

# Research of College Students' Physical Training and Lifelong Physical Education

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**KEYWORDS:** College students; physical fitness; Lifetime Sports; Health

**ABSTRACT:** Lifelong sports consciousness is a sport concept advocated in today's knowledge-based economy and fully train and develop students' lifelong sports consciousness will be the inevitable trend of historical claims. The status of college students' physical of physical education quality in this paper was discussed and based on it, this paper proposed the concept of lifelong physical education of college students thought and discussed the cultivation of students' lifelong sports consciousness.

## Introduction

Lifelong sports is a person lifelong adhere to physical exercise and receive physical education. It is under the influence of modern formation of Lifelong Education, it is to improve the unity of the human physique engineering process in human life. Student access to higher education is a special stage, learned during the school sports technology, skills, new jobs in many of them do not have access, this College Students' Physical Education Reform proposed new ideas and direction. Therefore, how to lay the foundation for lifelong college sport and is the need to develop and market the next era of economic conditions. Today's social change and technological revolution has a higher body mass demand to people's leisure life more and more. Modern civilization on human health has brought some adverse effects. To accommodate high-speed, high-intensity, fast-paced work on the human body challenge students during the school should combine their interests, hobbies and physical characteristics, so that they learn the necessary sports basic theoretical knowledge, develop their awareness and ability to exercise.

On college campuses, sports curriculum is a physical exercise as the main means to enhance the health of college students as the main purpose of the required courses. Lifelong Sports Awareness Training is also an important aspect of college physical education, the core content is to require school sports should be based sports and entertainment, sports and fitness, sports and other traditional sports and family as the main teaching content, not only to master the scientific theory and engage in physical exercise The method of physical exercise, develop good exercise habits, and lifelong sports ideology for the realization of lifelong sports and lay a good foundation.

Lifelong Sport is a new concept since the 1990s reform and development of sports proposed. The implication is that a person should have lifelong physical exercise and receive physical education. Lifelong Sports Awareness Training is also an important aspect of college physical education. Students awareness of lifelong physical exercise, can help students master the method of self-training and improving the physical ability, the future of the students into the community, it has

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