Practical Research on the Test and Evaluation of Sports Activity Level from the Perspective of Network

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Abstract: The student period is extremely important in the life of the period, this stage is not only their outlook on life and the world is gradually formed, the scientific and cultural knowledge is rich, and improve the level of physical health, lifelong sports awareness and skill training, so as to their lives a happy and healthy life, study and work to lay a good foundation for the body the.

Key words: network perspective, sports activities, proficiency testing, practicability

In order to improve the students' physical health level, the Ministry of education and the State General Administration of sport have implemented the standard of students' physical fitness, and organized experts to compile the interpretation of the national standards for students' physical health. Students physical fitness testing system for students and parents to provide online query and online assessment services, providing personalized health diagnosis to the student body, as long as the students enter the basic information and some sports my test results, the system can be assessed according to the "student health standards". In this big premise, for a large number of students physique test method to be simple, fast, scientific and objective, so it has our country physical fitness test standard.

1. The following are the items of physical fitness test and their significance:

1.1 Height standard weight

Height standard weight refers to the proportion of height and weight should be in the normal range.

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It reflects the circumference, width, thickness and density of the human body through the proportional relationship between height and weight. Height standard weight is an important index to evaluate the level of body shape and development, nutritional status and body symmetry. It can indirectly reflect the body composition of human body, and its measurement method is simple and convenient. If the weight for height standard weight height you measured value is less than or greater than the same age range, it means that your body is the symmetry of the poor, need to adjust the diet or actively participate in sports to increase muscle tissue or reduce excess body fat.

Physical fitness is closely related to physical health, including body composition, heart and lung circulation system, muscle strength, endurance and flexibility.

Physical fitness is the speed, strength, endurance, agility, flexibility, balance and coordination of human body in sports.

Body composition refers to fat and non-fat components in total body weight ratio, it can be a very accurate assessment of body fat status. The body fat percentage is usually expressed as the percentage of body fat in the total body weight.

1.2. Bench test index

Step test index is an important index to reflect the function of human cardiovascular system. The larger the value of step test, the higher the functional level of your cardiovascular system, and vice versa.

Often participate in aerobic exercise, can improve the function of cardiovascular system, its performance is in complete quantitative step test work load pulse number decreased, at the end of the test pulse beats back to the quiet state to shorten the time, step test index increased.

Aerobic exercise refers to the sufficient supply of oxygen during exercise, sufficient oxidation and decomposition of sugars and fats to meet the energy required for exercise. Aerobic exercise has a long duration, high safety and much fat consumption, which is beneficial to improve the function of cardiovascular system.

1.3. Vital capacity and body mass index

Vital capacity is an important index to evaluate the function of human respiratory system. Scientists pointed out that: low to share vital capacity and vital capacity of people with high longevity. Vital capacity is closely related to body weight, height, chest circumference and other factors. Therefore, in order to synchronization factors of students physical development reflected in the evaluation of lung function, in the "student physical health standard" test the vital capacity weight index.

Vital capacity, body mass index = vital capacity (ML) / body weight
1.4.  **50 meter race**

The results of the 50 meter race can reflect the flexibility of the nerve process, the coordination of the body, the flexibility of the joints and muscles, and the strength and endurance of the muscles. It can not only partly reflect the comprehensive quality of physical exercise, but also the basic body quality that the human body must possess in sports activities and learning motor skills.

1.5.  **Standing long jump**

Standing long jump is mainly to measure the explosive force of lower limb muscles when jumping forward. Strength (maximum strength) is a very important physical quality in sports and daily life. The explosive strength of the leg is based on the strength of the leg. Without power, there is no explosive force, and no muscle endurance.

1.6.  **Grip strength body mass index**

Grip strength and body mass index reflect the relative strength of the muscle, that is, the grip strength per kilogram body weight. Grip strength mainly reflects the people of the forearm and hand muscles, but also related to other muscle strength, but also reflect a good indicator of overall muscle strength.

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\text{Grip strength, body mass index} = \frac{\text{grip strength (kg)}}{\text{weight}} \times 100
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1.7.  **Abdominal curl**

Sit ups are one of the ways to assess muscle strength and endurance. Because it can safely test muscle strength and endurance, while doing sit ups, mainly abdominal muscles work, hip muscles also work, so this test not only evaluates the endurance of human abdominal muscles, but also reflects the endurance of hip muscles. As the strength and endurance of the two parts of the female muscle are closely related to some physiological functions, the sit ups are singled out as a selective test item for the female students.

1.8.  **Sitting flexion**

Sitting flexion test reflects the flexibility of joints and muscles. Poor flexibility means a lack of movement in the joints and muscles. Long time lack of development flexibility exercises, can lead to soft tissue around the joint or joint degeneration, contracture, or adhesion, thus limiting the range of motion of the joint, stretch is bound to have a pain, so expand the joint motion range that expanded the scope of human activities without pain.

Flexibility refers to the range of motion of the joints of the body and the elasticity and extension of ligaments, tendons, muscles, skin and other tissues across the joints. It's an important component of physical fitness. First, the significance of the national student physical health standard test.

Through the "national student physical health standard" test, you can clearly understand your physical and health status, but also help you monitor...
their physical fitness and health changes. These will help you in the new year targeted to set their own exercise goals, targeted selection of exercise strategies, to develop practical exercise plan.

2. The test items and evaluation requirements of national student physical health standard (see Chapter fourth) implementation rules of National Physical Fitness Standard for students of Xiamen University.

The concept and content of testing and evaluation

2.1. testing and evaluation involve four aspects: body shape and body composition, cardiovascular system function, muscle strength and endurance as well as body flexibility.

2.2. the four aspects of testing and evaluation are closely related to each particular state of your life, and each item reflects one or more elements of your physical fitness.

2.3. the test and evaluation criteria vary according to your age and gender.

2.4. the results of test and evaluation are their own things, do not compare with other students, should focus on their own progress and improvement.

2.5. the final explanation of the test and evaluation results is not only how much you get, but also the status quo of your physical fitness.

2.6. the results of the test and evaluation are credible, which can be used as the basis for setting the goal of exercise and the basis of self-evaluation.

In recent years, the physical health test shows that students' physical health can fully reflect the comprehensive physical quality of students, students' sports awareness has been significantly improved, students' physical health test purposes and awareness of health has also been strengthened. The sports consciousness of college students has been obviously improved, and the test work in Colleges and universities has made great achievements. But there are also some deficiencies related to exercise behavior. Not yet up to standard exercise requirements.

Emerson once said, "health is the first wealth of life", therefore, it is of great significance to carry out the national student physical health test. In general, physical fitness test helps students understand their health, promote students to actively participate in physical exercise, enhance students' physique and improve their health level, and cultivate students into moral, intellectual, physical and aesthetic all-round development of high-quality talents.

First of all, each a test of physical health test reflects one or more elements of our body healthy quality, so we can clearly understand their physical fitness and health status. For example, we know that their height and weight, according to the standard to judge their own is nutrition, malnutrition
or symmetrical, and through the test and vital capacity can know their respiratory function status and so on.

Not to say that all students can exercise through endurance running, heart disease, asthma students are not suitable for long distance running. It doesn't mean that all students have to do physical exercises, and everyone is good and weak. In view of these situations, students can take a physical health status of the individual exercise arrangements as the basis of the plan that will not only improve the students' enthusiasm for training, but also the physical exercise to get better results.

In addition, the students' physical health test data in the country up to the national student physical health standard data management system, the system will be related to data feedback to the state and the public, so that the physical health condition of today's national students have a better understanding of the society, but also conducive to the government to take measures to promote the students' physical exercise. To improve the physical quality.

For the large population of Chinese, the use of advanced technology or equipment to the students' physical quality evaluation is a very practical way, so according to the structure of human muscle, heart and lung function characteristics, formulate the plan quality evaluation the body can use the instrument simple and common place to test the physical quality of the students. This can be done efficiently in a large number of audiences. Although only 8 test items, but each item for each function of the audience has an objective evaluation, and then according to the survey before summed up the health level to a person's physical quality constant each meets the requirement. This method is objective and applicable to the evaluation of physical fitness of Chinese students.

References


