

# 小学生体质状况调查分析——以大理市第二完全小学为例

## 摘 要:

近年来,学生体质问题受到社会各界的广泛关注,国家出台了相关政策加强学生体质,国内有关学生体质的研究取得了丰硕的成果。但由于不同地区学生体质状况各有差异,笔者查阅文献发现有关大理地区学生体质研究缺乏,因此本文运用文献资料法、数据统计法、问卷调查法,对大理市第二完全小学学生体质状况进行调查研究。

本文以大理二小一到六年级的学生为调查对象,运用分层抽样的方法抽取学生的体检数据,共获取了120份有效样本。本文学生体质状况研究分为两类:身体形态状况,即身高、体重、胸围;身体机能状况,即肺活量、安静心率。根据大理二小学生体质存在的问题和影响体质现状的因素,提出合理的对策。

研究结果表明:在身体形态方面,大理二小学生的身高体重都在逐年增长,其增长幅度存在较大差异;胸围在逐年增长,最突出的是三年级女生的平均胸围小于二年级平均胸围;在身体机能方面,除六年级学生外,各年级学生的肺活量在下降,有扩大的趋势;学生的安静心率处于不稳定状态,都在正常范围内搏动。根据影响大理二小学生体质的因素,文章从学校、学生、家庭教育这三个层面提出增强学生体质的对策:第一,学校层面,重视体育课程,加强学生身体锻炼;调动一切资源,采用奖惩的方式,提高学生参与度;第二,学生层面,减轻功课量,交还选择权,有充裕时间锻炼;培养良好的饮食生活习惯;第三,家庭教育层面,增加运动量,培养学生运动锻炼意识;意识到体质健康的重要性。

**关键词:** 大理二小学生; 体质状况; 对策

# **Investigation and Analysis of Physical Condition of Pupils: Taking Dali Second Complete Primary School as an Example**

## **ABSTRACT:**

For the past few years, the problem of student's physique has been widely concerned by all walks of life. However, due to the differences in the physical conditions of students in different regions, the author found a lack of research on the physical conditions of students in Dali region through literature review. Therefore, this paper used the methods of literature, data statistics and questionnaire to investigate the physical conditions of the second complete primary school students in Dali.

In this paper, from grade 1 to grade 6 of Dali second primary school, 120 valid samples were obtained by sampling the physical examination data of the students. In this article, the study of students' physical condition can be divided into two categories: body shape, namely height, weight and chest circumference; Physical function, that is, lung capacity, quiet heart rate. According to the problems of the students' constitution and the factors affecting the present condition of their constitution, the paper puts forward some reasonable countermeasures.

The results show that: in terms of body shape, the height and weight of the students in the second primary school of Dali are increasing year after year, and the increase range is quite different. The chest size is increasing year by year, the most prominent is that the average chest size of grade 3 girls is less than the average chest size of grade 2; In terms of physical function, except for the sixth grade students, the lung capacity of all grade students is in decline, there is a trend of expansion; The students' quiet heart rates were in an unstable state, all beating within the normal range. According to the factors affecting the physical condition of the students in the second primary school of Dali, this paper puts forward the

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