

Research on the Integration of Physical Education Teaching and Health Education in Practice

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Abstract: *In the process of modernization in the 21st century, the importance of health is self-evident, and the development of health education in China's education system has also become a focus of attention from all sectors of society. Primary and secondary education has gradually shifted from focusing solely on students' academic performance to focusing on their physical health, which is of great practical significance for promoting students' comprehensive development. In this regard, primary and secondary education needs to fully leverage the advantages of physical education, deepen the integration mechanism of health education and physical education teaching, and systematically integrate health education into physical education teaching, allowing students to fully understand the lifestyle of health education, in order to strengthen students' health awareness and improve their learning quality. The article conducts practical research on the integration of physical education teaching and health education, aiming to provide reference suggestions for the organic integration of the two.*

Keywords: Physical education in primary and secondary schools; Health Education; Practical teaching.

1. INTRODUCTION

During the primary and secondary school period, it is an important stage where students' physical fitness and physical functions continue to develop and undergo significant changes. Scientifically conducting physical education and strengthening students' health education during this stage have important practical significance for students' healthy growth and comprehensive development. Physical education plays an important role in the education system of primary and secondary schools. It is an organized and planned overall activity that has significant practical significance in strengthening students' athletic abilities and exercising their physical fitness; Health education is the foundation for achieving comprehensive development of students. Only by emphasizing health education for primary and secondary school students can we cultivate qualified builders and successors for the country in the future. There is a mutually integrated relationship between physical education and health education, and the two are indispensable influencing factors. Deepening the integration mechanism of the two can help them penetrate each other and promote the significant improvement of the quality of physical and health education for primary and secondary school students.

In the stage of primary and secondary education, students have many opportunities to participate in sports due to their academic stress. In the primary and secondary stages of physical education teaching, more emphasis is placed on strengthening students' physical exercise and alleviating their academic pressure. In the actual teaching process, teachers can explain some simple sports in the classroom, allowing students to engage in independent physical exercise. At present, with the gradual promotion of the new curriculum reform education and teaching philosophy, physical education teaching in primary and secondary schools has undergone earth shaking changes. In the process of physical education teaching in primary and secondary schools, teachers also pay more attention to students' exercise results and strengthen their awareness of independent exercise. Therefore, nowadays, middle school physical education teaching is increasingly focusing on a good combination with health education, enabling students to develop a healthy lifestyle habit.

2. BASIC THEORY OF HEALTH EDUCATION AND PHYSICAL EDUCATION TEACHING IN PRIMARY AND SECONDARY SCHOOLS

Physical education teaching is an open educational activity, which is a curriculum system that integrates teaching theory and teaching practice. In other words, physical education teaching refers to a relatively stable and efficient teaching program formed by adopting reasonable and appropriate physical education teaching methods under the guidance of corresponding educational theories. Health education refers to a methodical and targeted educational activity, with the main purpose of teachers explaining and infiltrating health knowledge in daily teaching, helping students strengthen their health awareness, cultivate standardized health behaviors, and enable students to independently carry out various fitness related activities, thus achieving a healthy life.

The integration of health education and physical education teaching in primary and secondary schools is actually a combination of explicit learning and implicit learning. Its teaching objectives are no longer limited to strengthening students' motor skills and improving their physical functions, but more importantly, helping students deeply understand and understand the body. With the development of digital technology, smart libraries have become a new model of digital reading services and have received widespread attention. This article analyzes the role of smart libraries in promoting reading in universities, and explores the management mechanism of smart libraries and measures to address issues such as security, data protection, and privacy

protection. Regarding security issues, it is recommended to strengthen network security awareness training and adopt multi-level security measures; For data protection and privacy protection, it is recommended to strengthen data classification and permission control, establish secure backup and recovery mechanisms, and take measures such as encrypted transmission and storage. In addition, this article also proposes methods for establishing talent cultivation and management mechanisms, including conducting specialized training programs, actively introducing high-end talents, establishing compensation incentives, career promotion, and role model recognition mechanisms, as well as strengthening team management measures.

2.1 The Concept and Connotation of Smart Library

Smart library is a new type of library that organically integrates traditional libraries with modern information technology in the context of technological development such as digital technology and the Internet of Things. It not only has the functions of collecting, borrowing, and consulting traditional libraries, but also has various distinctive functions such as digital resource acquisition, digital services, academic exchange, and knowledge management. The connotation of smart libraries includes digitization, intelligence, open sharing, data-driven, and personalized aspects. The smart library is based on digitization, digitizing and integrating a large number of paper books, journals, newspapers, thesis and other resources into the system, achieving full digital coverage.[1] At the same time, the smart library adopts modern information retrieval technology to provide accurate, fast, and comprehensive retrieval services, meet users' personalized retrieval needs, and perform automatic recommendation and intelligent analysis through technical means such as artificial intelligence. In addition, smart libraries provide many convenient and high-quality services for teachers and students through open resources and service interfaces, such as digital reading, online borrowing, academic exchanges, etc., while also promoting the sharing and utilization of digital resources. The smart library also uses big data technology to analyze and mine the reading behavior and needs of teachers and students, provide data support and guidance for subsequent service optimization, and present the data through data visualization tools, so that users can better understand their reading status and preferences. In addition, smart libraries can provide personalized recommendation services based on users' historical records, reading interests, and other information, accurately recommending valuable reading resources for users, thereby improving user experience and satisfaction.[2]

2.2 The Important Features and Functions of Smart Libraries

A smart library is a digital library that digitizes paper books, allowing readers to access library resources anytime and anywhere through the internet.[3] In addition to traditional textual resources, smart libraries also provide multimedia resources such as audio, video, and images, meeting the diverse needs of readers. In addition, the smart library also provides services such as self-borrowing and returning books, booking seats, and checking books, making it convenient for readers to use. Smart libraries can recommend relevant resources and provide personalized services based on readers' reading habits and interests.[4] In addition, smart libraries are not limited by geography and can provide services to readers nationwide or even globally. The smart library utilizes data mining technology to collect and analyze reading behavior data, providing a reference basis for library knowledge management. At the same time, it adopts a sharing and cooperation model to promote resource sharing and cooperation between libraries, achieving optimal resource allocation. In short, smart libraries provide readers with more convenient, efficient, and comprehensive access to digital resources and services, and open new doors for cooperation and sharing among libraries.

The content of education and health knowledge enables students to deeply understand the connection between sports and health, learn to carry out sports learning, form corresponding sports expertise, and cultivate their awareness of physical exercise. At the same time, teaching should also be carried out with the aim of shaping students' good qualities, cultivating their interpersonal communication and teamwork abilities, cultivating healthy physical literacy and a healthy lifestyle, as well as a proactive and optimistic attitude towards life.

3. WHAT IS THE SIGNIFICANCE OF INTEGRATING PHYSICAL EDUCATION AND HEALTH EDUCATION

At present, the country has given increasing attention and support to the promotion of reading in universities. Education departments in various regions have also successively introduced a series of reading promotion policies and measures to promote the creation of a reading atmosphere in universities and enhance students' reading ability and literacy. For example, the "China University Reading Promotion Project" jointly initiated by the Ministry of Education, National Library and other units aims to guide college students to gradually establish good reading habits and provide more high-quality reading resources; In addition, many universities also actively carry out reading activities, such as reading competitions, book sharing meetings, celebrity lectures, etc., providing students with a richer reading experience.[5]

However, in practical operation, the promotion of reading in universities still faces some problems. Some universities have problems with inadequate implementation of reading promotion policies and insufficient resource investment, resulting in unsatisfactory results in reading promotion. Currently, with the development of information technology and the popularity of

mobile devices, students are more inclined to obtain information and entertainment through the Internet, while the time spent reading paper books is relatively shorter. In addition, some students have problems with their reading habits, such as slow reading speed and lack of ability to summarize and summarize. In addition, students' interest in reading also needs to be improved. In terms of reading choices, many students excessively pursue best-selling books and overlook other excellent cultural books. This has led to students' relatively narrow reading horizons, and their reading abilities and literacy have not been comprehensively improved.

3.1 Improving Students' Physical Fitness

The integration of physical education and health education can effectively highlight the importance that teachers and schools attach to physical education and health education in the new era. Better integration between them can enable health education knowledge to better penetrate into physical education, which is beneficial for students to understand how to maintain their physical health and which sports are beneficial for their own health during the process of physical education learning. Which sports are suitable for oneself and which are not. So the integration of physical education and health education is beneficial for strengthening students' physical fitness and helping them develop good living habits. The security management mechanism of smart libraries is crucial. Smart libraries need to establish a comprehensive information security system, including measures such as data backup and recovery, security monitoring, and user identity verification, to ensure the security and reliability of digital reading environments and digital resources. Among them, for the security management of digital reading environments, technical measures such as physical security measures (such as access control, cameras, etc.) and network security measures (such as firewalls, intrusion detection, antivirus software, etc.) can be taken to ensure that the system is not affected by external attacks during operation. In addition, relevant management systems and operating procedures should be established, personnel training and awareness education should be strengthened, and the safety awareness and skill level of employees should be improved to ensure the safe operation of the system.

3.2 Promoting the Development of Physical Education Teaching

From a practical perspective, in the past, most teachers in primary and secondary school physical education were deeply influenced by traditional educational concepts. In actual teaching, they placed more emphasis on explaining a certain type of physical activity to students. At present, with the continuous development and application of various new educational concepts, more and more new educational concepts are integrated into physical education teaching in primary and secondary schools. Under this influence, many physical education teachers not only explain the corresponding movement essentials in the classroom, but also pay attention to the teaching of health concepts when explaining sports. Good physical exercise can promote their physical and mental pleasure, exercise their physique, and enable them to grow healthier. The series of changes in physical education teaching have made it more comprehensive and conducive to students' growth. Smart libraries need to pay attention to data protection and privacy protection while providing digital reading services. To this end, the following measures can be taken: strengthen data classification and permission control, classify and control all data and resources in the library, and only legally authorized personnel have access; Establish a secure data backup and recovery mechanism, backup and archive important data to prevent data loss or damage; Adopting encryption technology for the transmission and storage of user data, improving the confidentiality and security of data; Clarify the content and scope of privacy protection, and take corresponding measures, such as establishing privacy policies and strengthening user identity verification, to protect the privacy and security of readers. These measures can help smart libraries improve data security and privacy protection levels, ensure the smooth operation of digital reading services, and also enhance readers' trust and satisfaction with smart libraries.

4. ANALYSIS ON THE INTEGRATION PATH OF HEALTH EDUCATION AND INNOVATIVE PHYSICAL EDUCATION TEACHING IN PRIMARY AND SECONDARY SCHOOLS

Smart libraries play an important role in promoting reading in universities. Firstly, the smart library provides a brand new digital reading service that meets the needs of students to access high-quality resources anytime and anywhere, increasing the convenience of students' reading. Secondly, in terms of reading promotion, smart libraries implement personalized recommendations, data analysis and other service methods to more finely meet students' reading needs, thereby improving the effectiveness of reading promotion activities. Thirdly, the application of smart technology has injected new blood and vitality into the promotion of reading in universities, promoting innovation and development of reading promotion work. In short, smart libraries have played a positive role in promoting reading in universities through digital technology, reading promotion models, and student services, helping to cultivate students' good reading habits and improve reading literacy. At the same time, they have also promoted the healthy development of reading promotion work in universities. In addition, smart libraries can also provide more convenient and efficient services for promoting reading in universities. For example, through digital technology, smart libraries can achieve self-service borrowing and returning, online query, and other functions, making it convenient for students to use. In addition, smart libraries can also provide a variety of reading and cultural activities, such as online lectures, reading sharing sessions, cultural salons, etc., expanding the form and content of reading promotion activities, and enhancing students'

participation and satisfaction.

4.1 Construction of teaching objectives

In the process of constructing physical education teaching objectives, teachers should follow the actual situation of students, which will effectively improve their classroom participation. Especially in the construction of teaching objectives for the health module course, teachers need to first investigate students' interest in sports, then improve the health module course, and then teach the course based on students' interest in sports. The construction of goals and the formation of a good teaching system, when the teaching system is completed, the teaching quality of the entire course will be effectively improved. Because the improvement of the teaching system represents the localization of the construction of the health module curriculum. A student-centered teaching curriculum naturally has a high efficiency in stimulating students' subjective initiative and effectively improving their physical and mental health. Of course, the quality of teachers themselves is also an important factor that affects the construction of teaching objectives, so teachers should clarify the teaching content. For example, physical education teachers should arrange long-term sports activities for students, such as football, basketball, volleyball, etc., in order to better assist students in completing exercise content and enhance high school students' interest in learning by creating teaching scenarios and other methods, in order to maximize the benefits of physical education and enable high school students to improve their cultural, physical, and willpower qualities in high school. By constructing targeted teaching objectives, students' needs can be intuitively reflected in the teaching objectives, thereby promoting the improvement of teaching quality and helping students form good comprehensive qualities.

4.2 Conveying the concept of health in the teaching process

From a practical perspective, in the traditional process of physical education teaching in primary and secondary schools, teachers will permeate some health concepts. However, because the focus of physical education teaching in the past was mostly on training students' physical movements and sports skills, the health concepts conveyed by teachers in teaching are very few. Carrying out physical education teaching for students in schools aims to help them strengthen their physical fitness, have a healthy physique, and better engage in life and learning. From this, it can be seen that one of the most important purposes of physical education teaching is to hope that students can develop a good and healthy lifestyle. So, in the process of teaching, teachers should integrate the teaching content with health education well. For example, after conducting track and field teaching, physical education teachers can guide students to conduct targeted track and field training to help them strengthen their grip on track and field movements. Grasp, and explain to students the role of track and field sports in their own vital capacity and other physical functions, so that students can realize the help of track and field sports to health, so that they can strengthen their understanding of the relationship between sports and health, so that they can live a healthy life and study happily.

4.3 Encourage students to engage in more physical exercise after class

The integration of physical education and health education cannot be limited to classroom teaching. In primary and secondary school physical education, teachers need to implement the concept of health education throughout the entire process of physical education, achieving a high degree of integration between physical education and health education. In the past, when teachers assigned extracurricular tasks, they always required students to complete a few physical exercises this week. Now, students can persist in physical exercise for a longer period of time, which not only allows them to engage in more physical exercise but also helps them develop healthy lifestyle habits, promoting their healthy growth. For example, after teaching the section on figure skipping, the teacher can ask students to collect information about it and make them realize the role of this sport in promoting physical health and development, thereby better stimulating their interest in physical exercise. Through this approach, the extension of physical education teaching has been achieved, helping students deepen their understanding of the relationship between physical education and health, and playing an important promoting role in helping students form healthy lifestyle habits.

5. CONCLUSION

In short, in the stage of primary and secondary education, deepening the integration of physical education and health education has important practical significance for promoting the reform of physical education and promoting the development of health education. The implementation of this educational philosophy and teaching method can promote the healthy development of students, strengthen the integration between sports and health, and effectively solve the problems in primary and secondary school health education. In this regard, schools should lay a solid foundation for the integration of the two in terms of teaching objectives, teaching concepts, teaching methods, and other aspects, allowing them to play an important role. There are many challenges and difficulties in promoting reading in universities. Firstly, the promotion of reading in universities requires a significant investment of resources, including book procurement, venue leasing, personnel training, etc., which may become a major challenge for some universities with limited funding. Secondly, the promotion of reading in universities needs to be combined with students' interests and hobbies. Students have more diverse and personalized needs, and how to meet the reading

needs of different students is a difficulty in promoting reading in universities.

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