



## Physical Health Education Policy Monitoring for Middle School and Elementary School Students: Theoretical Basis and Its Construction of Constituents

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### Abstract

To improve the quality of physical health education monitoring for middle school and elementary school students, this paper applies to literature collection method to review and analyze theories in terms of control theory, police control theory, educational policy control theory and physical health policy control theory. Based on this work, the paper comes up with a research framework and theoretical foundation for the physical health education policy in a systematically way, and a construction of constituents concerns policy monitoring has been set up.

**Key words:** Middle school and elementary school students; Physical health; Education policy monitoring; Theory; Constituents

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### INTRODUCTION

It is obvious that the theories of physical health education policy monitoring for middle and elementary school students (PHEPM for MESTs) has developed continuously, which provides the scientific foundation for us to understand the principles governing the policy monitoring. However, there are still many problems in both practical and theoretical level, and those theoretical problems of PHEPM for MESTs have triggered heated

discussion among professionals of law, education, physical education and media or other interest-related people, like parents. Those arguments include: physical test scores should not be a necessity for student's graduation; inequality in the physical test for those junior middle school students who need the score to enter high school and the like. As a result, many people began to ask why all those problems exist? Theorists thought the reasons are that policy monitoring is not satisfactory and that the monitoring theories are still imperfect. Therefore, to solve the problems, it is necessary for us to review theories of PHEPM for MESTs, and to set up a construction concerning the constituents of policy monitoring.

### 1. THE THEORETICAL FOUNDATION FOR PHEPM FOR MESTS

From the hierarchy and logical consideration of PHEPM FOR MESTS, the foundation of PHEPM for MESTs is multi-level and multi-direction complex, concerning philosophy, management, science of policy, pedagogy, and physical education. In other words, the theoretical foundation of PHEPM for MESTs should include control theory, policy control theory, education control theory and physical health control theory.

#### 1.1 Control Theory

PHEPM for MESTs is like other controls, which are all partially based on control theory to achieve their aims. In control theory, Wiener's cybernetic theory has greatly influenced many other disciplines and has positive influence. In 1948, Wiener published his *Cybernetics: Or the Control and Communication in the Animal and the Machine*, in which he pointed out many concepts and methods like feedback, stability and equanimity, and this book marks the birth of control theory (Wiener, 1963).

Before 1950s in China, control theory is not accepted and challenged by many people. However, Qian Xuesen's

*Engineering Cybernetics* proved that cybernetics is in close relation to engineering application, and he has made great contribution to the development of aviation and aerospace industry. Cybernetics also has been applied to birth control planning, and many cybernetic scientist had studied population stability and rules of control to come up with birth control theory. Besides, economic cybernetic scientists have taken part in the macro-control by the State Council, and they helped the country to recover from over heated economy.

Based on that, control theory formed its own methodology, which is extracted from subjects. Methods of control theory emphasis analyze information from different departments, take control of the whole process from the input to output, set up a control system model by "black box" and function-simulation method, and also take in valuable ideas from other department to create a new control system (Wan, 2008).

### 1.2 Policy Control Theory

In terms of policy control theory, we mainly adopt the rule of law theory, decision control theory and policy adjustment and termination theory. The first is rule of law theory. Rule of law is contrary to the rule of man. It is an important principle to administer a country, and is in close connection to democratic politics. The Fourth Plenary Session of the 18<sup>th</sup> Central Committee of the CPC pointed out the contents of the rule of law principle of Chinese characteristic socialism: namely, it is to adhere to the leadership of the Communist Party of China, adhere to the socialist system with Chinese characteristics, to implement the rule of law of socialism with Chinese characteristics theory, set up complete legal system, efficient implementation of law system, strict supervision system, strong legal guarantee system of the rule of law and perfect inner-party laws and regulations system, adhere to the rule of law, legal administration, and administration according to law, adhere to the construction of country under the rule of law and the rule of law government, rule of law society construction, realize the aim of scientific legislation, of strictly enforcement the law, of impartial justice, of a law-abiding society, and promote the national modernization management system and management ability (Bureau of propaganda department of the central committee of the communist party of China theory, 2008). Second, we will talk about policy decision control theory (Wu, 2005). John D. Steinbruner published his *The Cybernetic Theory of Decision*, in which he combined systemic engineering with psychological model in the research of decision making. He thought the present government bureaucracy had swelled into a huge organization, and it took a large part in our society. To thoroughly analyze the operating mechanism of the bureaucracy, the most important work was to analyze the process of decision making. In all activities of the organization, decision making is the

most important and the core of decision making is to deal with the complexity of the political problems. What is complexity? He explained that complexity refers to more than 2 values has effects on a policy, uncertainty of the future and separation of the right of decision making. Therefore, based on Wiener's model, Steinbruner gave another model to solve complex decision-making problems, namely, by balancing of various values, solving uncertainty by frequency, and making collective decision. Third, policy adjustment and termination theory. According to Peter DeLeon's policy termination theory, policy sometimes should be terminated, and they could be done by substitution, combination, separation, degression and termination. In sum, policy monitoring theory provides a useful tool for PHEPM for MESTs.

### 1.3 Education Policy Control Theory

Education policy control theory is mainly based on educational equity theory. Academic circles all know about education equity theory, and A Theory of Justice by John Rawls is a famous work in this topic. Rawls is concerned about justice and equity in education. His just idea of education is mainly about equity principle and different principle. Equity principle means that every one has rights to be educated. To be more specific, equity in education means that those who have similar motivation and talent should have a similar chance in their education and careers. He thought that those who have same ability and ambition should not limit by their social status (Guo, 2004). And to different principle, he thought that people are of different talent, so that the difference should be solved, and the most effective way is to compensate for specific treatment. Based on that, difference principle works to adjust the injustice and inequity in education policy control. It is necessary to give a chance to those who are not lucky so that positive effects will be followed. His education equity theory emphasizes not only equity but also compensation for the unlucky ones. He pointed out that, education resource allocation could not only base on its effects, but also should evaluate according to citizen's individual and social values.

### 1.4 Physical Health Control Theory

Physical health control policy should obey its rule of development and start from its ontological nature, or we would waste our energy and resources. Traditional Chinese medicine defines the concept of physical quality (J. Wang & Q. Wang, 2012) and put forward three key scientific problems of physical quality research, namely whether physical quality can be divided into various types, whether physical quality is in relation to disease, and whether physical quality can be adjusted. They construct a physical quality theory including 9 subtypes: Gentle temperament, Qi deficiency, Yang deficiency, Yin deficiency, phlegm wet quality, damp and hot quality, blood stasis quality, Qi depression and special quality.

They come up with control modes that analyze the body, the disease and the treatment. The adjustment mode is divided into three orders by them. Second, physical fitness theory is important. American College of Sports Medicine pointed out that physical fitness refers to the body's adaptive ability. Physical fitness includes health-related physical fitness and skill-related physical fitness. Just as its name implies, health-related physical fitness is in close relation to our health. This physical fitness not only keeps our body in a healthy condition, but also enables us to finish our daily routine in a positive mood and decrease the risk of chronic disease. Skill-related physical fitness is about sports, including agility, coordination, balance, speed, reaction and explosive power. They are external forms of physical fitness, laying ground for sports. Nowadays, different countries have various definitions for physical fitness or physical health, but generally they are the same. They all achieved by health-related and skill-related physical fitness. Therefore, physical health environment theory and physical fitness theory help us to improve and control our physical health. In general, to effectively solve the problem of PHEPM for MESTs, we should at least take in control theory, rule of law theory, policy decision making theory, education equity theory, physical health environment theory and physical fitness theory for reference.

## 2. CONSTITUENTS CONSTRUCTION OF PHEPM FOR MESTS

PHEPM for MESTs 's constituents construction aims to systemize various, flexible, dynamic, developmental and scattered contents of PHEPM for MESTs in a logical construction, by comparison, selection, analysis and integration. To be more specific, the standards are: Clear, mutually related and interacted, in order, synergic in development.

### 2.1 Constituents Analysis of PHEPM for MESTs

Intuitively, constituents of policy monitoring are abstract, and immaterially object. Actually, it is no longer a pure and subjective theoretical deduction, but it is a logical response from objective rules of policy monitoring. Carl Marx said that the concept of humanity in terms of its abstractness and separation is subjective, but in terms of the whole, the process, the sum, and the trend, it is objective. According to Marx, constituents of policy monitoring should be clear, stable, and object, which should be open to challenge and not far-fetched. At present, some scholars started from the question of who monitor, whom should be monitored and what should be monitored, and they put forward that constituents of monitoring should contain subject, object and content; some thought the aims of monitoring are important; other thought public policy monitoring should include

subject, content and tools. Besides, socialist Dennis H. Wrong thought that power is the ability of a group to control another group. According to that, policy control is a kind of power, so they have same constituents. As a result, policy control has four constituents: Subject, object, behavior, and relation. Indeed, the definition of constituents of policy monitoring is not so clear. The scholar we have mentioned regarding the object of policy monitoring as its subject, content, system and tool, which may be not suitable. While the constituents of policy monitoring may overlap with each other, and it is required for us to reorganize the constituents of PHEPM for MESTs.

### 2.2 Constituents of PHEPM for MESTs.

Here we should ask seriously about how to organize constituents of PHEPM for MESTs. The author believes that we should take consideration of three principles: first, we should base on practical problems in PHEPM for MESTs; second, we should refer to constituents in general policy ministering; third, we should take in systemic theory for reference. Recently, the media has talked out many problems in PHEPM for MESTs. For example, Tencent News thought our policy monitoring has been misled and imperfect in many aspects, based on the facts like the sudden death of a student in the physical test and the report of poisonous plastic track. Of course, scholars from police science and physical education also pointed out problems like ambiguous aims the monitoring subject had unreasonable allocation of rights and obligations, weakened function, unsuitable monitoring mechanism, overlapped but leaked monitoring, difficulty to find responsible monitoring subject, over emphasis on imperative policy tools, guaranteed ministering and the like. It is obvious that all those problems lay the ground for us to search for and to reorganize the constituents, which consists of monitoring subject, monitoring contents, monitoring tools, policy monitoring mechanism, and the guarantee for policy monitoring; except that, scholars has given many similar and different opinion of constituents from different perspectives, but they agree that monitoring subject is the key constituent. As for other constituents, they believe that we should seek the common point while leave the difference in practical problems, which provide us a typical pattern for PHEPM for MESTs. At last, based on the various but scattered constituents in PHEPM for MESTs, we should systematically select, refine and combine those constituents, to set up a construction that is clear, inter-related, interacted and ordered. According to the contents of the system of Chinese characteristic socialism theories, namely Deng Xiaoping Theory and the Important Thought of "Three-represents", and Scientific Outlook on Development and other major strategic thoughts, they are all basic exploration about what Marxism is and how to treat Marxism, what is socialism and how to build socialism, what kind of development

we need, how to development, what kind of party should we construct, and how to build the party (Zhao, 2011). Based on that, constituents of PHEPM for MESTs are used to answer the following question. Who is the object of monitoring? What should be monitored? What tools should be used to monitor? How about the effects of monitoring? How to guarantee monitoring? Depending on this logic, it is easy to find constituents of PHEPM for MESTs: policy monitoring subject, policy monitoring content, policy monitoring tool, policy monitoring mechanism and the policy monitoring mechanism guarantee.

### **2.3 Constituents of PHEPM for MESTs and Their Relationship**

Policy monitoring constituents are the basic unit of policy monitoring system, which is important to guarantee the policy implementation. Nowadays, policy monitoring practice and theory has failed, so that there is an important practical meaning to discuss and study the concept of those constituents and their relationship. Next, we will discuss the concepts of each constituent in theoretical level and then make clear their relationship.

#### **2.3.1 The Concept of PHEPM for MESTs**

The first is the monitoring subject in PHEPM for MESTs. Monitoring subject refers to individuals, organizations, and groups in PHEPM for MESTs activity. It covers many national governmental body, social governmental body, and social non-governmental body. They consist of legislative body, judicial office, administrative body, political party system, interest group, mass media and citizens, which are of multi-level and variety. Second, the content of PHEPM for MESTs is based on Chen Zhenming's policy process theory, and it can be divided into three parts: The legalization and rationality of policy making; comprehensiveness of implementation of policy monitoring and policy enforcement; the rationality of policy adjustment and evaluation, timeliness of policy termination. Among them, there are both stable or dynamic and dominant or invisible contents, such as the allocation of authority and value, and the behavior of monitoring subjects. The third is about the tool of PHEPM for MESTs. However, the definition is ambiguous since researchers hold different standpoints. Some scholars believe that everything that influences the process of monitoring and help to achieve the aim, or everything that a subject can use or potentially in use to achieve one or several aims, are political tools. Owen Hughes in his *Public Management and Administration: An introduction* defines political tool as: the behaviors of the government or methods used to adjust government behaviors (Owen, 2001). But they all agree that monitoring tools are those means and ways used to achieve political purposes or solve problems. L. M. McDonell divided them into imperative tools, incentive tools, capacity building tools and system change tools. Wright divided them into voluntary tools, mandatory

tools, and mixed tools. Obviously, the concept of tools is wide and flexible. The fourth is about the operation of PHEPM for MESTs's mechanism, which is mainly about whether the interaction between the subject and object is good, whether the operation is in good conditions, and they all rely on political power (decision making element), interest game (dynamic element), and political information (knowledge element). The fifth is about the guarantee for PHEPM for MESTs. In short, it refers to resources used in PHEPM for MESTs, including stuffs, financial support, material supplies and mechanical support, which are under the domain of quality management.

#### **2.3.2 The Relationship Between the Constituents of PHEPM for MESTs**

As for the relationship between the constituents of PHEPM for MESTs. By the above analysis, we have discussed the five constituents of PHEPM for MESTs: policy monitoring subject, policy monitoring content, policy monitoring tool, policy monitoring mechanism and the policy monitoring mechanism guarantee. The interaction and relation of the five constituents have formed the construction and chains of the policy monitoring, which is also the carrier and the foundation of policy monitoring activities. They are all indispensable in the activities. The five constituents are not simply overlapped, but they are mutually influenced and inter-related, forming a dynamic monitoring process, and making sure the satisfactory outcome of the policy monitoring. The subjects of policy monitoring are people who take part in those activities, who lawfully have the right to monitor and undertake the obligation. The fact whether the subjects are definite, whether they have a reasonable allocation of rights and obligation, whether they have good comprehensive quality and performance, can greatly influence the quality of other constituents. The content of policy monitoring has a reaction to subjects and constricts their behavior, while at the same time determine the tool chosen. In other words, when subjects choose the tools, content of monitoring will have an impact. Besides, a good operation of policy monitoring mechanism depends on the quality of subjects, content and tools. In return, the quality of the mechanism reflects the quality of subjects, contents, and the tools. It is clear that the quality of subjects, contents, tools and mechanism depends on the policy monitoring guarantee, which ensures their quality. Therefore, all the five constituents are inter-related and interacted, and they together form the construction of PHEPM for MESTs.

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## **CONCLUSION**

Theories of PHEPM for MESTs are from five sources: control theory, rule of law theory, decision making theory, education equity theory, physical environment theory and physical fitness theory. PHEPM for MESTs include policy

monitoring subject, policy monitoring content, policy monitoring tool, policy monitoring mechanism and the policy monitoring mechanism guarantee, which are inter-related and interacted, forming a construction for PHEPM for MESTs. The theory foundation and constituents construction provide a framework and direction for PHEPM for MESTs

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