

Research on the Construction of Online Physical Education and Health Courses in Higher Education Institutions under the Background of "Healthy China"

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Abstract: In the context of the "Healthy China" strategy, the construction of online courses on public sports and health in universities has become an important way to improve the physical fitness and health awareness of college students. This paper explores the construction path and strategies of online courses for public sports and health in universities based on the "Healthy China" initiative. This paper proposes specific measures to optimize the construction of online courses by analyzing key elements such as course design and content construction, innovative teaching modes and methods, technical support and platform construction, faculty strength and teaching management. Research has shown that curriculum design that combines student needs and interests, innovative blended learning models, stable support from technology platforms, and the construction of high-quality teaching staff are key factors in ensuring the efficient implementation of online courses for public sports and health in universities. This paper provides theoretical guidance and practical basis for universities to build public sports and health online courses, contributing to the implementation of the "Healthy China" strategy.

Keywords: Healthy China, Universities, Public Sports and Health, Curriculum Development, Teaching Model

1. Introduction

With the rapid development of China's social economy, the health needs of the people are increasing day by day, and the national attention to the health cause is constantly strengthening. The Chinese government proposed the "Healthy China 2030" plan outline, which clarified the grand goal of building a "Healthy China" and emphasized that health is not only an individual's need, but also the foundation of sustainable social development. In this context, higher education, as the main battlefield for cultivating talents, bears the responsibility of providing healthy and high-quality talents for society. Especially for public physical education courses in universities, it is not only a channel for cultivating students' sports skills, but also an important platform for improving students' physical health and promoting comprehensive development.

However, traditional public physical education courses in universities mainly rely on offline classrooms, with fixed teaching content and relatively single teaching forms. Moreover, they are limited by time and space, which affects students' participation and course effectiveness to a certain extent. In today's digital age, the rapid development of information technology has brought revolutionary changes to the field of education. Online education has gradually become an important component of education reform, and its flexible and interactive characteristics provide new development opportunities for physical education in universities. Especially under the promotion of the "Healthy China" strategy, how to use modern information technology to improve the teaching quality and effectiveness of public physical education and health courses in universities has become an urgent issue to be solved.

This study aims to explore how to construct online courses on public sports and health in universities that meet modern needs in the context of the "Healthy China" strategy. By analyzing the current situation and problems of public physical education courses in universities, and combining the

characteristics and advantages of online education, effective paths and strategies for online course construction are proposed. Through research, provide practical basis and theoretical support for improving the quality of physical education and health education in universities and promoting the implementation of the "Healthy China" strategy.

The significance of this study lies not only in providing a new perspective on the optimization of physical education in universities at the theoretical level, but also in providing practical guidance for universities in the actual curriculum design and teaching implementation process, helping to improve students' health and comprehensive development.

2. Current status of physical education development in the context of "Healthy China"

Against the backdrop of the "Healthy China" strategy, physical education has received unprecedented attention as a key link in improving public health and promoting sustainable social development [1]. With the high attention paid by the country to health, physical education has gradually become an important component of national development. As an important base for talent cultivation, universities' physical education not only carries the task of improving students' physical fitness, but also shoulders the social responsibility of shaping health awareness and cultivating lifelong sports spirit.

2.1 Overview and goals of the "Healthy China" strategy

The "Healthy China" strategy is a grand blueprint proposed by the Chinese government in the context of comprehensively promoting economic and social development. In 2016, China proposed the "Healthy China 2030" plan outline, which clearly stated the need to integrate health into all policies, implement the national health strategy, and promote the construction of a healthy China. Its goal is to significantly improve the health level of the people by 2030, improve the institutional system of Healthy China, and significantly enhance the overall social health security capacity.

The "Healthy China" strategy not only emphasizes disease prevention and control and public health, but also emphasizes health promotion, the popularization of healthy lifestyles, and the improvement of a healthy environment [2]. Through measures such as improving the health security system, enhancing public health services, and improving the health quality of the public, we will promote the participation of the entire population in sports activities, raise public health awareness, and gradually realize the vision of a healthy China. This strategy provides policy support and development direction for the construction of physical education courses in various education systems across the country, especially in higher education.

2.2 Analysis of the current situation of public physical education courses in colleges and universities

As an important component of the comprehensive development of college students, public physical education courses in universities always face multiple tasks such as improving teaching quality, attracting student participation, and promoting students' physical and mental health. However, there are still some problems in the implementation of public physical education courses in Chinese universities.

Firstly, the singularity and traditionality of the course content are prominent. Most physical education courses in universities still focus on basic sports skills training, lacking diversified choices for different students' interests and health needs. The curriculum content of some schools has not been updated in a timely manner and has not been adapted to the needs of the times, resulting in low student participation enthusiasm. Secondly, the gap in teaching staff and the limitations of teaching methods are also common problems. Many physical education teachers in universities have not received systematic training in educational teaching methods, and their teaching models are often limited to traditional classroom lectures and sports skills training. With the changes of the times, students' physical education needs and learning methods have undergone tremendous changes, but the updating speed of physical education teachers' teaching abilities and methods has not kept up with the changes in demand. In addition, the schedule of public physical education courses is relatively fixed, and due to the arrangement of semester courses, many students find it difficult to fully experience and enjoy the benefits of physical education within a limited time. Especially for freshmen, physical education courses are not mandatory learning content, and some students even lack the motivation to actively participate due to personal interests.

2.3 Current application status of online education in college physical education

With the rapid development of information technology, online education has gradually become an important component of educational reform. In the field of physical education, online education provides new opportunities for the development of physical education courses in universities. Online education has the characteristics of flexibility, interactivity, and repeatability, which can break the limitations of time and space in traditional physical education classrooms, providing students with more opportunities for participation and more personalized learning experiences.

At present, some universities have begun to try to combine online education with physical education courses. For example, some schools have developed online sports courses that enable students to participate in sports activities and learn anytime and anywhere through video teaching, live interaction, online discussions, and other methods. In addition, virtual sports training, online sports events, and other forms have gradually gained popularity among students and schools, injecting new vitality into traditional physical education teaching. However, despite providing new possibilities for physical education, online education still faces some challenges. Firstly, it is difficult to evaluate the effectiveness of online physical education courses, as there is a lack of unified standards to measure students' participation and performance in sports. Secondly, some students have weak self-learning abilities, which may result in decreased participation or unclear course outcomes due to a lack of face-to-face guidance. Therefore, how to balance online and offline teaching methods and improve the effectiveness of online education is an urgent issue that needs to be addressed in current university physical education.

Overall, with the advancement of the "Healthy China" strategy, the reform and innovation of physical education have become a demand of the times. The current situation of public physical education courses in universities and the application of online education are developing towards a more efficient, personalized, and intelligent direction. In the future, online education will play a greater role in promoting the quality of physical education and improving students' health levels.

3. Construction needs and goals of online courses on public sports and health in universities

With the promotion of the "Healthy China" strategy, physical education in universities has gradually been given a more important role. In this context, public physical education courses should not only promote students' physical development, but also enhance their health awareness and improve their lifestyle [3]. Especially in today's rapidly developing information technology, online courses have gradually become an important component of physical education in universities. Through online education, the limitations of traditional classrooms can be broken, making physical education more popular and flexible. Therefore, the construction of online courses on public sports and health in universities is particularly important.

3.1 Analysis of construction requirements

With the gradual increase in social attention to health, the health status of college students has attracted widespread attention. Research has shown that many college students are increasingly experiencing health problems due to long-term sitting posture, irregular diet, and lack of sufficient exercise. In order to solve this problem, the demand for the construction of online courses on public sports and health in universities is gradually emerging. Firstly, online courses can enhance students' health literacy, not only teaching basic physical skills and exercise knowledge, but also helping students maintain physical health through reasonable diet and regular exercise. Secondly, due to the limited sports resources in many universities, online courses make up for the shortcomings of traditional course resources through remote teaching, allowing students to participate in sports activities at any time and ensuring that every student benefits. In addition, online courses can also meet students' personalized learning needs, provide flexible learning plans and content, and help students choose suitable exercise methods based on their interests and health needs. Finally, online courses have overcome the limitations of traditional physical education courses in terms of time, location, and resources. Through video teaching, real-time interaction, and other methods, they enhance the continuity and interactivity of the courses, stimulate students' interest in participation, and promote the comprehensive development of physical education.

3.2 Objectives of curriculum construction

The construction goal of online courses for public sports and health in universities is not only to improve students' physical fitness, but also to focus on cultivating their comprehensive literacy and lifelong sports concept. The specific goals include the following aspects: Firstly, through scientific exercise methods and reasonable exercise planning, the course aims to improve students' physical health level, help them master different exercise techniques, improve physical fitness, and reduce obesity and sub-health problems. Secondly, the course emphasizes the cultivation of students' healthy lifestyle habits, not only teaching physical skills, but also popularizing knowledge of healthy eating, psychological regulation, and other aspects, helping students form sustained healthy behavior habits. Furthermore, through diversified teaching methods, online courses popularize basic knowledge and sports skills, enabling students to not only master sports skills but also understand health principles, thereby enhancing their health management abilities. In addition, flexible teaching modes and interesting content design can stimulate students' interest in sports, cultivate their lifelong sports awareness, and encourage the integration of sports into daily life. Finally, online courses break through geographical limitations and are open to all students, enabling students in both urban and remote areas to equally access high-quality physical education resources and promote the overall improvement of society's physical education level. By setting clear course construction goals, online courses on public sports and health in universities will better serve the healthy development of students and contribute to the realization of the "Healthy China" strategy.

4. The construction path and strategy of online courses on public sports and health in universities

In the construction process of online courses for public sports and health in universities, reasonable course design and content construction, innovative teaching modes and methods, comprehensive technical support and platform construction, as well as high-quality faculty and teaching management are key components. The following will provide a detailed explanation of these aspects.

4.1 Course design and content construction

Course design and content construction is the core of online course development. During the design process, course content should be arranged reasonably based on students' actual needs and interests, covering areas such as motor skills, health management, diet, and psychological regulation. The course content should be both scientific and practical, with a solid theoretical foundation and tailored to the practical needs of students. For students of different grades and majors, the course content should be differentiated to ensure that each student can choose and learn according to their own conditions. In addition, the construction of course content should focus on flexibility and scalability. Through modular design, students can choose to study according to their personal progress, ensuring the personalization and operability of the course. At the same time, it is necessary to combine the latest research results of modern sports science and health management, update the curriculum content in a timely manner, ensure that it keeps pace with the times, and enhance students' health awareness and exercise ability.

4.2 Teaching model and method innovation

In traditional physical education courses, students usually engage in physical activities and learning through face-to-face interactions, while online courses provide students with more flexible learning methods. Therefore, innovation in teaching modes is crucial. A blended learning model can be adopted, which combines online learning and offline practice, and enhances students' learning outcomes through a combination of online theoretical learning and offline practical exercises. In addition, online courses should focus on interactivity, using various methods such as video teaching, online discussions, and virtual experiments to enhance students' sense of participation and interactivity. Through real-time online interaction, teachers can answer students' questions in a timely manner, promote students to think deeply, and increase the depth of learning. At the same time, by utilizing big data and intelligent analysis tools, personalized learning suggestions can be provided based on students' learning situations, helping them to master course content more efficiently. Finally, the design of course content should focus on fun and diversity, using gamification, contextualization, and other methods to enhance students' interest and participation in the course. By setting up challenge tasks and reward mechanisms, students' learning motivation is stimulated, allowing them to learn sports knowledge and skills in a

relaxed and enjoyable environment.

4.3 Technical support and platform construction

Technical support and platform construction are the foundation for the smooth operation of online courses. Building a stable, secure, and user-friendly online learning platform is crucial. The platform should not only have basic functions such as video playback, material download, and homework submission, but also provide functions such as live classes, interactive discussions, and real-time Q&A to promote real-time interaction between students and teachers. In addition, the platform should support multi terminal use, allowing students to learn through various devices such as PCs, mobile phones, tablets, etc., ensuring the convenience and flexibility of learning methods.

Platform construction should focus on data management and analysis functions. Through data collection and analysis of students' learning behavior, timely grasp students' learning progress, participation, and learning effectiveness, provide feedback basis for teachers, and help teachers adjust teaching strategies. In addition, the platform should also have intelligent recommendation functions to recommend relevant course content and learning resources based on students' learning interests and progress, helping students comprehensively improve their physical and health literacy.

In terms of technical support, it is necessary to ensure the stability of the network environment and avoid the impact of network failures or platform technology issues on teaching effectiveness. At the same time, utilizing advanced technologies such as virtual reality (VR) and augmented reality (AR) can provide students with a more immersive learning experience, enhancing the practicality and fun of motor skills.

4.4 Faculty strength and teaching management

High quality teaching staff is the key to the success of online courses. Teachers should not only have solid knowledge of physical education, but also be familiar with the characteristics and methods of online teaching, and be able to effectively use modern information technology for teaching. Therefore, universities should increase their training efforts for teachers and improve their online teaching abilities. The training content can include the use of online teaching tools, classroom interaction skills, student learning data analysis, etc., to enhance the comprehensive quality and teaching ability of teachers.

Teaching management is equally crucial. Universities should establish a sound online course management system, clarify standards for course design, teaching execution, quality evaluation, and other aspects. Teachers should regularly conduct teaching reflection and evaluation, adjust teaching content and methods based on student feedback and learning data. At the same time, the course should have dedicated teaching assistants and technical support personnel to help students solve technical problems and teaching difficulties in the learning process, ensuring the smooth progress of teaching activities.

In addition, teaching management should also pay attention to academic integrity and behavioral norms, ensuring that students abide by rules and regulations during the course learning process, and avoid cheating or plagiarism and other bad behaviors. Regularly conduct teaching evaluations and feedback, establish a good communication mechanism between students and teachers, in order to improve the teaching quality of the course and the learning effectiveness of students.

The construction of online courses for public sports and health in universities is a systematic project that involves multiple aspects such as course design, teaching mode, technology platform construction, and faculty management. Through reasonable paths and strategies, not only can students' physical fitness and health awareness be improved, but they can also contribute to achieving the national health goals. In this process, innovative teaching methods, advanced technological support, and high-quality teaching staff will play a crucial role in ensuring that the curriculum meets the diverse needs of students and promotes their healthy development.

5. Conclusion

In the context of the "Healthy China" strategy, the construction of online courses on public sports and health in universities is not only an important component of education reform, but also a key measure to promote the achievement of the national health goals. Through the scientific design of

courses, innovative teaching models, support from technological platforms, and assurance of teaching staff, students' physical fitness, health awareness, and comprehensive abilities can be effectively enhanced, promoting their all-round development.

Reasonable course design and content construction, combined with students' needs and interests, emphasizing the combination of theory and practice, can ensure the practicality and pertinence of the course; Innovative teaching models, such as blended learning and interactive learning, can effectively enhance students' sense of participation and learning motivation; Furthermore, technical support and platform construction provide stable guarantees for online learning, making courses more flexible and convenient; Finally, high-quality teaching staff and a sound teaching management system provide strong support for the smooth implementation and quality assurance of the curriculum.

Therefore, in the process of promoting the construction of public sports and health online courses, universities need to continuously optimize teaching content, innovate teaching methods, improve technical platforms, and strengthen the training and management of teaching staff to achieve the goal of "Healthy China" and enhance students' health literacy and quality of life.

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