



Research on the Monitoring Status and Promotion Path of Physical Health Status of Higher Vocational Students-Taking Heyuan Polytechnic as an Example

Liuqing Yang*, Yuanping Zhang^a, Hua Yin^b, Zhiyu Huang^c

Laolong Normal School, Heyuan Polytechnic, Heyuan, China

*69972640@qq.com, ^a11195242@qq.com, ^b398405166@qq.com, ^c22726981@qq.com

Abstract. Higher vocational colleges are the cradle of cultivating innovative technical and skilled talents in the new era. Comprehensively improving the students' physical health level is also the focus of the school's daily education work. Naturally, improving the monitoring level of Higher Vocational Students' physical health is the key. Through the methods of literature, data statistics and observation, this paper makes an in-depth analysis on the value of physical health monitoring of higher vocational students, and takes Heyuan Polytechnic as an example to clarify the current situation of physical health monitoring of higher vocational students, and finally establish an exclusive system for physical health monitoring of higher vocational students around the construction of system culture; Using the "sports + Internet" mode to create an intelligent scheme for monitoring the physical health status of higher vocational students; Taking the achievements of scientific and technological innovation as the driving force, introduce and apply the physical health monitoring equipment for higher vocational students; The training of normal monitoring personnel provides software support for the monitoring of physical health status of higher vocational students; Relying on the policy environment, dig deep into the guarantee conditions, build the monitoring and evaluation system of Higher Vocational Students' physical health status from five aspects, and build the path to improve the monitoring level of Higher Vocational Students' physical health status.

Keywords: higher vocational students; physical health monitoring; value; present situation; promotion path

1 Introduction

Under the guidance of the concept of "health first", China issued the "National Student Physical Health Standards" in 2002, providing clear evaluation indicators for the development of students' physical health nationwide. In 2014, it was further deepened. At the same time, the Central Committee of the Communist Party of China, the Ministry of Education, the General Administration of Sport of China, and local governments have respectively introduced a series of relevant policies and regulations to deeply imple-

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ment and implement the latest "Measures for Monitoring and Evaluation of Student Physical Health" issued by the Ministry of Education in primary and secondary schools, vocational schools, higher vocational colleges, and ordinary universities, improve the quality of the "Standards" testing, and ensure that the "Standards" testing can operate smoothly in the long term, The inevitable choice for effectively implementing student physical health monitoring work [1]. As an important component of China's vocational education system, vocational colleges shoulder special tasks in the development of the new era. Therefore, objectively understanding the current monitoring status of students' physical health and finding practical and feasible improvement paths is of special significance.

2 The Value of Monitoring the Physical Health Status of Vocational College Students

Improving the overall physical health level of students is a long-term project, especially under the guidance of the "Healthy China 2030 Plan Outline". National health has become a fundamental task in the new journey towards a modern socialist country with Chinese characteristics in the new era. Students are the new hope for the socialist cause with Chinese characteristics, and improving students' physical health level is clearly an important task for the future development of the country. Vocational college students are representatives of innovative technology and skilled talents in the new era. It is of special significance to comprehensively enhance the physical health level of vocational college students, and conducting comprehensive monitoring of their physical health status also has special historical value. The specific manifestation is as follows:

2.1 Foundation for Promoting the Integration of Sports and Education and Consolidating the Development of National Sports Industry

The integration of physical education and education "is a national education requirement proposed by the Central Committee of the Communist Party of China, taking into account the current situation of education and the overall physical health of students in China. Its purpose is to ensure that students' sports interests are comprehensively cultivated nationwide, and to develop a good sports habit and healthy sports methods, ensuring that students can master sports skills while enhancing their sports abilities, and truly enjoy sports activities. During this period, monitoring the physical and health status is the foundation for achieving the integration of physical education and physical education. Keeping abreast of students' physical fitness, function, and quality at all times undoubtedly provides a reliable prerequisite for schools to effectively organize various sports activities. Specifically, in terms of body shape and function, three testing and evaluation indicators are mainly set up: height, weight, and lung capacity. In terms of physical fitness, the testing and evaluation focus on five indicators: 50M running, sitting forward bending, standing long jump, 1000M running (female 800M running), and pull-up (female 1' sit-ups). Long term data monitoring can intuitively reflect the level of students in these three aspects. Taking this as an opportunity, physical educa-

tion teachers will take this as a breakthrough point, combine the characteristics of amateur sports projects, select sports projects that are suitable for the current physical health status of students, organize physical education teaching and extracurricular sports activities through corresponding sports facilities, and ensure that students can realize the importance of participating in sports and the importance of improving their physical health level. This is obviously conducive to ensuring the time for students' physical activities on campus and helping to achieve comprehensive development, which can also consolidate the foundation of the development of the national sports industry.

2.2 Providing Important Guidance for Accelerating the Reform of Physical Education Teaching in Vocational Colleges

From the perspective of comprehensive human development and sustainable socio-economic development, the most fundamental condition lies in the word "health". Therefore, comprehensively improving the level of national health continues to be the primary task of the Party in the new stage of history. Education is a powerful tool for comprehensively promoting socio-economic development. Incorporating health education into the education system can clearly provide a strong driving force for comprehensively accelerating China's socio-economic development, and thus gradually shift the focus of school education from "student physique" to promoting students' "physical health" [2]. Vocational colleges, as an important part of vocational education, are the basic structure of China's education system. Introducing health education into the school education system is clearly the trend. As an important component of the school curriculum system, physical education courses are also the "forefront" of developing student health education. Completing the monitoring of students' physical health has become another sacred responsibility of physical education teachers in vocational colleges today. Objectively understanding the physical health status of vocational college students and carrying out targeted reforms in physical education teaching will inevitably benefit the cultivation of high-quality talents, as well as safeguarding the development of the social economy. During this period, the monitoring of students' physical health status is based on data as a measurement standard, providing objective data analysis results on height, weight, lung capacity, flexibility, explosive power, core strength, and speed endurance. This undoubtedly provides a strong basis for effectively changing the focus of physical education teaching in vocational colleges and promoting students to truly achieve comprehensive development.

2.3 A Strategic Measure to Promote the Formation of Lifelong Physical Education Ideology Among Vocational College Students

As early as 2016, the Central Committee of the Communist Party of China and the State Council jointly issued the "Healthy China 2030 Plan Outline", which clearly pointed out the specific requirements for national physical health, providing important policy guidance for integrating health education into the education system in China, and also providing the most basic guarantee for comprehensively building a modern socialist

country with Chinese characteristics in the new era. Vocational colleges, as the cradle of cultivating innovative technology and skilled talents in China, undoubtedly ensure that students' physical health level is the fundamental condition for them to become responsible for the construction of a socialist modernized country. However, it is undeniable that the improvement of the physical health level of vocational college students cannot be achieved overnight. It requires not only high attention from schools and teachers, but also high attention from students. Real time monitoring of physical health status has become a guarantee for vocational colleges to comprehensively improve the physical health level of students. During this period, real-time monitoring data can reflect students' basic physical fitness such as cardiopulmonary function, explosive power, speed endurance, and strength, providing important basis for students to exercise in daily physical education classes and leisure time. Taking this as an opportunity, with the continuous improvement of students' physical health level, it can help them have a deeper understanding of the sustainability of physical health development, and over time, it can promote the formation of students' lifelong sports ideology.

3 Analysis of the Current Situation of Monitoring the Physical Health Status of Vocational College Students

Due to the fact that the implementation of the National Student Physical Health Standards and related policies, monitoring plans, and testing results often objectively reflect the school's efforts in monitoring students' physical health status, fully explaining its specific current situation, the author based on the implementation of relevant policies of Heyuan Polytechnic, as well as the monitoring plan and testing data of students' physical health, to explain the current situation of monitoring the physical health status of vocational college students. Furthermore, it reflects the specific shortcomings in monitoring the physical health status of vocational college students.

3.1 Implementation of Relevant Policies in Vocational Colleges

In order to fully implement and implement the guiding ideology of "health first", effectively strengthen the quality of school physical education work, promote students' participation in sports activities, and form a lifelong physical education ideology, ultimately achieving the long-term goal of students' comprehensive development. China has implemented the National Student Physical Health Standards in major, middle, primary, secondary, and higher vocational schools, as well as ordinary universities nationwide. In 2014, the National Student Physical Health Standards were comprehensively deepened and reformed, creating an ideal policy environment for them. The deepening reform of monitoring the physical health status of vocational college students has also ushered in unprecedented development opportunities and achieved a series of results. However, there is still a situation where students do not have a good understanding of physical testing in physical testing work [3]. Taking Heyuan Polytechnic as an example, the details are as follows:

Table 1. Implementation of relevant policies of the National Student Physical Health Standards at Heyuan Polytechnic

Serial Number	Policies implemented	policy content	Implementation methods	Achievements
1	Notice on the Implementation of the National Student Physical Health Standards	Highly clear testing indicators for students' body shape, physical function, and physical fitness, while proposing systematic evaluation standards, providing objective basis for objectively understanding students' physical and health status.	Conduct testing and evaluation work on the physical form, physical function, and physical fitness of students on campus based on the "academic year".	Detailed test data has been obtained every academic year.
2	Implementation Measures for the National Student Physical Health Standards	Organize and store test data in students' electronic files as important data references for graduation and further education.	Students who have achieved a "good" level or above in their physical health testing and evaluation can only be eligible to apply for the school's "three good" students, scholarships, or national scholarship.	The number of scholarships awarded in the 2017, 2018, and 2019 academic years has been increasing year by year, with a slight decrease in 2020.
3	Notice of the General Office of the Ministry of Education on the Testing Methods and Equipment Standards of the National Student Physical Health Standards	The introduction of student physical health monitoring equipment and instruments must comply with the relevant requirements of the Ministry of Education and the General Administration of Sport of China, and the testing site must reflect standardization and functionality.	According to the requirements of the documents jointly issued by the Ministry of Education and the General Administration of Sport of China, scientifically and reasonably plan the testing sites for students' physical and health levels, and introduce advanced testing and monitoring equipment and instruments.	The hardware level of evaluation work is improving year by year.
4	National Measures for Monitoring and Evaluating the Physical Health of Students (JTY [2014] No. 3)	Always regard the improvement of the evaluation mechanism for school physical education work as the overall goal, and regard promoting the development of stu-	Systematically, a comprehensive implementation of the physical and health level testing system for all students on campus will be carried out, and schools at all levels and types will conduct physical and	The objectivity of the evaluation data can be guaranteed, but the real-time performance is still insufficient.

		dents' physical and mental health as an important task of the school. Personnel conducting physical health monitoring and evaluation must achieve technical standards, scientific and reasonable methods, and highly comprehensive monitoring and evaluation content, objectively reflecting the changing trends of students' physical health.	health level testing and evaluation work every academic year.	
5	Work Plan for Implementing the National Student Physical Health Standards in Guangdong Province	Incorporate into the work plan, comprehensively improve the quality of physical education teaching, comprehensively strengthen physical exercise, comprehensively implement the system of student physical health testing, and comprehensively establish a spot check and review system.	Strengthen organization, strengthen guarantees, and conduct legal testing.	Organize and carry out physical health testing for students every academic year, with both teachers and students serving as "testers"

According to the content presented in the table above (Table 1), although fruitful results have been achieved in the implementation of physical health testing for middle school students in the past four years, potential problems cannot be concealed. Although the college has formulated clear rules and regulations, the completeness and goal of the institutional system are not clear enough. In addition, there is a lack of strong support conditions for the construction and operation of monitoring modes, detection equipment, and monitoring evaluation, which leads to a situation where the real-time and effectiveness of monitoring students' physical health level are not good.

3.2 A Plan for Monitoring the Physical Health Status of Vocational College Students

In implementing the National Physical Health Standards and related policy documents, Heyuan Polytechnic has developed an implementation plan for monitoring students' physical health status, as shown in the following figure:

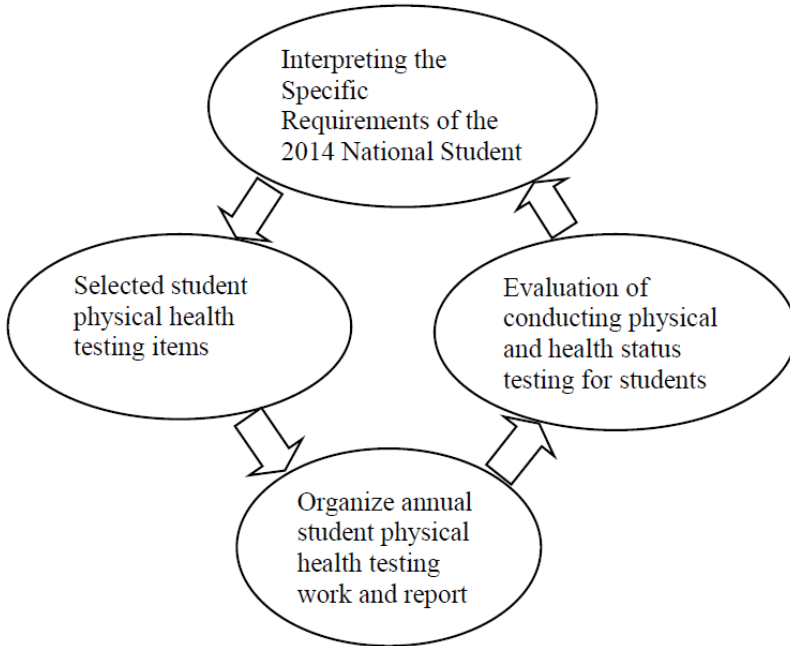


Fig. 1. Implementation Plan for Monitoring Student Physical Health Status

3.3 Participation Enthusiasm in Monitoring the Physical Health Status of Vocational College Students

The active participation of students in physical health monitoring activities will inevitably inject motivation into their participation in physical education teaching and fitness activities, thereby achieving a strong driving role in the development of body shape, body function, and physical fitness, ensuring the continuous improvement of students' physical health level. Below, the author takes all the teachers and students of Heyuan Polytechnic as the research object, and comprehensively evaluates the physical health level of students based on their physical form, physical function, physical fitness, and athletic ability [4]. Based on the weight, lung capacity, female 800 meters, and male 1000 meters test results from 2017, 2018, 2019, and 2020 student physical health test data, the author conducts data analysis on the current participation enthusiasm of students in physical health monitoring. This further reflects the general situation of monitoring the physical health status of vocational college students, with specific data shown in Tables 2, 3, and 4:

Table 2. Test Data of Weight Grades of Students at Heyuan Polytechnic in the Last Four Years

Time	2017	2018	2019	2020
Number of normal weight individuals	2968 people	4133 people	4338 people	4380 people

Growth	/	1165 people	205 people	42 people
Proportion	35.004%	32.408%	32.138%	32.577%

According to the data in the above table (Table 2), the proportion of students in a low weight, overweight, or obese state among the total number of students in Heyuan Polytechnic from 2017 to 2019 is decreasing year by year. However, in 2020, it showed a trend of turning back, an increase of 0.439% compared to 2019. This indicates that in the past 2020, The implementation rate of physical health monitoring in schools has decreased.

Table 3. Data of students' lung capacity test not meeting the standards in the past four years at Heyuan Polytechnic

Time	2017	2018	2019	2020
Number of people with failed lung capacity	529 people	1859 people	1175 people	2071 people
Proportion	6.239%	14.577%	13.150%	15.405%
Growth rate	/	+8.338%	-1.427%	+2.255%

According to the statistical results reflected in Table 3, it can be seen that the most basic physical functions of students showed a significant downward trend in 2019. The total number of students who did not meet the lung capacity standard decreased by 1.427% compared to 2018, but still increased by 6.911% compared to 2017. In 2020, it increased by 2.255%, reaching 10.593%. This also fully demonstrates that the enthusiasm of students to consciously participate in school physical health monitoring work has further declined. The implementation of school physical health monitoring work, the development of physical education teaching work, and the organization of students' extracurricular physical exercise still need to be further strengthened.

Table 4. Data of Female Students' 800m and Male Students' 1000m Failure to Meet the Standards in the Last Four Years at Heyuan Polytechnic

Time	2017	2018	2019	2020
Number of people who fail 800 and 1000 meters	711 people	2058 people	2104 people	3382 people
Proportion	8.385%	16.922%	15.587%	25.156%
Growth rate	/	+8.542%	-1.335%	+9.569%

As is well known, completing the men's 1000 meter and women's 800-meter races requires strong speed endurance as support, and possessing this physical fitness requires an uninterrupted strengthening process to achieve it. The data presented in Table 4 precisely indicates that the students of Heyuan Polytechnic in 2018 and 2020 generally did not pay attention to the strengthening of their physical fitness, resulting in a significant improvement in the test scores compared to 2017 and 2019. This further

indicates that the participation enthusiasm of vocational college students in monitoring their physical health status has not been fully mobilized.

4 Improvement Path for Monitoring the Physical Health Status of Vocational College Students

The current situation carries both success and potential problems. While clarifying the current monitoring status of vocational college students' physical health, it also means that there is a clear direction for comprehensively improving the monitoring level of vocational college students' physical health. The Ministry of Education and the General Administration of Sport of China revised and improved the "Student Physical Health Standards (Trial Plan)" in 2007, promulgated the "National Student Physical Health Standards" and its implementation measures, and fully implemented them in various schools at all levels throughout the country [5]. In this regard, considering the potential shortcomings in the current monitoring of the physical and health status of vocational college students, starting from multiple aspects such as monitoring system, monitoring mode, testing equipment, monitoring evaluation, etc., it is inevitable to find an improvement path for the monitoring of the physical and health status of vocational college students, and to escort them towards a comprehensive development path.

4.1 Putting Institutional and Cultural Construction First, Establishing an Exclusive System for Monitoring the Physical Health Status of Vocational College Students

Vocational colleges, as the "cradle" of cultivating innovative technology skilled talents in China, play an important role in promoting the realization of the "great rejuvenation dream" of the Chinese nation. The path of talent cultivation not only requires strengthening professional knowledge, special skills, professional abilities, and professional literacy, but also requires tempering students' willpower, strengthening physical fitness, shaping a sound personality, and vigorously cultivating lifelong physical education ideology. The latter is the overall goal of monitoring the physical health of vocational college students. This means that in the daily education and teaching work of vocational colleges, the teaching activities of professional courses and the monitoring of students' physical health should be placed in the same position. Establishing an exclusive system for monitoring the physical health status of vocational students clearly needs to be given priority, and the construction of institutional culture is even more crucial. The so-called "institutional culture" is a highly standardized normative system that people actively create to adapt to social development, including administrative management systems, laws and regulations, etc., all of which are reflected at the social level. Vocational colleges should also rely on this as a basis, establish an exclusive institutional culture specifically for monitoring students' physical and health status from two dimensions of management and supervision, and then establish a complete institutional system. Among them, it is necessary to include supervision systems such as hardware allocation, software resource development, work

evaluation, and implementation process inspection, as well as management systems such as uploading physical health testing data, technical training, and innovation of implementation methods. Efforts should be made to highly standardize the monitoring of physical health status of vocational college students, so that the improvement of supervision level can have strong institutional guarantees.

4.2 Using the "Sports+Internet" Model to Create an Intelligent Plan for Monitoring the Physical Health Status of Vocational College Students

As China has entered the new era of Innovation 2.0, social development has also formed a new form of business driven by the Internet. Especially on May 22, 2020, Premier Li Keqiang of the State Council clearly pointed out in the Government Work Report 2020 that the development process of the "Internet plus" era should be comprehensively promoted to form a new situation of development in all fields of society. "Internet plus education" is the main mode of school education in today's era. With the deepening of the monitoring of students' physical health in China, in order to test the effectiveness of the monitoring [6] and further improve the scientific level of student physical health monitoring, the monitoring mode of vocational college students' physical health status should keep pace with the development of the times, vigorously construct and effectively use the "sports + internet" mode, and form a highly intelligent monitoring plan for vocational college students' physical health status. During this period, big data analysis technology should be used to analyze the sports interests, hobbies, and potential of each student, and then establish a closed-loop ecosystem that integrates "teacher student school society". Targeted efforts should be made to promote the cultivation of good sports habits and the establishment of lifelong sports thinking among students, achieving intelligent monitoring of their physical health status. The specific operation is to first establish a student sports data collection and management platform, and obtain 24-hour data on students' daily sports activities, such as heart rate, by wearing a heart rate device. Subsequently, a teacher classroom teaching management platform needs to be established to record data on students' classroom movements throughout the entire process. Finally, we need to create a platform for managing students' physical fitness and health, reporting and statistics on their physical exercise in the classroom and after class, and conducting intelligent analysis of their physical weaknesses around eight dimensions: cardiovascular endurance, flexibility, and upper limb strength. This ensures that teachers can not only objectively understand students' interests and hobbies in participating in sports, but also organize targeted physical activities both on and off campus. It can also ensure that students can objectively understand their physical examination results and physical condition, and form a health record specifically for students, providing an ideal platform for guiding the formation and establishment of good sports habits and lifelong sports ideas for students.

4.3 Taking Technological Innovation Achievements as the Driving Force, Introduce and Apply Equipment for Monitoring the Physical Health Status of Vocational College Students

The achievements of scientific and technological innovation carry the development of the times, and they are undoubtedly an important driving force for social development. The application of scientific and technological innovation achievements is also the driving force for the sound and rapid development of the times and society. Against the backdrop of rapid progress in technological innovation, educational technology has ushered in unprecedented development opportunities, with digitalization and intelligence becoming the most significant technological features. Focusing on the current implementation process of monitoring the physical health of vocational college students in Guangdong Province, whether it is on-site sampling and review by the Ministry of Education or provincial sampling, the monitoring coverage and supervisory role of universities are very limited, which cannot achieve the goal of comprehensive monitoring and management of college students' physical health [7]. In response to this, the comprehensive implementation of monitoring the physical health status of vocational college students should be driven by technological innovation achievements, and focus on introducing detection equipment with the above functional characteristics to provide "hardware" guarantee for the comprehensive implementation of intelligent solutions. The specific operation should include both the intelligent management terminal device for student physique and the three-dimensional physique detector. As for the former, the core technology of the device lies in the data collector, which can input data from all physical testing projects without changing the original testing method, ensuring that the original intention of monitoring students' physical and health status remains unchanged and meets the specific requirements proposed in the National Student Physical and Health Standards. As for the latter, it mainly consists of several parts: lung capacity tester, sit up tester, standing long jump tester, pull-up tester, height and weight tester, sitting forward bending tester, automatic electronic timing system, and physical health intelligent server. Among them, after entering the gate, students only need to swipe their student card, press the start and end buttons for three control actions, and follow the voice prompts to complete the test action to complete a test without the need for a teacher's operation. Finally, students swipe their student cards from import and export to query their scores after completing the test, upload the data to the server, and the entire process is completely automated and intelligent, ensuring the efficiency of student physical health monitoring work.

4.4 Normalized Training for Monitoring Personnel to Provide Software Support for Monitoring the Physical Health Status of Vocational College Students

The National Student Physical Health Standards (2014 Revision) is a fundamental guidance document for national school education work, applicable to evaluating the physical health level of Chinese universities, middle schools, and primary school students [8]. Therefore, the design of monitoring plans should be combined with the

overall background of the times. However, in the intelligent monitoring plan for the physical health status of vocational college students and the comprehensive application of technological innovation equipment, there is no doubt that monitoring personnel need to master relevant computer operation techniques and have strong professional abilities in data statistics and analysis. Therefore, this clearly poses new requirements for vocational college students' physical and health status monitoring personnel, and is also a new challenge to comprehensively improve the software level in this field. In this regard, schools should consider regular training of monitoring personnel as an important component of the path construction for improving the physical health monitoring level of vocational college students. During this process, the specific operation is to first clarify the normalized training work concept, and then clarify the implementation plan of the training work. For the former, it is necessary to adopt the training philosophy of "bringing in" and "going out", regularly invite technological innovation enterprises to the school, introduce the latest research results, and provide training on practical techniques. In addition, it is necessary to regularly organize monitoring personnel to delve into technological innovation enterprises, and provide a powerful practical platform for monitoring personnel to enhance their practical operation ability based on the latest scientific research achievements. In terms of the latter, training activities should be organized on a monthly basis, with training personnel from technology innovation enterprises entering schools and school monitoring personnel delving deeper into technology innovation enterprises, strengthening the theoretical and practical operational abilities of monitoring personnel. In terms of training content, the theoretical basis, role and function, and practical operation process of scientific and technological achievements should be considered as important components. In terms of training evaluation, schools and technological innovation enterprises should serve as the main bodies for implementing the evaluation. The evaluation principles and standards should be based on the fundamental principles of development, guidance, and objectivity, and take the relevant requirements of the National Student Physical Health Standards as an opportunity. The evaluation content should focus on theoretical understanding and mastery, as well as practical operation ability as the basic components, in order to provide software support for monitoring the physical health status of vocational college students.

4.5 Building a Monitoring and Evaluation System for the Physical Health Status of Vocational College Students by Relying on Policy Environment to Deeply Explore Guarantee Conditions

Since the level of students' physical health will inevitably affect the achievements of the construction of a modern socialist country with Chinese characteristics in the new era, the Ministry of Education issued the Evaluation Method for Students' Physical Health in 2019. On the occasion of the 100th anniversary of the founding of the CPC in 2021, the country put forward a series of policies and requirements for students' physical health management. The monitoring of students' physical health in higher vocational colleges is undoubtedly an important part of the policy system. Among them, with the innovative quality assurance system as the starting point, we lead and

promote the improvement of students' physical health level and talent cultivation quality, actively adapt to the talent needs of the new normal of economic development [9], and propose clear policy requirements for the responsibilities and rights of schools, as well as monitoring and supervision work. In response to this, taking its policy environment as an important support, the construction of a monitoring and evaluation system for the physical health status of vocational college students also has a very powerful grip, which can provide a strong guarantee for always improving the level of monitoring the physical health status of vocational college students. The internal structure of the evaluation system mainly includes six modules: basic information management, testing standard management, testing data management, data quality management, report printing, and statistical analysis. In the basic information management module, it is not only necessary to reflect the basic information management functions, but also to have two information management functions: user permissions and testing equipment. In the testing standards module, it is necessary to reflect both the basic query functions of testing items and testing standards, as well as the management functions of scoring standards and methods. In the testing data management module, its functionality is manifested in the effective management of the testing environment and physical testing data, and the implementation of importing, reporting, and querying related data. In the data quality management module, two functions should be included: suspected abnormal data analysis and data collection progress monitoring. In the module of report printing and statistical analysis, it mainly includes the introduction of new content, beautification of reports, data statistics methods, and other functions to ensure a more systematic operation process of monitoring the physical health status of vocational college students, and provide more objective basis for improving the level of monitoring the physical health status of vocational college students.

5 Conclusion

In summary, comprehensively improving the monitoring level of physical health status of vocational college students has high historical value. However, from the current situation of monitoring the physical health status of vocational college students, it is mixed, and this precisely points out the direction for exploring the path to comprehensively improve the monitoring level of physical health status of vocational college students. During this period, it is necessary to find effective breakthroughs in institutional culture, while also prioritizing the introduction of intelligent monitoring plans, monitoring equipment, regular training of monitoring personnel, and the construction of monitoring and evaluation systems. Through continuous in-depth research and exploration, we can ensure that students can truly achieve comprehensive development in the daily training path of innovative technology skilled talents in vocational colleges.

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(2) This paper is also the research achievement of the 2020 school-level philosophy and social science project of Heyuan Polytechnic, "Research on Physical Exercise Behavior Characteristics of Rural Residents in Heyuan under the Background of Rural Revitalization Based on Cross-theoretical Model" (HZSK202004).

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