

Research Article

The Application of "Exercise Food Prescription" Teaching Model in Sports Foods Teaching

Xian Liu and Jianqiang Guo

ChangZhou University Sports Foods Institute, ChangZhou, 213164, Jiangsu, China

Abstract: Making the definition of "Exercise food prescription" as its entry point, the study discusses the application of "Exercise food prescription" by analyzing the concept and model of "Exercise food prescription" teaching in order to promote the teaching quality, teaching effect and the revolution of exercise sports foods teaching in universities. "Exercise food prescription" teaching model can efficiently solve the contradiction of technology teaching and theory teaching in the exercise sports foods teaching of Beijing universities and promote and realized the integrated teaching in and out of courses.

Keywords: Concept and model, exercise food prescription, teaching quality

INTRODUCTION

With the deep development of "Exercise food prescription" theory, researches on "Exercise food prescription" have been improved a lot both at home and abroad. "Exercise food prescription" is more and more applied in health exercises and exercise sports foods teaching fields from recovery field (Li, 2005). The task of "Exercise food prescription" in health exercises and exercise sports foods teaching fields develops into pursuing for health both in mind and body from sole fitness. More and more researches of "Exercise food prescription" are carried out on health exercises, exercise sports foods teaching as well as pursuing for health both in mind and body. It is especially true in some universities focusing on scientific research of exercise sports foods. They have obtained some achievements, which objectively provides advantages to carry out "Exercise food prescription" teaching in universities. Currently, health assessment and physical fitness test indexes of "Exercise food prescription" aiming at health exercises has been simplified, so is the standard of exercise intensity. Therefore, the application program of "Exercise food prescription" should also be simplified. The simplified application program efficiently broadens the application object and application range of "Exercise food prescription", which is beneficial to carry out among students with different physical condition. The programmed "Exercise food prescription" information also provide teachers and students in universities with great application conditions. We can see that college teachers play a

positive role in carrying out exercise sports foods teaching model. Better achievements are obtained in some universities, which proves that exercise sports foods teaching model can exert an important role in college exercise sports foods teaching.

MATERIALS AND METHODS

The concept of "exercise food prescription" teaching: "Exercise food prescription" teaching means that teachers formulate strongly targeted teaching contents and methods according to the physical fitness and health condition of students in different classes. It's a kind of teaching method by combining students' autonomous learning and autonomous monitoring of constitution with scientific knowledge about health. "Exercise food prescription" teaching changes exam-oriented education into quality-oriented education and the overall development of students' health both in mind and body by exerting their roles of subjects and mobilizing their enthusiasm for sports foods exercise.

The concept of "Exercise food prescription" teaching model: "Exercise food prescription" teaching mode is a full set of methodology summarized from teaching activity of sports foods exercise in order to reach some specific goal (Tang, 2005). It is established under the theoretical instruction of improving students' health. It is a relatively stable frame structure and active program of teaching activity of sports foods exercise. It is a working way of school exercise sports foods with relatively strong research features. "Exercise food prescription" teaching mode aims to finish the main

Table 1: The comparison of students' constitutions after experiments (N = 240 people)

12 Min running	Mark	Experimental class	Control class
2800 m	100	18	8
2600 m	90	21	12
2400 m	80	62	55
2200 m	70	19	25
2000 m	60	0	16
<2000 m	<60	0	4

tasks of sports foods exercise teaching by taking "Exercise food prescription" teaching as its main method and solve problems relating to students' constitution development by means of "Exercise food prescription" teaching. It is the materialization of sports foods exercise teaching as well as the summary of sports foods exercise teaching experience.

The application of "Exercise food prescription":

The effect comparison between "Exercise food prescription" teaching and traditional sports foods exercise teaching: "Exercise food prescription" teaching carry out the whole teaching process by combining calisthenics, track and field, basketball as well as health and fitness facilities (Wang, 2010). All those items possess fitness objective, so it has obvious experiment teaching results. The reason is that "Exercise food prescription" teaching is characterized by strong targeted, scientific and practical features, which can not only meet the need of teaching but also meet the need of taking exercising.

The application of "Exercise food prescription" teaching in exercise sports foods teaching in universities: "Exercise food prescription" teaching accords with discriminatory principle which can efficiently improve students' sports foods level. When it comes to selecting teaching contents, methods and exercise load, "Exercise food prescription" teaching takes students' physical condition into consideration, which efficiently motivates students' consciousness and enthusiasm to take exercise and then improves exercise effect. It is proved by experiments that "Exercise food prescription" teaching can efficiently enhance students' physical fitness and improve the teaching condition that students with a good physical fitness can eat well, while students with a bad physical fitness cannot eat well. "Exercise food prescription" teaching indeed puts "teaching students in accordance with their aptitude" into practical teaching.

The strong targeted "exercise food prescription" teaching can efficiently improve students' physical constitution: "Exercise food prescription" teaching formulates corresponding "Exercise food prescription" according the real physical fitness condition of students in experimental groups. It also implements appropriate exercise load and timely adjusts their exercise intensity. Students' constitutions are obviously improves by teaching experiments, which conforms to some related research results at home Shown in Table 1.

RESULTS AND DISCUSSION

"Exercise food prescription" teaching integrates adaptation, enjoyment and scientificity: "Exercise food prescription" teaching integrates adaptation, enjoyment and scientificity which can motivate students' initiative in study and cultivate their consciousness in taking exercise sports foods exercise (Xu, 2006). It is beneficial to form a habit of taking a lifelong exercise sports foods exercise. "Exercise food prescription" teaching takes sports foods type, exercise intensity, exercise time and exercise frequency in to full consideration, which not only makes teaching on the basis of science but also avoids over fatigue and receives great learning effect. The strong targeted "Exercise food prescription" teaching can improve students' interest in learning, motivate their enthusiasm for learning by appropriately arranging their learning and exercising. It is good to motivate students' subjective initiative in learning and form a good habit. "Exercise food prescription" teaching can timely adjust "Exercise food prescription" by analyzing, summarizing and feeding back after class, which conforms to the development of students' constitution and their health in mind and body.

"Exercise food prescription" teaching can more efficiently improve the effect of course teaching: The application of "Exercise food prescription" teaching model can motivate students' enthusiasm and initiative in learning. It is proved by experiments that "Exercise food prescription" teaching formulated according to students' real constitution condition is quite strong targeted. Meanwhile, "Exercise food prescription" teaching places emphasis on students' knowledge education of scientific exercise. Moreover, college

Table 2: The excellence rate comparison of students' physical fitness test between experimental class and comparison class (N = 120 people)

Content	Standing long jump	100 m running
Before the implementation of the experimental class	50	62
%	42	52
Before the implementation of the control class	55	64
%	46	53
After the implementation of the experimental class	101	89
%	84	74
After the implementation of the control class	75	67
%	63	56

Table 3: The questionnaire of carrying out "Exercise food prescription" teaching model by college teachers

Content	N	%
Cultivating students' Lifelong Physical Education consciousness	17	56
Improving students' physique	22	73
The improvement of students' initiative and positive exercise	28	93
Promoting and expanding the level of PE. Teachers	21	70
Promoting the reform and development of School's Physical Education	18	60
Promoting the concept of health and scientific knowledge of physical exercise	25	83

students have strong rationality and autonomy, so they can use scientific exercise method after they realize what they are short in their own constitution condition, which will more improve their enthusiasm and initiative in learning (Table 2).

In the process of implementing "Exercise food prescription", teachers should timey communicate with students both in and out of class, which can not only meet students' different exercise sports foods demands and motivate their interests in exercise sports foods, but also guarantee the scientificity and effectiveness of exercise sports foods exercise. It is beneficial to cultivate students' idea of scientific exercise sports foods exercise, form a good habit of taking sports foods exercises and finally reach the target of lifelong education sports foods exercise (Table 3).

CONCLUSION

It possesses some practical and guided value, which can be popularized and used. However,

traditional sports foods exercise teaching more focuses on the technology teaching of exercise sports foods items and place more emphasis on unilateral "teaching" or "learning", which doesn't have a strong direction of fitness. After finishing experiments, it is proved by comparing changes of each body index.

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