

Study on Health Promotion of Fitness Yoga to Students of Disadvantaged Groups in Colleges and Universities

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Abstract: The strategic theme of "Co-construction and sharing, health for all" is proposed in the outline of the "Healthy China 2030" plan. Yoga, as a fitness exercise, is deeply loved by college students. Different from other sports, fitness yoga can meet the exercise needs of different student groups, with low intensity exercise loads providing more choices for students of disadvantaged groups. In the process of yoga practice, students can regulate their physical and mental health, alleviate anxiety, improve their mental state, The study on the promotion of fitness yoga on the physical health of students in vulnerable groups aims to maintain and improve the health of college students, promote the scientific fitness of the whole people, and help the healthy China action.

1. Preface

Health is the cornerstone of people's all-round development and happiness. It is also an important symbol of national prosperity and social progress. Without people's health, there will be no well-off society in an all-round way. As the connecting point between universities and society, the physical health of university students is particularly important, especially the physical health of students with physical defects or obesity, which is one of the major problems that the physical education teachers in colleges and universities need to solve. Due to physical limitations, students from vulnerable groups are unable to participate in medium and high intensity sports, so they are limited in the choice of sports activities. As a non-competitive sport, fitness yoga is not limited by venue and time, and can meet the needs of different categories of people, Yoga postural stretching can stretch stiff muscles, improve the flexibility of the body ; Yoga meditation can relieve anxiety, benefit physical development, pleasure and improve happiness^[1]; It is safe and simple, and plays an important role in improving the physical and mental health of students in vulnerable groups and improving the quality of life.

2. Concept definition

2.1 Physically vulnerable groups

Physically vulnerable groups refers to the group whose body is in a disadvantageous position in terms of physical development, especially those who are relatively disadvantaged in learning and living based on physical

strength. ^[2] The definition of physically vulnerable groups includes one sufficient condition and two basic criteria: sufficient condition is people who suffer from diseases or physical disabilities that are not suitable for taking part in strenuous physical exercise (including heavy physical work); One of the basic criteria is the population whose test results have not reached the passing grade of the National Physique Measurement Standard; The second basic criterion is the body mass index (BIM) test results in the following range: $BIM < 20$ (lean body development), or $BIM \geq 26.5$ (obese body development). Groups that meet the above sufficient conditions or one of the two basic criteria can basically be identified as physically vulnerable groups.

2.2 Health promotion

The term "health promotion" was first proposed by the World Health Organization at the first International Conference on Health Promotion held in Ottawa, Canada, on November 21, 1986. It refers to the use of administrative or organizational means to widely coordinate the relevant sectors of society as well as communities, families and individuals. A social behavior and social strategy that enables them to fulfill their respective responsibilities for health and jointly safeguard and promote health.^[3] Compared with health education, the meaning of health promotion is broader, it includes health education and can promote behavior, environmental change organization, policy, economic support and other strategies.

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2.3 Fitness yoga

Fitness yoga is the State General Administration of Sports officially promoted to the country's fitness sports project, is to promote physical and mental health for the purpose, through their own postural training, breath and psychological adjustment means, improve posture, enhance body vitality, delay the aging of the body, is an important part of sports health. ^[4] Fitness yoga is not a school or branch of yoga, but basically covers the whole content of yoga, including body adjustment, pranayama, and heart adjustment. Fitness yoga is the product of localization and Chinese yoga. According to the research and development of China's national conditions and public fitness needs, around the basic connotation of fitness yoga, through various efforts, the basic position 108 is determined, and according to the difficulty of completing the position, it is divided into 5 levels from low to high, the first 4 levels of 24 individual positions, and the fifth level of 12 elective positions.

3. Problems existing in students of physically disadvantaged groups

In recent years, the physical health status of Chinese college students has been improved to some extent, and the decline trend of speed, endurance and strength quality has gradually eased, but the detection rate of overweight and obesity continues to increase, and the detection rate of poor eyesight remains high. This not only becomes the invisible killer of the healthy development of college students, but also brings great pressure to their study and employment. In addition, college students with some chronic diseases or physical disabilities have more difficulties and obstacles in daily life and social communication than students with healthy bodies. There are differences in appearance, physiology, psychology and social communication among college students of the physically disadvantaged groups.

3.1 The physical quality of students in physically vulnerable groups is lower than that of students in non-physically vulnerable groups

Due to the physical characteristics, dismemberment, sequelae of sports injury, congenital or acquired physical diseases and mental diseases, students of physically vulnerable groups have poor physical quality and sports ability, and are at a significant disadvantage in engaging in physical study and life. Because of their special appearance, some of them are physically disabled, some are too obese, and some are too thin, which makes them unable to participate in normal sports activities like normal students. At the same time, due to the relatively low level of sports, they are timid, inferior and lack of self-confidence in sports activities, which also affects their enthusiasm to participate in sports activities to a certain extent. On the other hand, there are relatively few sports items suitable for students of the physically disadvantaged groups, and even fewer items of interest.

As a result, students of the physically disadvantaged groups lack their own interest in physical exercise, and thus participate in physical exercise less frequently and less frequently, and it is difficult to achieve the expected results in exercise. In the long run, it will enter a vicious cycle, and health will be worse and worse.

3.2 Students of physically vulnerable groups have a low level of mental health

Students of physically vulnerable groups have certain physical deficiencies, which leads to their inability to participate in various activities as students with normal physical conditions. As time goes by, mental health problems such as anxiety, depression, hostility and paranoia will be formed to a certain extent, and even affect diet and sleep, thus affecting interpersonal relationships among classmates. The college students of the physically disadvantaged groups have certain physiological defects, low physical strength and poor learning ability of movement technology, which lead to great differences in cognition between them and other students in the process of sports. Although more efforts have been made, the results are always unsatisfactory. With the repeated occurrence of this failure situation, coupled with the ridicule of classmates, it is easy to make students lose their psychological balance, and eventually produce depression, resulting in students having psychological Yin, affecting normal study and life.

3.3 The social adaptability of students from physically disadvantaged groups is worse than that of students from non-physically disadvantaged groups

The main place for college students to adapt to society is the school. College students' campus life includes not only study, but also a variety of student associations and sports clubs. Students can choose associations and clubs according to their own interests. However, the activities and content Settings of these associations and clubs are mostly for students with normal physical quality, and there are not many opportunities for students with weak physical conditions to choose. Therefore, compared with students from non-physically disadvantaged groups, students from physically disadvantaged groups are less likely to participate in various activities, especially sports activities, and lack platforms and media to communicate with other students who have common interests and hobbies. As a result, they are relatively low in cooperation, communication, competition consciousness and concern for the collective, which affects the development of their social adaptability.

3.4 The interpersonal relationship of the students in the physically disadvantaged groups is worse than that of the students in the non-physically disadvantaged groups

Students of physically vulnerable groups are different from ordinary people in physical form. The physical difference caused by diseases or obesity makes students of this group have inferiority in interpersonal communication and lack of self-confidence, which leads to their fear of communicating with unfamiliar people. Studies have shown that the less satisfied current students are with their body shape, the higher their anxiety and the lower their self-confidence.

4. Fitness yoga can promote the health of students in vulnerable groups

Fitness yoga mainly adjusts body posture and breathing and combines meditation to achieve the harmony and unity of the practitioner's body and mind. Fitness yoga can heal the practitioner's body, mind and spirit, and emphasizes the continuous understanding of self and self in the process of practice to achieve the goal of self-cognition. College students of vulnerable groups in the process of yoga asana practice, through their own best efforts to complete muscle, ligament stretching, body twisting, movement maintenance, with the concentration of breathing and mind, to achieve body adjustment, heart adjustment, breath adjustment good practice state, promote the development of physical and psychological adjustment, promote the development of good social adaptability.

4.1 Fitness yoga promotes the development of physical fitness of students from disadvantaged groups

Students of vulnerable groups cannot complete some relatively high intensity exercises due to their physical defects, and fitness yoga is a static exercise, which can cultivate muscle strength, endurance, flexibility and balance. The forward flexion, backward extension and torsion of various body positions in fitness yoga can fully stretch every muscle in the body, and the body muscles are in the isometric contraction state during asana exercises, which can enhance muscle strength, promote the improvement of muscle exercise effect, and greatly promote the improvement of body flexibility^[5], so as to achieve the purpose of improving body posture. The handstand and balance in fitness yoga emphasize the coordination and strength of the human body, especially the strength training of the core muscle group and the limbs muscle group, which can better improve the strength quality and endurance quality of students. Fitness yoga practice in the relaxed state can improve the speed of blood circulation, speed up the return of venous blood, reduce the burden of the practitioner's heart, and play an important role in adjusting the circulation in the human body.

4.2 Fitness yoga can improve the body shape of students from vulnerable groups and enhance their self-confidence

The physical form of students in vulnerable groups is affected by congenital genetic factors to a certain extent, but the conscious and targeted special training can also achieve improvement. Different types of fitness yoga postures can exercise the flexibility and strength of the muscles, can make the joints in a relatively stable premise to improve the degree of activity, can reduce the waist and abdomen fat, tighten the muscles, and then improve its body shape, shape a healthy posture, increase personal charm, enhance self-confidence, improve interpersonal relations.

4.3 Fitness yoga promotes the mental health development of students from physically disadvantaged groups

Fitness yoga standard postures are based on the Indian traditional classical postures, with a set of very complete cultivation methods from the body to the spirit, not only can achieve the effect of strengthening the body, but also pay more attention to the inner cultivation, and the effect is significant, regular yoga exercise can achieve the effect of delaying aging, refreshing and relaxing^[6]. Relevant research results show that fitness yoga and other sports activities have the same effect on students' mental health. Systematic and scientific fitness yoga practice will have an obvious regulating effect on college students' depression and other bad emotions, which is conducive to alleviating some bad psychological states of college students. The regulating effect of yoga on psychology includes the relief of negative emotions such as stress, anxiety, depression and insomnia.^[7] According to the "Chinese Mental Health Scale", the mental health test before and after the exercise of fitness yoga for students from vulnerable groups is conducted. It is found that the breathing and meditation of fitness yoga can relax people's nervous system, eliminate negative thoughts, and make people's inner stability, peace and confidence. It can relieve anxiety, enhance inner control, calm people and maintain a positive attitude towards life.

4.4 Fitness yoga can promote the social adaptability of students from disadvantaged groups

Fitness yoga plays a unique role in developing students' social adaptability. Students who regularly participate in yoga practice can improve their self-confidence, toughness and other outstanding will qualities to a certain extent, and enhance their self-confidence in interpersonal communication^[8]. Their sense of teamwork and competition, communication skills, and concern for the collective and society will be improved, and the cooperation and communication skills acquired in yoga practice can be transferred to daily study and life. In the process of body-building yoga postures for students of

vulnerable groups, with the continuous improvement of yoga exercise level, the tenacious, confident, strong will qualities of practitioners have also been improved [9]. Through mutual learning and communication, students of physically disadvantaged groups can show their most authentic side to their peers, improve their self-esteem, self-confidence and interpersonal skills in continuous learning, stimulate their awareness of loving life, and enable them to adapt to interpersonal communication environment faster and better. Improve social adaptability.

5 Conclusions

As a part of college students, the level of physical health of students in vulnerable groups directly affects the overall level of physical health of college students. Due to the lack of physical health of students in vulnerable groups, there are some problems in physical form, physical quality, mental health and social communication.

Through its unique way of exercise, fitness yoga can improve the physical quality of students in disadvantaged groups. In the practice to overcome inferiority, relieve anxiety, find confidence; In the practice to learn to get along with others, mutual cooperation, improve social adaptability. Fitness yoga has a good effect on health promotion of students in vulnerable groups.

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