

On the Basic Framework of College Students' Physical Fitness Self Management

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Abstract: This article mainly uses the factor analysis method and the logical analysis method to brief the connotation of the self-management in the college students' physical fitness, carries on the construction of the basic framework of the self-management of college students' construction, aims to provide reference for the self-practice management and service and guidance. Sports fitness of college students self-management as fitness goals for itself productive activity, which is formed by the fitness behavior based on scientific exercise as a security and quality of the fitness of the main details, the main task is to play a role of promote the function of body and mind health of college students, to raise their maximum benefit, the core goal lies in the cultivation of college students' physical fitness behavior. The main components of the self-management framework of college students' physical fitness are target system, factor system, evaluation system and service system.

1. Introduction

In recent years, college students' physical damage caused by blind for sports fitness events occur frequently, scientific fitness class have been paid much attention by people, but the sports fitness management especially the sports fitness of college students self-management is in a state of neglect, the students' participation, in sports fitness of physical fitness needed to learn self management, If the strength of self-management is not enough, it is easy to cause the randomness of physical fitness, and it usually has no gain because it is difficult to ensure the quality of fitness, and even damage the physical health of college students. Nowadays, with the gradual acceleration of the pace of health construction in China, China has carried out comprehensive promotion of sports fitness, especially the management of college students' own sports fitness, to improve the physical quality of college students.

2. Analysis of the Significance of Self-Management of Sports and Fitness

Management is an effective activity formed by standardizing people's behaviors. In order to achieve good results, any behavior with goals needs to be standardized, including physical fitness. The self-management of college students' physical fitness is an effective activity formed by standardizing fitness behavior. The fundamental of physical fitness lies in the practice of physical

exercise as the basic means, physical and mental exercise as the way, and the goal of promoting the health of college students. The standard of college students' physical and mental fitness behavior is the necessary demand for promoting their physical and mental health development function to achieve full play. The participation of college students in physical fitness activities, their own behavior should not only meet the objective law of physical exercise, but also abide by the basic principles of physical and mental health, so as to promote the rapid achievement of the expected goals. Only by scientifically regulating the sports construction behavior of college students, can it play its potential function and obviously play the role of improving students' health.

3. Analysis of Key Points of Self-Management of College Students' Physical Fitness

The self-management goal of college students' physical fitness is to ensure their physical and mental health, so that they can ensure their physical benefits through exercise. Therefore, the goal of self-management of physical fitness is to determine the key points of managing physical fitness.

As the main carrier of physical fitness, the in-depth understanding of fitness items is the basis of developing physical fitness. As far as college students are concerned, the value of fitness programs for the realization of construction goals is great, which depends on whether they can “make use of themselves” and “make use of themselves”. The former involves the selection criteria of fitness programs, while the latter involves the mastery of fitness programs. Fitness programs use refers to the selected fitness programs and college students' physical quality, exercise ability, health and other characteristics match, can often used in the exercise, “used as” refers to let college students of fitness programs and skills in operating under the premise of the role of the fitness movement or more play out, So that their body parts and body system functions even under special conditions, physical and mental function can be effectively exercised.

Exercise load is mainly determined by exercise maintenance time, exercise frequency, exercise intensity of a sport, play a role in the body. College students in the process of physical fitness, only to fully control the exercise load can obtain ideal results. If the exercise load is insufficient, the body is easy to form an adaptive response to the new exercise stimulus due to the inability to get reasonable stimulation, and cannot achieve the effect of physical exercise. If the exercise load is too large, more than the body bearing range, easy to damage the health of students.

Fitness techniques are the methods and techniques used by college students in physical fitness. Whether fitness technique is correct or not is the basis of fitness effect. Exercise the physical and mental quality of college students to achieve the ideal effect needs to focus on fitness methods, exquisite, appropriate fitness technology is conducive to promote the significant improvement of fitness effect. Improving the fitness method is the best way to comprehensively improve the quality of college students, which can also ensure the realization of physical fitness to bring forth the new, so as to enhance the physical quality of college students.

Third, the interpretation of the basic framework of self-management of college students' physical fitness

3.1 Sports and Fitness Self-Management Target System

The self-management goal system of physical fitness consists of two parts, special goal and common goal, both of which have set independent goal and auxiliary goal. Among them, the common goal refers to the common goal of the common students' physical fitness management. Special goal refers to a special student group or individual self management of physical exercise for the students and other groups of personality goal specified by self management goal, in the college sports fitness set the goal of self management, set some goals belong to independently, set some goals must be completed with others to help. Fully equipped with the self-management ability of

sports and fitness, although it needs to be carried out under the guidance of professionals when setting self-management goals, it mainly needs to rely on its own ability to complete, so as to independently set self-management goals. For students without self-management ability, the self-management goals of physical fitness should be set up with the help of professionals, which is called auxiliary goal setting.

3.2 Key Points of Self-Management of Physical Fitness

This kind of system consists of the management of exercise environment, accumulation of exercise time management, management of exercise methods and so on. Its operation directly determines the effect of sports construction and the benefit degree of college students in sports and fitness activities.

The basic criteria for managing exercise methods are the improvement and mastery of exercise methods, ensuring correct, innovative and appropriate exercise methods. The quality of physical exercise method has a positive impact on the effect of physical exercise, otherwise it will play a reverse role, with the gradual change of students' exercise, fitness programs and exercise environment, only the gradual upgrading of exercise method will not be eliminated, so as to improve the role of exercise method. In the process of physical fitness, students need to deeply understand the advanced concept of physical fitness, master the new sports knowledge, new sports items, mental skills, health, exercise conditions, changes in the peripheral environment, etc., to achieve the reconstruction of the right, promote it to meet the characteristics of students' physical fitness.

Accumulate exercise time management basic needs as adhere to the original plan to exercise regularly, develop a good fitness behavior. It has always been difficult to cultivate students' sports and fitness habits. To cultivate and maintain good exercise consciousness, students should first adjust their own mentality, reasonably control their own behavior, reasonably arrange the order of things in life, strengthen the control of their daily life, and achieve self-discipline in life. Through their own tenacious will to maintain long-term regular physical fitness, adhere to the planning of physical fitness can make exercise behavior for a long time to obtain normalized constraints, so as to make college students a good habit of physical fitness.

The premise of managing fitness conditions is to create favorable conditions for exercise so that college students can meet the requirements of exercise under any circumstances. On the one hand, in the situation of lack of exercise resources and poor exercise environment, we can take measures according to local conditions and use local materials for exercise, so that daily sports construction will not be interrupted due to lack of exercise venues, inconvenient fitness facilities, insufficient equipment and other factors. Therefore, the basic guarantee of college students' physical fitness is the flexible use of simple surrounding conditions, which is the main mark of physical fitness to achieve maturity. On the other hand, in the condition of sufficient fitness resources and good exercise conditions, they can also adhere to the concept of improving income, saving resources and protecting the environment, so as to effectively use fitness conditions.

3.3 Sports Construction Self-Management Evaluation System

Sports fitness self-management assessment system is not only the individual regulation and important means of fitness management improvement, or deep cognition of physical exercise for the student to experience, through the construction of the health belief and the physical exercise habit of not by the road, in the university sports fitness occupy the important position of self management.

3.4 Sports and Fitness Self-Management Service System

The self-management of college students' physical fitness is an important part of their own health management, and its service system includes two parts, namely, health service and fitness service. High quality health service and fitness service are important incentive factors to ensure the self-management of college students' physical fitness.

4. Conclusion

In short, with the gradual acceleration of the pace of health construction in China, China has carried out a comprehensive promotion of sports fitness, especially the management of college students' own sports fitness, to improve the physical quality of college students. In recent years, the occurrence of physical damage caused by blind physical fitness among college students frequently, scientific physical fitness has attracted people's attention, but at present, the management of physical fitness, especially the self-management of physical fitness among college students, has been neglected. Therefore, only by paying high attention to the self-management of college students' physical fitness, can we reduce the incidence of events that damage students' physical health, and improve their physical quality through strengthening the self-management of students' physical fitness.

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