



(RESEARCH ARTICLE)



Reflections on integrating physical fitness test into student performance assessment management in universities

Zhenda Hao *

Academic Affairs Office, Central University of Finance and Economics, Beijing, P. R. China.

World Journal of Advanced Research and Reviews, 2026, 30(03), 517-521

Publication history: Received on 27 April 2026; revised on 04 June 2026; accepted on 08 June 2026

Article DOI: <https://doi.org/10.30574/wjarr.2026.30.3.1603>

Abstract

Against the backdrop of comprehensive quality education in higher education, physical fitness test has become a routine and indispensable educational management component in colleges and universities. Standardized physical fitness testing and scientific result application play a positive role in standardizing students' daily exercise behavior and improving college physical education effects[1-3]. At present, many universities have formed a relatively complete physical fitness testing system, yet prominent deficiencies remain, including the disconnection between fitness assessment and academic performance management, single-dimensional evaluation criteria, and inadequate refined management[4-5]. Based on the actual work experience of university academic affairs management, this paper systematically sorts out the current status and inherent shortcomings of college physical fitness test management, analyzes the practical obstacles restricting the integrated development of fitness assessment and student performance evaluation, and puts forward targeted optimization paths from the aspects of evaluation weight allocation, process assessment reform, cross-platform data docking, differentiated evaluation and multi-department collaborative governance. The research aims to further standardize college student physical health management, enrich the multi-dimensional student performance assessment system, and provide practical references for colleges and universities to promote the integrated development of physical education and talent evaluation.

Keywords: University Management; Physical Fitness Test; Academic Affairs Management

1. Introduction

Physical health is the fundamental guarantee for college students to complete their academic studies and realize all-round development. National higher education management policies have long clearly stipulated that colleges and universities shall conduct annual physical fitness tests for students, and take physical health status as a core component of student training and quality evaluation[6-7]. As the core functional department responsible for undergraduate teaching operation and student performance management, the academic affairs office undertakes the crucial responsibility of standardizing student assessment rules and improving the talent evaluation system.

In the daily operation of most universities, physical fitness testing is mostly completed independently by physical education departments. The testing work focuses on process organization and data collection, while the subsequent application of test results is inadequate[8]. The separation of physical fitness assessment from academic performance evaluation and comprehensive quality assessment leads to the lack of long-term restraint and guidance on students' physical exercise behavior. Many students only take physical tests passively, lack sustained daily exercise habits, and the educational value of physical fitness testing cannot be fully exerted[9-10].

* Corresponding author: Zhenda Hao

Combined with the practical difficulties of front-line teaching management in universities, this paper explores the integration mode of physical fitness test and student performance assessment, solves the disconnection between physical health management and daily academic management, and provides feasible optimization ideas for universities to build a more scientific and systematic student comprehensive evaluation mechanism.

2. Current Problems of Physical Fitness Test and Student Performance Assessment Management

2.1. Disconnection between physical fitness assessment and academic evaluation system

Most universities have set up independent physical fitness test data management platforms, which are operated and maintained by physical education departments. The test data cannot realize automatic data synchronization and information sharing with the educational administration performance management system. Physical fitness results are merely archived as independent health data and excluded from students' annual comprehensive performance assessment and daily academic evaluation. The lack of institutional linkage makes physical fitness testing a rigid procedural task, which cannot form effective behavioral constraints on students, resulting in low initiative of students' independent exercise[11-12].

2.2. Single assessment mode relying on one-time final test

In terms of assessment methods, most colleges and universities adopt the mode of centralized annual testing. The final physical fitness assessment result is completely determined by the data of a single test, ignoring students' daily exercise status, sports course participation and long-term physical change trend. The single final assessment mode is easy to cause the phenomenon of temporary cramming before the test. It cannot objectively reflect students' real physical quality and daily exercise habits, and the scientificity and comprehensiveness of the assessment are insufficient[13-14].

2.3. Lack of differentiated and humanized assessment rules

At present, the unified testing standards and assessment indicators are basically implemented for all undergraduates in universities, without fully considering the individual differences of students' physical conditions. For students with chronic diseases, physical disabilities, accidental injuries and other special situations, the existing assessment system lacks detailed and operable exemption, postponement and make-up assessment rules. The rigid unified assessment standard cannot adapt to the individualized situation of different students, which affects the fairness and rationality of the assessment work[15-16].

2.4. Imperfect multi-department collaborative management mechanism

Physical fitness test management involves multiple departments such as academic affairs, physical education and student affairs. In the actual management process, there is no standardized regular communication and coordination mechanism among various departments. The division of responsibilities in assessment standard formulation, data verification, result application and student management is vague. The disjointed management of each link leads to low overall management efficiency and insufficient implementation effect of assessment policies[17].

3. Optimization Strategies for Integrating Physical Fitness Test into Student Performance Assessment

3.1. Establish a linkage mechanism between fitness scores and comprehensive evaluation

The academic affairs office shall formulate unified campus management regulations, clarify the reasonable weight of physical fitness test results in students' annual comprehensive quality evaluation and academic performance assessment. Qualified fitness results shall be taken as one of the basic conditions for students to apply for scholarships, excellent student selection and academic honors. Unqualified results will restrict students' qualification for relevant evaluation, so as to give full play to the guiding and restraining role of physical assessment, and urge students to develop long-term exercise habits[18-19].

3.2. Build a diversified assessment model combining process and final evaluation

Optimize the single final assessment mode, and build a composite assessment system combining daily process assessment and annual final test[20]. The process assessment indicators can include daily physical exercise attendance, sports course attendance, participation in campus sports competitions and community activities. The final test focuses on students' physical quality indicators. The combination of two evaluation modes can comprehensively reflect students' physical exercise status and avoid the one-sidedness of single assessment.

3.3. Realize data interconnection between multi-platform systems

Promote the technical docking between the physical fitness testing platform and the university educational administration management system, realize automatic synchronization, real-time query and unified archiving of fitness test data[21]. Uniformly manage student physical performance and academic performance through the educational administration platform, reduce manual data entry and statistical errors, improve the informatization level of student assessment management, and ensure the authenticity and accuracy of assessment data.

3.4. Implement classified and flexible humanized assessment management

According to national education management standards, combined with the actual situation of the university, formulate detailed management measures for special student groups[22]. For students with valid medical certificates who are unable to participate in normal physical tests due to illness or disability, standardized exemption and flexible assessment mechanisms shall be implemented. At the same time, graded assessment standards can be set for students of different grades to adapt to the physical development rules of college students at different stages.

3.5. Improve the multi-department joint working mechanism

Establish a long-term coordination mechanism dominated by the academic affairs office and jointly participated by the physical education department and student affairs department. The departments jointly revise assessment rules, verify test data, solve practical problems in the implementation of assessment policies, and form a working pattern of unified standards, coordinated management and efficient implementation, so as to continuously standardize the whole process management of student physical fitness assessment.

4. Practical Difficulties and Optimization Suggestions

In the process of promoting the integration of physical fitness test and student performance assessment, universities will face certain practical difficulties[23]. On the one hand, the reform of assessment rules and data system docking will increase the daily statistical and management workload of functional departments. On the other hand, students' long-term formed passive exercise concept cannot be changed overnight, and individual students will have adaptive resistance to the new assessment mechanism.

In view of the above problems, universities can carry out policy interpretation and publicity at the beginning of each academic year to help students fully understand the purpose, standards and significance of the reform. At the same time, optimize the functions of the educational administration system and physical fitness testing platform, realize automatic data statistics and intelligent assessment, reduce manual operation pressure, and steadily promote the implementation of the new assessment system in a gradual and standardized manner.

5. Conclusion

The integration of physical fitness test into student performance assessment is an important measure for universities to implement comprehensive quality education and improve the level of refined teaching management. At present, college physical fitness management has problems such as disjointed evaluation system, single assessment mode and insufficient collaborative management. Through establishing score linkage mechanism, optimizing diversified assessment modes, realizing system data interconnection, implementing humanized classified assessment and improving multi-department coordination mechanism, universities can effectively make up for the deficiencies in traditional management modes. Scientific and standardized physical fitness assessment management can effectively guide students to develop good exercise habits, improve students' physical quality, enrich the multi-dimensional talent evaluation system of colleges and universities, and provide strong support for the high-quality development of undergraduate education.

Compliance with ethical standards

Disclosure of conflict of interest

The author declares that there are no conflicts of interest regarding the publication of this paper.

References

- [1] Zhang Y M. Effectively improving students' physical fitness level—Interpretation of National Student Physical Health Standards (2014 Revision)[J]. Physical Education Teaching, 2014, 34(9):6. <https://doi.org/10.3969/j.issn.1005-2410.2014.09.003>.
- [2] Zhang L P, Yang Y X. A comparative study on National Student Physical Health Standards and National Student Physical Health Standards (2014 Revision)[J]. Sports Science and Technology Literature Bulletin, 2015, 23(2):3. <https://doi.org/10.3969/j.issn.1005-0256.2015.02.040>.
- [3] Liao ZF, Qin JH, Qin XS, et al. Research on the influence of the implementation of National Student Physical Health Standards (2014 Revision) on college students' physical health level[J]. Sports Science and Technology, 2015.
- [4] Yang GY. Investigation and research on the implementation status of Student Physical Health Standards in Xinjiang universities[D]. Xinjiang Normal University; 2026. <https://doi.org/10.7666/d.d172338>.
- [5] Shi JJ, Wu XD, Tu QY, et al. Research on the dilemmas and countermeasures of improving physical fitness test scores of vocational college students[J]. Boutique Life, 2026(3).
- [6] Zhang H, Zhang SL. Construction of academic assessment and evaluation system for all-round development of college students[J]. University Education, 2022(9):294-296.
- [7] Fu LX. Element analysis of the test management of National Student Physical Health Standards for college students[J]. Contemporary Sports Technology, 2018, 8(9):2. <https://doi.org/CNKI:SUN:DYKJ.0.2018-09-131>.
- [8] Luo HB. Reflections on "student physical health test" in regular universities[J]. BOJI-Sports Forum, 2014, 6(7):3. <https://doi.org/10.3969/j.issn.1004-5643.2014.07.001>.
- [9] Li HW. Dilemmas and countermeasures of college physical fitness test work in China under the new policy[J]. Leisure, 2019(8):1. <https://doi.org/CNKI:SUN:XIUX.0.2019-08-126>.
- [10] Zhang JH. Research on the problems and countermeasures of physical health test in universities[J]. Journal of Beijing Sport University, 2008, 31(2):3. <https://doi.org/10.3969/j.issn.1007-3612.2008.02.032>.
- [11] Guo LX. Research on college students' leisure sports participation behavior characteristics and optimized management structure system[D]. Shanghai Jiao Tong University; 2007. <https://doi.org/CNKI:CDMD:2.2007.053908>.
- [12] Pan LS. Research on college physical education curriculum policies in China since the reform and opening up [D]. Hunan Normal University; 2015.
- [13] Mu QL, Wang L, Sun J, et al. Research on physical fitness status of students in independent colleges and the value of campus sports culture under physical fitness test [J]. Extracurricular Reading, 2013 (6):4.
- [14] Li HX. Student physical health trends and improvement strategies based on five-year physical fitness test data[J]. Education Exploration, 2025, 20(2):49-56.
- [15] Wu SL. Innovation and practical exploration of physical education management methods in universities[J]. Modernization of Management, 2025(2).
- [16] Zhou ZC. Research on improvement strategies of physical fitness training in university track and field courses[J]. Contemporary Sports Technology, 2025, 15(13):26-28.
- [17] Wang JL. Thoughts on the existing problems in students' physical health test[J]. Journal of Physical Education, 2015(1):5. <https://doi.org/10.3969/j.issn.1006-7116.2015.01.015>.
- [18] Zhang HJ. Establishing a physical examination system fundamentally aimed at enhancing students' physical fitness [J]. Tianjin Education, 2007 (11):1. <https://doi.org/10.3969/j.issn.0493-2099.2007.11.007>.
- [19] Yu B. Research on influencing factors and intervention strategies of physical health of public sports students in ordinary universities—Taking Zhejiang Normal University as an example [D]. Zhejiang Normal University; 2016. <https://doi.org/10.7666/d.Y3145428>.
- [20] Wu JY, Lu T. Research on the influence and implementation strategy of sports-education integration on students' all-round development[C]//2nd Shaanxi Provincial Sports Science Congress. Xi'an University of Physical Education, 2024.
- [21] Wang QQ, Yu Z, Duan WJ, et al. University physical health test service platform oriented to sunshine sports[J]. China Education Informatization, 2012(10):3. <https://doi.org/10.3969/j.issn.1673-8454.2012.10.018>.

- [22] Li C. Investigation and countermeasure research on the current situation of exempted students in the test of National Student Physical Health Standards in ordinary universities—Taking Shanxi Agricultural University as an example [D]. Shanxi Agricultural University; 2021.
- [23] Chen JN. Promotion strategies of college students' physical health level under the concept of sports power [J]. Chinese Journal of School Health, 2024, 45 (10):10003.