive intentions, interest in sports activities, support from family and society, and time spent in sports activities.[3] Other factors include the support and participation of adults, the confidence of sports teachers for sports activities, and the degree of sports specialty teaching. The implementation of policies and policies is considered to play the same important role as affecting the level of sports activities and the sports activity environment of students.

The school-based intervention research process mainly runs through students' daily sports activities. The focus of intervention is the conditions of school spare time and sports activities. The main idea of intervention is to increase the level of students' sports activities. The important aspect of intervention is the setting of sports activities. The setting process should consider the fun, age characteristics, and gender sensitivity of sports activities. It is also necessary to notice whether it can promote and support girls' sports activities and enhance the self-efficacy of sports activities and strengthen the self-efficacy of sports activities. Self-management skills of performance and sound sports activities.

### **3. SCHOOL STUDENT PHYSICAL HEALTH INTERVENTION RESEARCH THEORETICAL STATUS AND SUCCESSFUL EXPERIENCE**

At present, the theoretical and experiments of physical health intervention cannot be unified well. Only a small part of the research on intervention experiments can clearly point out the theoretical basis of the experiment. The field of physical health intervention research should far exceed the theory of behavior, covering a very extensive field of discipline, which is rich in theory, but lack of systematic classification and finishing. It is not possible to solve the problem well. Instead, it becomes a burden, and often makes intervention researchers at a loss. The theoretical basis of most experimental papers is blurred. The current mature experimental research methods are mainly psychological experiments, and mainly include theoretical theories, the theory of protection of motivation, and plan behavior theory. The common point of these theories is the concept of self-efficacy to play Guan Jian's role Essence.

Three practical systems in the medical field of physical health in the medical field are the Dutch cognitive system, the US community prevention service guidance system, and the British NICE public health guidance system. The Dutch cognitive system is established in accordance with the British Medical Research Commission based on the evaluation framework of complex health intervention projects, and strives to control and promote quality assessment and health promotion activities to ensure the implementation of most effective intervention; including intervention theory, preliminary initials The intervention effect, general intervention effect and intervention cost effect. The community prevention service guidance system proposed by the American Centers for Diseases and Control helps the community to choose policies and projects. The NICE public health guidance system proposed by the British Health and Clinical Guidance Agency can provide successful guidance for health promotion groups, so that participants can choose a suitable intervention project with accurate description, reliable evidence, and in place. In recent decades, the physical health intervention experiments in the sports field have been performed mostly for the increase in sports activities of young people, and they are pursuing short-term effects. From 2000 to the present, the study of physical health intervention has influenced more factors in the field of public health from paying attention to personal behavior and personal lifestyle as the main physical health factors to affect each other. Methods are widely accepted to better explain the interaction of complex environmental factors that affect behavior in sports activities, forming a promising theoretical framework. In more than 40 health promotion schools in Europe, this ecological method has been used for intervention experiments. The health promotion policy formulated by the school is an important task for the development of the school. Extensive development of sports activities is one of the school's health promotion measures.

### **4. PROBLEMS AND PROSPECTS THAT NEED TO BE SOLVED IN THE STUDY OF SCHOOL PHYSICAL HEALTH INTERVENTION**

Many research depends on the test of the result. One test point is usually limited by the actual situation before intervention. If the subject's own feelings are used to replace the test results, it will cause lower accuracy. If you test intervention a few more time points and use effective and appropriate tools, the results will make the results clearer and credible.[4]

A large number of school-based health intervention research methods are mainly concentrated in the training of implementing teachers, implementing the development of research members to promote the development of courses, emphasize the establishment of a local effective educational mechanism, create and maintain the environment of school changes, intervene in design and intervention in intervention design and intervention The behavior is doubled in a specific form, and the most important thing that ignores the intervention research is the focus information of the theoretical orientation and intervention of the intervention. The research process exposes the implementation of the school projects. It is often affected by the background of local schools and education institutions and cooperation. To .

Researchers are accelerating the establishment of a logical model to explain the complexity of intervention, so that the information sharing of intervention testing can help the discussion of the research process between experts.

## **5. COMPARISON OF RESEARCH ON PHYSICAL HEALTH INTERVENTION IN MY COUNTRY AND FOREIGN COUNTRIES**

Similarly: The form of physical courses in the new curriculum of Chinese schools, and the content of the physical education standard test is basically the same as that of foreign physical education intervention research. Different points: The scope of physical testing in my country exceeds foreign countries, and the depth of intervention research is far less than foreign countries. Researchers only pay attention to the results of research and rose to the theory of intervention less than foreign countries. From top to bottom, due to the level of subjective understanding of policy documents and managers, the study of physical health intervention research mainly revolves around the main line of sports standard testing. Based on this, some branches of intervention projects are added. There are many research in individual areas and less research on the overall population. Each research project is scattered, and the connection between each other is not enough. A larger -scale research system cannot be formed, which reduces the sustainability of research.

## **COMPETING INTERESTS**

The authors have no relevant financial or non-financial interests to disclose.

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