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## Analysis the influence factors of college students extracurricular physical exercise

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### ABSTRACT

For a long time, the university's sports teaching too much emphasis and attention to students' curricular teaching, and often overlooked exercise education of college students in extra-curricular, simple lesson alone is difficult to achieve the goal of teaching physical education health curriculum. This is not consistent with the guiding ideology of health first, making the physique of college students has declined, extra-curricular physical exercise is an important part of the University of Physical Education. Major factors affecting college students' extracurricular physical exercise can be learned, the factors affect students in extracurricular physical exercise include both subjective and objective, extra-curricular sports activities contribute to achieve the purpose of schooling, but also an important way to enhance physical development of students. This paper mainly discusses the research objects and methods, results and analysis, as well as analysis factors impact college students to participate in extracurricular physical exercise.

### KEYWORDS

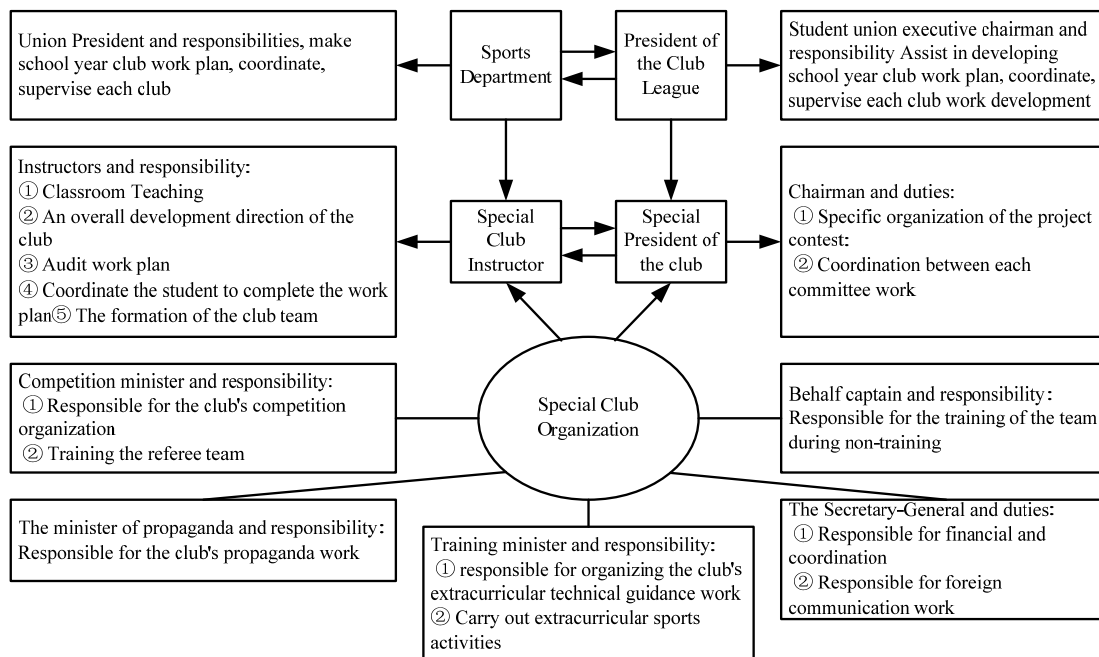
College students; Extra curricular physical exercise; Influence factors.



## INTRODUCTION

College students are the backbone and main force of the social productive, shoulder the historical mission to create a future and serve as a link between past and future. Only with a strong physique and conscious awareness of the sport can better participate in the fierce competition among the society, and embrace the new century challenge. With the deepening reform of education and teaching, the College Physical Education in China has made some progress in the reform process. But whether it is in the process of theoretical study and practice, students' extracurricular physical exercise is still in the continuous improvement and development process. Strengthen the research of factors that affect college students' Extracurricular Physical Exercises. It has very important role to comprehensively promote the enthusiasm of the students to participate in physical exercise, promote the student physical and moral aspects all-round development, and provide recommendations for management and reform for China's college students extracurricular physical exercise.

Tasks of College Physical Education is implement the classroom teaching, but also concerned about the students' extracurricular physical exercise practice, extracurricular physical exercise extends the main form of college sports teaching. Students' own psychological cognitive abilities also decided initiative and enthusiasm in the extracurricular physical exercise. Colleges and universities should actively encourage students to participate in extra-curricular physical exercise, to develop the good habit of extracurricular physical exercise, to cultivate the awareness of life- long physical exercise. College students are at the critical period of physical and psychological development, at this stage, the students' awareness and thought are in the mature phase, the school shall actively dig the inherent potential of the students, concern about the student's own initiative, and help the students actively participate in extracurricular physical exercise, make the students become high-quality personnel. For a long time, the university's sports teaching too much emphasis and pay attention to students' curricular. And the school often overlooked extracurricular exercise education, simply depend on one lesson is difficult to achieve the goal of healthy physical education curriculum, which is also not consistent with the guiding ideology of health first, and makes the college students of physical decline. Extra-curricular physical exercise is an important part of the University Physical Education. Student Clubs organization and management structure is shown in Figure 1<sup>[1]</sup>.



**Figure 1 : Student clubs organization and management structure**

The extracurricular sports actually refers to the students spare time, use a variety of exercise methods and practice, and constantly active physically and mentally, enhance physical fitness, improve the level of athletic skills and a wealth of leisure cultural life. Extra-curricular sports activity contributes to achieving the school purpose, and is also an important way to enhance the students' physical development. The mainly form of extra-curricular sports activities is the activities of the students active participation in the combine their hobbies and interests, if lack of consciousness of students to participate, extra-curricular sports activities is likely to run into with awkward position. At present, there are lots of researches about factors that affect students' extracurricular physical exercise in the domestic and foreign, which reflects a status of students in extra-curricular sports activities to a certain extent. However, often because it is limited to a particular aspect leads to lack of a comprehensive analysis of influencing factors. Analysis of college students on extracurricular sports activities, aimed at understanding the status of students in extracurricular physical exercise, and discover exist problem, provide related countermeasures for the future to enhance and improve the quality of students in extracurricular sports activities<sup>[2]</sup>.

### THE RESEARCH OBJECTS AND METHODS

The research object is a university academy of fine arts among 2003 grade, 2004 grade, 2005 grade, 2006 grade of 850 students. This paper mainly uses the method of mathematical statistics, the questionnaire as well as the document literature. Study the questionnaire according to the needs of research, using the method of face-to-face interviews and questionnaire issue 850 questionnaires to students. The number of returned questionnaires is 819 copies, the recovery rate is 96.35%, where 447boys and 372 girls, do data statistical processing with the recovered questionnaire<sup>[3]</sup>.

### RESULTS AND ANALYSIS

#### Student health survey participate in extracurricular physical exercise

There are 819 students from different regions of the country, most of them positive the evaluation of the health status, see as TABLE 1.

TABLE 1: student health self evaluation sheet

Project	Good	general	Worse
Boys	280	159	8
Proportion	62.64	35.57	1.79
Girls	244	118	10
Proportion	65.59	31.72	2.69

Positive contents include: First of all, in terms of psychological qualities, the capacity of the students in the face of difficulties, psychological, hard indomitable fighting communicative and spirit and self-balancing ability. Secondly, in the physiological aspects, mainly conclude activities of the student sports performance, physical fitness ability, growth and development of the state, as well as the ability of adapt to the external environment.

Average age of the students surveyed was 20.35 years old, in this period individual physical and mental development of students become more and more mature, developmental level has basically reached the adult level, this period is the students independent towards a social preparation phase. PE teachers should actively use its own expertise and combination with psychological and physiological characteristics, correctly guide the students to actively establish the idea of health first, increase the cultural content of physical exercise, add a rich and diverse cultural content, add sports culture in the

extracurricular physical exercise content, focus on interface with middle school physical education curriculum content, provide students with more choices, let more and more students actively participate in learning activities, and eventually reached the Physical Education Teaching the ultimate goal.

### College students participate in the extracurricular physical exercise research present condition analysis

Firstly, the attitude to extra-curricular physical training and physical education. According to the survey, college students for extracurricular physical exercise and attitudes of physical education statistics results show that 64.7 percent of girls and 63.3% of boys have positive attitudes toward physical education, and have a correct attitude, 6.6% of students are not interested in physical education, lack awareness of the physical education learning. The attitude to extracurricular physical exercise, 41.7% of girls and 49.9% of boys willing to actively participate in extracurricular physical exercise, to be able to take the initiative to participate in extracurricular physical exercise, but there will still be one-fifth surveyed is not interested in extracurricular physical exercise, this part of the students 'own exercise relatively weak, extracurricular physical exercise is difficult to arouse students' interest, there will naturally has a considerable difference attitude to extracurricular physical exercises, the results have certain relationship with physical education assessment scholarship, appraised, is also the necessary study content to complete their studies. Most college students do not develop consciously do physical exercise good habits through the investigation, a larger proportion of the number of people in its possession, For not interested in options for the girl with a larger population, except some objective reasons, but also need to continue to strengthen the guidance and education of teachers in the teaching process<sup>[4]</sup>.

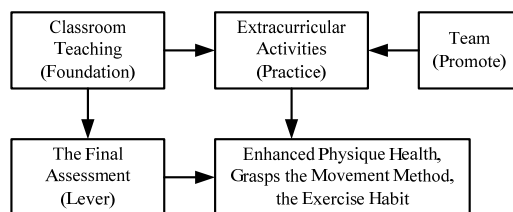


Figure 2 : The Proportion of extra-curricular sports activities in the student physical exercise

Secondly, the frequency survey of students participated in extra-curricular physical exercise. From the survey can be learned, only 17.1% of girls and 33.5% of boys often do extracurricular physical exercise, and every time of the activities can be more than one hours, 53.2% of boys and 57.2% of girls do general activities 1-3 times of one week, 25.8% of girls and 13.3% of the boys will not participate in the basic physical exercise activities. In the investigation boys awareness of actively participate in physical exercise significantly higher than those of girls, the majority of students mostly in physical exercise activities within 0.5 hours in the weekly time, and between men and women will not be showing the relative regular pattern. Students often just according to their own spare time to organize extracurricular sports exercise, each exercise the students are mostly random, rarely students make up plans to participate in extra-curricular sports activities, especially most girls lack of enthusiasm and passion to participation in physical exercise. The randomness of girls take part in extracurricular sports exercise is bigger. Figure 2 shows the proportion of extra-curricular sports activities in the student physical exercise. This situation is far from our country education department regulations students shall guarantee every day 1 hour exercise time, and show that there is a certain gap of students in treating extracurricular physical exercise actions and understanding<sup>[5]</sup>.

Thirdly, the research of the college students mainly involved in extracurricular sports. Through the survey can know, students in the selection of sports will show very significant gender characteristics.

Most of the boys would like to participate with a physical contact sport stronger and more confrontational ball games project, especially football and basketball. Most girls would like small balls, body, sports, dance, aerobics and other interesting, strong skills and flexibility in the form. Whether boys or girls are showing greater interest in badminton and table tennis ball, There are a small part of the student refer to the more casual and fashionable sports, like hip-hop, taekwondo and skating sports, Fully reflects the features and changes of the university students to participate in physical exercise form. Fewer college students to freely exercise based sports projects can be found through the discussion, and due to economic conditions and other restrictions, few students participate in the club's activities. Most students still choose to take advantage of the free school athletic complex facilities for fitness training, both practical and convenient, and gradually become the inevitable choice for college students' physical exercise.

Fourthly, university students involved in extracurricular physical exercise motivation survey. Motivation is to maintain and cause a person to participate in sports activities and take activities directed to the appropriate target to meet the needs of an individual ideals, aspirations and thoughts. The survey through the college students to participate in physical exercise motivation shows that the motivation to participate in extracurricular physical exercise exist significantly different between boys and girls. Most students will treat the physical fitness as their main motivation for participate the exercise, Individual students think the main motivation is display their own athletic abilities. This shows that college students for their own recognize to participation in the understanding of the physical exercise is more clearly. Boys always start with their own interest pay more attention to improve own interpersonal skills and exercise technical level, basically not to consider to lose weight or stay in shape and so on. But the girls will be more inclined to the shape and the bodybuilding. a part of students participate the exercise in order to complete their own studies, because the lower level of their own movement, this looks more realistic. College students to participate in extra-curricular physical exercise motivation is not certain, the most students exercise motives is more correct and positive. The value of exercise is relatively positive, and can show a wide range of trends<sup>[6]</sup>.

## **FACTORS ANALYSIS OF AFFECTING COLLEGE STUDENTS TO PARTICIPATE IN EXTRA-CURRICULAR PHYSICAL EXERCISE**

From the investigation of the main factors influence college students extracurricular physical exercise can be learn, including both subjective and objective factors. In the subjective factors, whether boys or girls, not interested, lazy, lose exercise consciousness and awareness of physical exercise does not have to exercise are the main aspects, especially girls are relatively weak awareness of physical exercise, the investigation shows girls have strong sense of afraid of tired, generally reluctant outdoor sports activities. In the objective aspect, girls female agreed that the lack of venues and equipment, time, organization and management are the main factors to affect they participation in extracurricular physical exercise, college students want their own extracurricular physical exercise activities can get school teachers know, the school should arrange for more alternative activity places and equipment as much as possible, at the same time, the week atmosphere of school's sports is also the main factors to affect college students extracurricular physical exercise<sup>[7]</sup>.

### **Subjective factor**

Need of college students for physical exercise. Need refers to utility related psychological state eager to gain in the life in the learning process. Competition is so fierce in today's society, which requires people to maintain good mental and work status at any time, but this is difficult to do for most people, except requires have a good physical condition, but also requires the students must have good state of mind. Extracurricular physical exercise will directly or indirectly affect people's psychological

condition, physical exercise overall need is to let college students engage in extra-curricular activities as starting motivation.

**TABLE 2 : The desire for sports of college students in the leisure time (%)**

	Have Exercise Habits	Participate in Group	Not Exercise Group	Total
No Need	0.4	3.6	21.4	3.2
Don't Need too Much	37	12.5	10.0	7.8
Not Clear	10.5	20.6	22.9	15.6
Need	43.9	40.9	35.7	42.1
Eager to Need	41.5	22.4	10.0	31.3

Among the 850 students surveyed, 85.4% of students have the needs of extracurricular physical exercise, 11% of the students had no desire for sports activities. As shown in TABLE 2, can be learned on the classification of have or not exercise habits, participation in physical exercise habits and exercise demand accounted for 85%, which can reflect the students have physical exercise habits of exercise demand is relatively strong. The needs students participated in the exercise higher than students in regular physical exercise, which was positively related to the relationship between the degree of demand for physical exercise and exercise, exercise habits of students have strong demand for physical exercises, training needs is the core motivation of students to participate in physical exercise.

The motivations of students participate in sports exercise. The students extracurricular physical exercise motivation can directly promote students extracurricular physical exercise, from the activities motivation of the students to participate in extra-curricular sports can be learn (see TABLE 3), on the one hand the boys to participate in sports activities motives are to enhance their own physical condition, pursuit psychological balance, develop its own personality as well as enrich their own lives and interests. Motivation for girls to participate in physical exercise activities are to develop their own personality, the pursuit of psychological balance, body builders, and a wealth of interest in life as well as enhance the physical. According to the results of the survey can be seen, the motivation of the boys and girls to participate in extra-curricular physical exercise in general tend to enhance their own physical condition, strong physique and rich spice of life, there is a close relationship with the student body needs, indicating that college students have been fully aware of the value and role of physical exercise, which is their main motivation for active participation in extra-curricular sports activities and causes.

**TABLE 3 : Extracurricular physical training motivation questionnaire**

Learning motivation	Boys (%)	Girls (%)	Total (%)
Strengthen physique	46.19	25.86	43.36
Bodybuilding Body Type	4.18	16.67	5.87
Physical Strength3.01	14.93	4.56	13.48
Improve learning efficiency	3.01	8.75	3.81
Rich life interest	10.87	18.25	11.90
The development of individual character to seek psychological balance	11.92	11.41	11.85
Competitive race	2.09	4.18	2.38
Improve compliance level	7.9	10.65	7.88

The interests of college students for participate in the physical exercise. Interest is a psychological tendency for one grasp and understanding things and be able to actively participate in an activity with positive emotional, participate in physical exercise interest is the psychological tendency

for people strive to understand and actively engaged in one particular sport activities, and is a very important role for physical exercise behavior effective formation.

**TABLE 4 : The questionnaire of college students' interest in extracurricular physical exercise**

	Have Exercise Habits	Participate in Group	Not Exercise Group	Total
Disinclination	0.7	1.4	11.4	1.5
Don't too Interested	1.7	7.5	14.3	5.0
Not Clear	4.8	13.9	18.6	9.5
More Interested	34.8	46.2	35.7	39.5
Very Interested	58.5	31.0	20.0	44.4

From TABLE 4 can be learned, about 93.3% of the exercise habits of students interest in participating in extra-curricular sports activities, and from the situation of participate group can be seen, about 77.2% of the students are more interested, 13.8% of the students have a neutral stance, 8.9% students explicitly show they are not interested in participating in extra-curricular sports, in the non-exercise group, 55.7% students are interested in physical exercise activities. This shows that the degree of college students interested in participation in extracurricular physical exercise has closely link with the formation of physical exercise habits, it shows that the interest cultivation of physical exercise is a key factor sports to form exercise habits<sup>[8]</sup>.

### Objective factor

Sports venues of inadequate facilities. Lack of sports venues and facilities is the primary influence factors of college students to participate in extra-curricular physical exercise, and the construction of venues and facilities in schools is important substances to ensure the students to participate in extra-curricular physical exercise. School sports venues, facilities constructions, scale and so on can directly affect the students to participate in the activity mode, organization form and sports, etc. From the investigation, 43.6% of students think that their own school sports venues and facilities and equipment are difficult to meet the basic needs of students in physical exercise, mainly the related department for sports venues and equipment price positioning is not reasonable and the sports funds is serious shortage, the influence expansion of policy in recent years, so the school absorb surge number of students, making the current sports facilities is difficult to meet the students need to participate in extra-curricular physical exercises, largely limits the enthusiasm of students participation in the project of sports. The physical education curriculum structure module is shown in TABLE 5.

**TABLE 5 : Physical education curriculum structure module**

Structure Module	Class Hour	Credit	Open Grade	Content Settings	Organization and Management
Compulsory Course	72 hours	2 credit	One and two grade	According to the syllabus	Gym teacher
Optional Course	18 hours every item	1 credit every item		Table tennis, badminton, tennis, sports dance, health care, etc 21 items	Gym teacher
Extracurricular Exercise	2-3 times a week		One - four grade	Extensively develop	Student Sports Association Faculty adviser
Competition Class	6 hours a week	6-8 credits	One - four grade	Traditional project	Faculty adviser Coach

Nervous Learning without time to exercise. According to the survey, about 40.8% of students feel big pressure in learning, learning time is nervous and tend to have no time to participate in the normal extracurricular sports activities. In recent years, with the development of society and increasingly fierce competition in the school, students obtain various certificates due to the pressure of

employment, such as foreign language certificates, Certificate in Putonghua and computer grade certificate. Students actively participate in various learning courses, need more than 30 hours of course a week, also need to participate in the general course of elective learning, in order to ensure the completion of the credits required by schools, college students almost no extracurricular time for extracurricular physical exercise<sup>[9]</sup>.

Schools for students' extracurricular physical exercise of poor organization management. School for students' extracurricular physical exercise reasonable management organization can directly affect the student initiative and enthusiasm to participate in physical exercise. China's major universities for students in extracurricular physical exercise management basic use loose-management mode, the organization and management of the sports departments unclear objectives, there is no perfect plan and ensure measures. In students' daily extracurricular physical exercise process lack of corresponding management behavior, lack of organization and guidance, free activities alone according to the interest of the students, lack of necessary services, guidance and organization, which makes the management form of extra-curricular physical exercise relatively backward, low efficiency and lack of scientific.

The school sports atmosphere. A school sports atmosphere can directly affect the enthusiasm of the students involved in extra-curricular sports, physical exercise and sports teaching atmosphere is a sports behavior manifested emotional characteristics among the sports activities of university students. As a new era of college students, the individual behavior of physical exercise depends on the impact on individuals of around environment, that is, the management style and emphasis degree of the school for extracurricular physical exercise, that is counselor and teacher for extra-curricular sports exercise activities organizational skills and attitude can directly affect the effective conduct of the school extra-curricular sports activities, exercise environment for the students' psychological development play a very important role.

The students master the skill levels of physical exercise. Students for extracurricular sports exercise content is beginning to show a wide range of developing, and with a certain degree of gender differences, entertainment and physical fitness became a major value tendency of college students to participate in physical exercise. Extracurricular physical exercise must have the correct method, that the exercise is a tool for students to physical exercise, and also is an important prerequisite for effective extracurricular physical exercise of college students, and is a first condition of college students to form extracurricular physical exercise habits, the correct method mainly from the student's mastery of athletic skills and motor skills, according to the survey that 6.5% of the students will not know how to carry out physical exercise out of the instructor.

## CONCLUSION

College students have their own clear understanding of the importance of participation in extracurricular physical exercise, but the reality is not optimistic, despite the majority of students have the experience to participate in extra-curricular sports, but there is still a certain deviation in the starting point as well as the motive, need for strengthen guidance education. College students active participation in extracurricular physical exercise activities from different degree, but the exercise interval is too long, it is difficult to play a role, especially girls relative lack of time to participate in physical exercise, and did not reach a certain frequently resistance. School enrollment policy making venues and facilities with relatively backward, plus students lack specialized the guiding organizational management, objective constraints of the enthusiasm of the students involved in extracurricular physical exercise, but cannot ignore the students own subjective factors, this is the main driving force of college students to actively participate in extra-curricular sports projects.



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