

Exploration of the Health Management Model for College Students

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Abstract: The student population is an important core force driving social development, but their physical fitness and health level have gradually declined in recent years, which has aroused great concern from the state and society. To this end, schools should actively explore new models and content of health management work, so as to continuously improve the overall level of student health management work and help students achieve long-term and all-around development. This project will analyze the health management model for college students and propose some reform strategies for the reference of subsequent researchers.

Keywords: College students; Health management; Patterns; Explore

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1. The current situation of the health management model for college students

1.1. The policy goals are too high, and the implementation effect is not ideal

At present, the government has formulated many policies for the implementation of health management for college students. However, there is a gap between the goals of these policies and the actual situation of students, making it difficult to implement them. There is a big gap between the rate of reaching the physical standards and the actual test results of students^[1]. In addition, although schools have various standards set by provincial departments, in actual testing, there is a lack of reasonable and scientific feedback and accountability mechanisms, resulting in significant problems in the testing work, and many schools lack a long-term education mechanism. In addition, many schools will focus their main efforts on enrollment, employment, and other aspects, and the construction of some key disciplines and specialties is more in-depth, but the construction of sports disciplines is relatively insufficient, and it is in a relatively weak position among colleges and universities. In fact, the improvement of students' physical health cannot be achieved overnight. It is a rather complex process that requires a complete model and data to support it.

1.2. The utilitarian nature of physical education fails to implement the “people-oriented” concept

The importance of physical education courses for students' health is self-evident. However, in actual higher education, there are certain deficiencies and deficiencies in physical education, which will greatly hinder the

development of health management work for higher education students^[2]. With the continuous deepening of the National Student Physical Health Standard, physical education classes in colleges and universities should also be further optimized. In traditional physical education classes, teachers usually help students master one or two sports skills, which makes it difficult to meet the actual development needs of students and fails to implement the educational concept of “people-oriented.”

1.3. The test results are terminated and lack sustainability

The health management of college students requires teachers to conduct comprehensive monitoring, assessment, and analysis of students’ health conditions, which is also an important foundation and prerequisite for ensuring students’ physical health development. However, many colleges and universities often take tests as the ultimate goal when conducting health education for students. After completing the tests, few teachers can analyze the test data of the students, which is not conducive to their further innovation of their teaching work to ensure that the work content is in line with the actual needs of the students^[3]. In addition, there is a long gap between the annual physical test data and students’ physical conditions change greatly, which also affects the development of student health management in colleges and universities, and the lack of sustainability in physical education.

1.4. Health management is fragmented and fails to form the “government—school—society—family” linkage

For the health management of college students, the school is the core place where the work is carried out and a key link of home-school collaboration and social co-construction. At present, when many schools carry out health management for college students, the main bodies are the school hospital, the physical education department, and the physical health testing center. There is a lack of effective interaction among the various bodies, which leads to a very fragmented health management work for college students and is not conducive to the “interoperability of responsibilities” among various departments. This leads to low efficiency in student health management in colleges and universities^[4]. In addition, the main venue for student health management in colleges and universities is still the school, lacking the introduction of social, family, and community forces, which will hinder the expansion and optimization of the model of student health management in colleges and universities.

1.5. The management methods are monotonous, and the introduction of new technologies is insufficient

At present, physical fitness tests in many colleges and universities have been made intelligent, and teachers will try to introduce Internet technology, big data technology, etc., as an aid when carrying out health management work for college students^[5]. However, in practice, the information technology level of some teachers is relatively limited. Although they have a relatively high level of physical education knowledge and health management ideas, they lack practical experience in the application of Internet technology and other aspects. This will lead to a relatively insufficient depth of introducing new technologies into the health management of college students, and the overall management methods will be relatively monotonous. This greatly affects the reform and development of student health management in colleges and universities^[6]. Big data technology can play a very significant role in the health management of college students. However, due to the limited professional ability and information literacy of teachers, it is difficult to apply it to the actual health management of college students, which hinders the reform and expansion of the health management model of college students.

2. “Four-dimensional linkage”: Selection of health management models for college students

2.1. The leading role of the government

In the management of students' health in colleges and universities, the leading role of the government should be emphasized. The government should analyze the content and direction of current student management work, conduct research, and formulate a policy that is more in line with the promotion of students' physical health. To this end, the government can formulate some health standards for students based on their conditions, clarify the rules and systems for the health management of college students, define the roles of various subjects involved, and ensure that different subjects can develop in coordination and cooperate well ^[7]. In addition, the government should clarify the responsibilities and obligations that different entities should undertake in terms of policy to avoid subsequent situations of unclear rights and responsibilities and mutual buck-passing.

2.2. The core position of universities

In the management of students' health in colleges and universities, colleges and universities are undoubtedly at the core. They have first-hand information on students' health and have direct responsibility for their healthy development. Essentially, the management of student health in colleges and universities can be divided into two parts: internal work and external work ^[8]. Internally, the health management of college students is mainly carried out by institutions such as the school infirmary, the student affairs office, and the physical education department. Some college leaders also need to provide psychological counseling rooms and other services based on the actual situation of the students to ensure their all-around physical and mental development. In terms of external work, in addition to following the policies of the government, the school also needs to actively cooperate with various enterprises and families in society to enhance the depth of understanding of students' physical health, enable the sharing of sports reports with parents, and raise the attention and concern of families for students' health.

2.3. The joint construction of society

There are many key and difficult issues in the health management of college students, such as obesity and myopia among students, which greatly affect students' future development. For this reason, colleges and universities should try to cooperate with enterprises in society and involve more enterprises in the management of college students' health, so that they can provide more help for students' health ^[9]. For example, schools can guide enterprises to design some sports apps, health monitoring mini-programs, etc., which will enable students to better understand their own health conditions and lay the foundation for the subsequent health management of college students.

2.4. Family joint education

To ensure the effectiveness of health management for college students, emphasis should be placed on the introduction of family forces, allowing parents to use health management platforms, health monitoring mini-programs, etc., to have a more timely understanding of students' physical health conditions. At the same time, schools can regularly send parents some materials and videos about healthy living to help create a good atmosphere of healthy living for families, provide support for students' long-term development, and create a healthy growth environment for them ^[10]. In addition, schools can provide parents with some psychological counseling materials,

allowing families to participate in students' mental health education and enabling parents to offer more care and support for students' growth.

3. Strategies for reforming the health management model for college students

3.1. Ensure the implementation of policies and highlight the subjectivity of students

When formulating health management policies for college students, it is necessary to ensure the rationality and scientific nature of the policies so as to lay a solid foundation for subsequent implementation. To this end, schools can classify the health management policies for college students based on the actual situation of their own students and set a visual goal for different students, so as to guide their subsequent development^[11]. In terms of managing students' physical fitness, the government mainly relies on physical fitness assessments organized by schools, which leads to sports activities going against the original intention of promoting students' healthy development. Many students will practice extra exercises temporarily to pass the tests, and few students can form a healthy exercise habit. Since there is a gap between the physical fitness test targets and students' actual performance, the government should avoid the pursuit of "good-looking" data when formulating relevant policies. Instead, it should take improving students' physical health as the basis and prerequisite, and set a progressive requirement target^[12]. At the same time, the government should ensure the rationality and scientific nature of the health management goals for college students, highlighting the students' subjectivity, so that they can be more proactive and active in participating in health exercises. While strengthening the school's leading responsibility, it is also necessary to set requirements for students' health responsibility in light of their circumstances, record their initial physical condition and use it as a benchmark for examination results, and then gradually raise their exercise goals in light of different students' circumstances to improve the health management effect of college students.

3.2. Establish the right concepts and strengthen the construction of sports culture

In the health management of college students, it is necessary to establish a complete curriculum system as support, and help teachers and students establish correct development concepts and do a good job in the construction of sports culture, so as to provide assistance for the long-term development of students later. It is mentioned in the "Opinions on Strengthening School Physical Education to Promote the All-round Development of Students' Physical and Mental Health" that the deepening and expansion of curriculum education reform should be carried out, the introduction and practice of high-quality course content should be done well, students should be able to exercise with more abundant resources, and the effect of health management of college students should be improved. Schools should actively integrate educational resources both inside and outside the school, incorporate more training content that helps students develop their physical health into regular physical education courses, and incorporate school sports clubs and campus cultural groups into the health management of college students, so as to create a better atmosphere^[13]. Teachers should pay attention to the reform and optimization of teaching forms, be good at introducing online resources, provide students with more timely and effective guidance and assistance, and enable students to solve various problems encountered in daily training in a timely manner. In addition, in light of the actual situation of the school, the school can try to organize students to participate in some sports events and use information technology, big data technology, etc., as an aid to enrich the forms and contents of the competition. It can also collect more physical data displayed by students in the competition to improve the health management effect of college students.

3.3. Build a student-centered health promotion mechanism

In the research on the health management model for college students, emphasis should be placed on the construction and expansion of the promotion mechanism, which is also an important part and prerequisite for assisting students' development. To this end, schools can innovate and optimize the current sports promotion mechanism and conduct more in-depth monitoring of students' physical fitness. To this end, schools can establish a dynamic monitoring mechanism based on the actual situation and use apps or mini-programs to guide students to upload their physical data to ensure the accuracy of the monitoring. Teachers can prepare courses based on students' data and provide them with some targeted practical training to ensure the effectiveness of health management for college students ^[14]. In addition, based on the actual situation of each student, the school can develop a more personalized education plan for them and establish an early warning mechanism to focus on students with abnormal physical data. To ensure the effectiveness of health management for college students, teachers can provide targeted guidance based on the actual situation of the students. For example, for students with insufficient cardiopulmonary capacity, teachers can organize them to do some long-distance running training, gradually guiding them to form good exercise habits and improve their cardiopulmonary capacity. In the health management of college students, it is necessary to make a change in goals and methods, so that students can shift from coping with tests to building good behavioral habits.

3.4. Establish a collaborative and co-governed health management system

In the reform and optimization of the health management model for college students, emphasis should be placed on the construction of a collaborative health management system, so that existing resources can be better utilized to serve students and improve their health level. In practice, the school can create a "three-dimensional collaborative" management framework, establish a linkage mechanism between colleges and classes vertically, break down the barriers between different departments, and enable colleges, the school hospital and the psychological center to collaborate well, so as to ensure the effectiveness of the health management of college students. In practice, the school could build a cross-departmental collaborative platform, which would enable the sharing of data on students' physical health and further optimize the work process of student health management ^[15]. In addition, two distinctive systems could be established: one is the integration of physical and medical intervention system, and the other is the mental health support system, which would enable the school hospital to provide guidance services for students with chronic diseases, as well as guidance and intervention for those at risk of depression, anxiety, etc., to enable students to develop more healthily. In addition, the school can establish an early warning mechanism to provide teachers with accurate physical data when students are found to have potential health problems, ensuring the quality of health management for college students.

4. Summary

To sum up, in order to further improve the effectiveness of health management for college students, colleges and universities can ensure the implementation of policies and highlight the subjectivity of students; Establish correct concepts and strengthen the construction of sports culture; Build student-centered health promotion mechanisms; Starting with the establishment of a collaborative health management system and other aspects, educators aim to improve the quality of health management for college students to a new level in an intangible way. Colleges and

universities should actively respond to the national strategic deployment on Healthy China and consider student health management as an important part of school education. By implementing a series of reform strategies, not only can the physical and mental health of students be effectively improved, but also a solid foundation can be laid for cultivating well-rounded socialist builders and successors in terms of morality, intelligence, physical fitness, aesthetics, and labor. At the same time, this also requires the joint efforts of the government, society, families, and other parties to create a favorable atmosphere in which the whole society pays attention to the health of students and jointly promote the health management of college students to a new level.

Disclosure statement

The authors declare no conflict of interest.

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