

COMPREHENSIVE ANALYSIS OF THE KNOWLEDGE, ATTITUDES, AND BEHAVIORS EXHIBITED BY MEDICAL STUDENTS DURING THEIR HEALTH AND PHYSICAL EDUCATION ASSESSMENTS

Mei Yang
Shanxi Medical University, Shanxi, China.

Abstract: This study took 972 undergraduate students from the 2014, 2015 and 2016 classes of Shanxi Medical University as the research subjects to study the knowledge, attitudes and behaviors of medical students in Shanxi Medical University in sports health testing, and to gain an overall understanding of the medical students' Physical health quality level. The analysis results show that senior students pay more attention to physical education tests than students in lower grades, but the number of people who exercise daily is low, and students' physical fitness and awareness of exercise need to be improved.

Keywords: Medical students' health; Physical education; Education assessments

1 INTRODUCTION

With the development of science and technology, competition for talents has become increasingly fierce. College students will face multiple pressures from society, work and life. The physical fitness of college students will be an important basis for withstanding various pressures. The college stage is a critical period for the healthy development of physical and mental qualities. The strong physique, strong will and vitality of college students are not only a reflection of a nation's strong vitality and social progress, but also the material basis for healthy social development and an important measure of a country's comprehensive national strength. In August 2002, the Ministry of Education and the State Sports General Administration jointly issued Document [2002] No. 12, requiring "all colleges and universities to implement the "Student Physical Health Standards" starting from the new academic year in 2003, and the new version began to be implemented in 2014. "National Student Physical Health Standards", during this process, problems such as college students' inability to correctly understand the significance of physical health tests, the lack of effective feedback channels for sports health test monitoring results, and the lag in the publicity and education of college students' physical health continue to emerge. In addition, multiple studies have shown that college students' physical fitness is showing an overall downward trend, and they do not have enough understanding of the significance of college students' physical fitness tests. A considerable number of students are bored, anxious and even fearful. When conducting surprise training, the emphasis on physical fitness testing is generally low. Qin Lisong et al. studied the physical fitness test of Jiangsu University college students and found that 11.35% of students rarely participated in or occasionally participated in extracurricular physical exercise. In a week, students who participated in extracurricular physical exercise three or more times accounted for only 1% of the total number. A third of the students were divided into gender groups to analyze differences in the frequency of physical exercise. The study found that boys' physical exercise habits are significantly better than girls, and more than a quarter of the students participated in extracurricular physical exercise for insufficient duration each time. Half an hour, more than half of college students last between half an hour and one hour, and less than a quarter of students take more than one hour of physical exercise in a single session. Li Jianhui and others analyzed the current situation of the implementation of the "Physical Health Standards for College Students" in colleges and universities and found that 98.46% of students in Aba Normal College did not understand the test content, indicators, and methods of the "Standards", and 97.08% of students had vague concepts about testing procedures and testing instruments. The physical condition of students is very worrying. Medical students are the main force of the country's future medical and health team. The physical quality of medical students is related to the overall quality of our country's future medical and health team, to the level of national medical and health services, and to the physical and mental health of every citizen. However, due to medical The learning tasks for students are extremely heavy and can be used

There is too little time for physical exercise, and the physical health quality of medical students is showing an overall downward trend, and the situation is not optimistic. Through the investigation of medical students' knowledge, attitude and behavior of physical fitness testing, we can comprehensively understand medical students' mastery of physical fitness testing and sports-related theoretical knowledge, their attitudes towards physical fitness testing and participation in physical exercise, and their attitudes towards physical exercise and physical exercise. Behavioral changes in physical fitness testing. This study will help improve the theoretical level of medical students' physical fitness testing and related sports, improve medical students' attitudes towards physical exercise and physical fitness testing, and help promote

medical students to actively participate in various sports activities organized by the school. Overall Improve the physical fitness of medical students and make participation in various sports a common practice in higher medical schools.

2 RESEARCH OBJECTS AND RESEARCH METHODS

2.1 Research Object

There are 972 undergraduate students in the 2014, 2015 and 2016 classes of Shanxi Medical University, covering 6 majors, including 464 non-clinical majors in preventive medicine, biopharmaceuticals and public utility management; the first clinical department, anesthesia and stomatology 508 in three clinical specialties of medicine.

2.2 Questionnaire Recovery Status

Integrating relevant literature and opinions and suggestions from all parties, the "Questionnaire on Medical Students' Physical Health Testing Knowledge, Attitudes and Behaviors" was compiled, which mainly includes: basic personal information: gender, grade, major, etc.; theoretical knowledge of physical health testing: such as tests The passing line, the excellent line, the rules and standards of each test; attitude towards sports health testing: understanding and importance of sports health testing; behavior of sports health testing: whether there is active preparation before the sports test, whether you usually participate in sports , participating in physical exercise projects, and the intensity of participating in sports without food; relevant opinions and suggestions on the "National Student Physical Health Standards" and the reform of school physical education teaching models.

A multi-stage stratified cluster random sampling method was used, stratified according to grade (2014 grade, 2015 grade, 2016 grade), and then divided into two tiers according to clinical majors and non-clinical majors, and 2 classes were randomly selected from each stratum. All students in the selected classes were surveyed. A total of 1,000 questionnaires were distributed and 1,000 were recovered. After the reliability and validity test of the recovered questionnaires, 972 qualified questionnaires were obtained.

2.3 Analysis Method

Descriptive analysis was conducted on the level of physical fitness test, participation in physical exercise, theoretical level of physical fitness test, emphasis on physical fitness test, etc., and test analysis was used for comparison between groups. All statistical tests are two-sided, and the test level is $\alpha=0.05$. The above analysis was completed through SPSS18.0 software.

3 FINDINGS

3.1 Knowledge Level Analysis of Sports Fitness Testing

The health and sports test for college students is divided into body mass index, vital capacity, 50-meter run, 800-meter (female)/1000-meter (male) endurance run, seated forward bend, standing long jump and sit-ups (female)/pull-ups (male) There are seven standard items in total, and different items reflect different body functions. The results of this study on medical students' understanding of knowledge related to health sports tests showed that only 0.90% of students did not know what the test items were, and 30% of students did not know about the 800-meter (female)/1000-meter (male) endurance run. Essentials. There are only 138 college students who know and understand the theory and content of the National Fitness Plan Outline, accounting for 14.20% of the total, which is a relatively low proportion.

3.2 Analysis of Attitudes Toward Sports Fitness Testing

The results of the survey on attitudes towards physical fitness tests show that girls are more anxious than boys before the test ($\chi^2=15.002$, $P<0.001$); senior grades pay more attention to physical fitness tests than lower grades ($\chi^2=12.571$, $P<0.05$); clinical Majors care more about their physical education test scores than non-clinical majors ($\chi^2=18.054$, $P<0.05$). 47.53% of students believe that the policy of failing to pass the physical education test will affect graduation is unreasonable, and 36.78% of students hope to cancel the physical fitness test for college students. 39.33% of students do not pay attention to their physical education test scores and think that as long as they pass, they will be fine.

3.3 Behavioral Analysis of Sports Fitness Testing

The daily exercise situation of different genders is different. It can be seen that boys generally exercise more frequently and for longer time than girls. As shown in Table 1 & 2 below.

Table 1 Frequency of exercise for students of different genders

	exercise every day	3-6 times	1-2 times	never exercise
men and women	10.44%	32.12%	27.01%	30.43%
	9.87%	2.25%	39.22%	48.66%

Table 2 Exercise time for students of different genders

	0-30min	30-60min	>60min
men and women	20.09%	61.88%	8.03%
	72.36%	22.08%	5.56%

The frequency and duration of exercise for senior students are higher than those for junior students, and only 34 students in the class of 2014 developed daily exercise because of the physical fitness test. When they fail a test, 23.15% of people will strengthen training in their usual exercise, and 41.37% of people think that as long as the overall result is passing, it will be fine. Only 12.55% of students will actively sign up to participate in school sports events.

4 DISCUSS THE CURRENT STATUS OF MEDICAL STUDENTS' PHYSICAL HEALTH AWARENESS AND PHYSICAL ACTIVITY BEHAVIORS

4.1 Lack of Physical Health Awareness and no Emphasis on Physical Exercise

Due to changes in modern lifestyles, especially the popularization of the Internet and the use of various electronic products, many students like to surf the Internet, play games, play with mobile phones, etc., and rarely go outdoors to participate in physical exercise. They lack awareness of sports and health, and their physical fitness is generally poor. Difference. There are many students who are addicted to the Internet, which easily consumes too much energy and affects their mental health. College is an important period for students to keep fit. Neglecting sports is not conducive to study and work. Many students have low awareness of taking the initiative to participate in sports activities and lack the awareness of lifelong sports. Most of them participate in sports activities just to cope with the curriculum and have no clear sports purpose.

4.2 Lack of Mental Health Awareness

Students' physical development has matured, but they often do not necessarily mature psychologically. Due to the influence of various factors, such as social factors, physiological factors, etc., students are prone to psychological imbalances and unhealthy mental problems. Newly admitted students are not adaptable to the environment and are prone to psychological problems. Students who are about to graduate will encounter difficulties in finding a job and may also suffer from psychological imbalance. Interpersonal problems in college life, etc., will cause students to have psychological problems. Students cannot adjust their mentality in time, which is not conducive to their healthy development.

4.3 Lack of Good Living and Eating Habits

In addition to not paying attention to physical exercise, students often do not develop good living habits and eating habits, which is not conducive to students' physical health. Staying up late has become a common phenomenon among students nowadays. Failure to arrange sleep time properly not only affects students' physical health, but also affects students' learning. Many students have unbalanced diets, unreasonable diet structures, nutritional problems, and lack of awareness of sports and health, leaving their bodies in a sub-healthy state.

5 COUNTERMEASURES FOR CULTIVATING MEDICAL STUDENTS' PHYSICAL AND MENTAL HEALTH

5.1 Establish Correct Sports and Health Awareness

In physical education teaching, attention should be paid to guiding students' physical health awareness so that students can establish a correct physical health awareness. College physical education courses should make full use of favorable conditions to cultivate students' sports values and interests, and cultivate their awareness of lifelong sports. It is necessary to cultivate students' sports hobbies and make students change their dependence on the Internet, mobile phones and other electronic products. Although students are not proficient in sports projects, they generally have projects that they are interested in. Students should be encouraged to actively participate and choose the correct exercise methods. At the same time, university physical education should pay attention to the cultivation of students' good living habits, popularize basic health knowledge among students, and enable students to establish correct health concepts.

Cultivating students' social interaction and cooperation abilities, and cultivating students to develop the habit of independent physical exercise, not only improves students' attention and cognitive attitude towards their own physical health, but also changes students' attitudes towards physical education classes, and also cultivates It has improved students' love for sports and finally corrected students' attitudes and understanding of physical fitness tests; at the same time, teachers have developed a rigorous sports work attitude through curriculum reform, so that their personal scientific research abilities and professional qualities have also been improved simultaneously, so that they can better devote themselves to their careers. The school conducts student physical health tests every year.

5.2 Encourage Students to Participate in Sports Activities

Students should be encouraged to actively participate in sports activities. In physical education teaching, we should focus on cultivating students' sports theoretical knowledge and sports skills, improve students' sports abilities, and guide students to correct sports behaviors. In physical education activities, we should not only cultivate students' sports skills, but also cultivate students' self-exercise ability and self-evaluation ability. Schools should actively carry out a series of sports competitions, or class collective sports competitions, so that every student can participate in sports activities. During physical exercise, pay attention to the way you exercise to avoid excessive exertion and damage to the body. Schools and departments need to increase publicity efforts, use school-related media, and increase the importance of students' physical examination through the correct guidance of teachers and head teachers. Only when students themselves change their attitude and understanding of the physical fitness test and encourage students to establish fitness awareness and active exercise habits can we ensure that the physical fitness test can be carried out better.

5.3 College Students must Learn to Self-Regulate

Students should have a positive and optimistic attitude and maintain their enthusiasm and interest in learning. It is necessary to eliminate negative psychological problems in a timely manner, actively participate in sports activities, relieve psychological pressure, and at the same time communicate better with teachers and students. Students should have their own plans and goals, pay attention to physical exercise, correctly understand themselves, actively learn new knowledge, and integrate into collective life. We must be aware of the importance of sports health awareness and sports behaviors, have the concept of physical health and mental health, express and vent negative emotions in a timely manner, actively enter into interpersonal interactions, and maintain good communication and cooperation with classmates. Make full use of various ways to learn knowledge, improve your overall quality, and better adapt to university life.

5.4 Improving Infrastructure and College Sports Courses

Schools should attach great importance to the construction of sports infrastructure and improve students' physical education courses. College physical education courses should center on health education and use lifelong physical education as the guiding ideology of course teaching. Students' physical education courses should be rich and colorful, including some emerging projects, sports appreciation classes, sports health practice classes, health care classes, etc. Sports clubs can also be set up to cultivate students' interest in learning sports and performing sports activities. Schools should increase capital investment, improve infrastructure construction, and build gyms, professional ball sports halls, etc. At the same time, in the process of the physical examination, only by ensuring the standardization of all aspects of the physical work can the school and the physical examination staff ensure that the data of the physical examination are more accurate and the students' physical examination results can be more guaranteed. The school should ensure that the side examination venue is closed and unified, keeping the venue clean, flat, and open; ensure that the equipment is uniform and accurate, and check and proofread the equipment before and during the side examination, and use the equipment correctly and pay attention to the equipment. The update time is to avoid the adverse impact of equipment aging on the physical test work; in addition, the physical fitness test teacher should use the equipment correctly according to the requirements of the physical test items, and strictly supervise and control the entire physical test process to ensure the standardization of the test.

6 CONCLUSION

Medical students' motivations for participating in physical exercise are scientific and healthy, and they are all for the purpose of hobbies, fitness needs, and enriching their spare time life. In short, cultivating medical students' physical health awareness and sports behavior has positive significance and can promote the future development of medical students and play their role in national construction. Good physical quality is the foundation of a good life. College students must have healthy mental and physical qualities in order to promote their own better development.

COMPETING INTERESTS

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

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