Chinese college student:The connection between physical fitness test and scholarship overwhelms me

Beijing, China--In October 2020, all students from 2017 to 2020 of *Communication University of China* will receive the physical fitness test. The test consists of seven events: 800/1,000-meter-long run, standing long jump, pull-up/sit-up, sit and reach,50-meter sprint, height and weight (BMI), and vital capacity. The total score on the test is made up of the individual item scores weighted together. Among them, the 800/1,000-meter-long run and the 50-meter sprint account for the largest proportion of the total score.

Throughout October, whether you come to the playground at night or day, you would see far more people than ever before. Almost all the students felt uneasy and anxious about the physical examination, because once can't get 75 points above in the physical test, you will lose all the qualification of award evaluation.

Qiu Tian, majoring in communication studies in the class of 2018, ranked the fourth in her class in her sophomore year. Her excellent academic performance gave her a great hope of winning the scholarship. The premise is that she must score at least 75 points in the physical test.

To that end, Qiu started practicing on the playground three weeks ahead of schedule. During the physical test, she kept counting her scores, even accurate to a few tenths of a point. Except for BMI and sit-ups, where she got a perfect score, she tested again and again in every other event, including the 800-meter run, which most students didn't want to go through a second time at all.

However, she ended up with a score of 74.5.

"I really tried my best. " She said. For students who are unable to take the test due to physical conditions or other reasons, according to the *Student Handbook of Communication University of China*, "Disabled students who are incapacitated can still participate in scholarships and outstanding student evaluations." However, this kind of situation only applies to the disabled students who have lost the ability to exercise and can not recover. Temporary fever, allergy and even fracture can not be counted in this category, so they can only apply for exemption. This means that the results will be recorded as 60 points, which means that they will still lose the qualification of award evaluation.

Teachers, on the other hand, believed that physical fitness is an effective measure of students' physical fitness and can motivate students to develop good exercise habits. As for the specific standards of every single event, Cai Haochen, a teacher in charge of the test, said, "It must be formulated by the higher authorities based on professional considerations, which is reasonable.”

When mentioning that many students with excellent academic performance could not get scholarships due to physical examination, Jin Wei, the teacher in charge of students' comprehensive assessment, said she felt sorry for them, but still thought, “They could make it through hard work.”

All in all, the original intention of the physical fitness test setting is to encourage students to develop a strong body while achieving excellent academic performance. However, when the physical fitness test and the qualification of award evaluation are linked together in such a strong and systematic way, it will inevitably lead to certain disputes and bring great pressure to a large number of students. There is still a long way to go to embed physical test into college life in a way that is recognized and accepted by students.