

# Analysis and Research on Physical Exercise Status of College Students in North Guangdong Province

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**ABSTRACT** Through the analysis and Research on the habit and existing problems of physical exercise of college students in northern Guangdong Province. In order to improve the physical quality of college students as one of the important goals of school physical health education, we should further promote the school physical education.<sup>[1]</sup> and cultivate the talents with good physical quality for the country with healthy body, mental health, strong will.

## 1. Research purpose

Through the analysis and research on the present situation of physical exercise of college students in Heyuan Polytechnic College, the author conducted the analysis and research on the habits and existing problems in physical exercise of college students in north Guangdong province. Based on the concept of people-oriented health education, the college should strengthen the physical and psychological exercise quality of college students and firmly set up physical education activities, making it an important part of school education, in order to make improving the physical quality of college students one of the important goals of school sports health education, and further promote school sports work. We should help college students develop a lifelong exercise habit, cultivating talents with physical health, mental health, and strong will.

## 2. Research methods: literature review

### 2.1 Status quo of overseas research

Some foreign sports scholars point out that it is necessary to conduct in-depth research on the correct concepts and habits of contemporary students in sports. Studies show that young people in developing countries are accustomed to sitting on their computers, playing on their mobile phones and watching TV in bed. On the other hand, there are also studies on the education strategy of how to motivate students to develop habits of exercising actively and loving life. Physical education is a very important teaching task and social task, that is, guiding students to form a positive concept of physical exercise, and realize that there is no future without a strong body.

### 2.2 Status quo of domestic research

Experts point out in the investigation and research that the interest of college students in sports determines their attitudes on physical exercise, and has a far-reaching impact on the formation of students' habit of physical exercise. Most college students are physically weak and have the consciousness of exercising after serious illness, so they realize the importance of physical exercise. Males and females differ in physical function, mind and psychology, as well as in sports and sports preferences. For example, for running, males like fast and short-distance running and females prefer long-distance running that consumes energy like jogging.

## 3. Results and analysis

### 3.1 Status quo of physical exercise development in northern Guangdong

The results of the sample survey on students' attitude to physical exercise in Heyuan Polytechnic

College are satisfactory. Scores ranged from 56 at the bottom to 166 at the top. The average score was 99, with 86.4 percent of the students scoring higher than the median score of 99. Of the 1,500 undergraduates surveyed, only 190 (13.6 percent) were below the median score, with a total of 21 achieving the highest score of 150. The collected data show that college students in higher vocational colleges have a clear understanding, a good sense, and a strong interest in physical exercise.

Life lies in exercise, because exercise is the main way we keep in good physical condition. Experts believe that physical activity plays an important role in making students more adaptable to social environments and learning. When students take sports as a means to achieve the purpose of fitness, at the same time to enjoy the happiness brought by sports, they will develop the good habit of taking part in sports exercise. The survey data show that the majority of college students in Heyuan Polytechnic College have the right attitude to take part in physical exercise, which lays a certain foundation for cultivating college students' habit of taking part in physical exercise. But attitude is just a state of preparation for behavior, which can be translated into actual action, and can also be broken through in real life and learning environment.

### **3.2 Statistical analysis of the reasons for the lack of physical exercise in northern Guangdong**

After data collating, the students' answers to the open-ended question "reasons for not exercising regularly" had the following results: 6.7% of them were "not interested", a total of 90 people; "Poor health, very tired" accounted for 9.1%, a total of 123; "No time" account for 73.6%, a total of 1,004 people; "Parents do not approve, teachers do not support" 10 %, a total of 146 people.

To sum up, through analysis, it can be concluded that one of the most important factors affecting college students' failure to participate in physical exercise is lack of time. Other impactful factors are playing mobile phones, playing games, shopping, sleeping, etc.

Form the collected data, we found that some students stay in their dormitory all day playing games or sleeping, so lazy that they even order food online instead of going out to eat. Therefore, their physical health is becoming worse and worse, some even too weak that they will faint after squatting for a while. Some other students do not have time to exercise because of the heavy study task. Since the breaks of each session is too short, if they go to exercise it will affect the next session. We also found that some students need to study to get certificates, so they need to study from dawn till night. The busy schedule stopped them from doing any exercise. Also, some students are student leaders or need to participate in the school social clubs' activities, therefore having no time to exercise. At present, many surveys and studies also point out that Chinese contemporary college students' sub-health, obesity and other problems tend to be serious. One of the main reasons for sub-health and obesity is that people do not like exercise and have no time to exercise. P.E. teachers said that the physical quality of college students has declined obviously, especially in medium-and-long-distance running. In the past, the students could run for 1,500 meters and then player basketball right after. But now, for the medium-and-long-distance running in the test of "national students' physique health standards", many students fainted right after they finished running. The lack of physical exercise of college students will start a chain reaction, followed by obesity and worse physical fitness, which will in turn affects the students' willingness to exercise. On this basis, the school sports atmosphere is self-evident. In the final analysis, the causes of these problems lie in that the college students' concept of physical exercise has not changed and part of the study task is too heavy that they don't have time for physical exercise.

### **3.3 Reasons why college students in northern Guangdong lack physical exercise**

In the course of education in Chinese universities, the ministry of education has stipulated that physical education is a compulsory course for college students and an important course for them to take necessary physical exercises.<sup>[2]</sup> Therefore, college students' interest in and participation in physical exercise has a direct relationship with their physical quality, which will play an important role in physical exercise in the future. The influencing factors of college students' physical exercise can be divided into individual factors and social environment factors:

### *3.3.1 Individual factors influencing college students' physical exercise*

There are significant differences in physical exercise habits between males and females. It is reported that a higher proportion of male college students than female college students develop the habit of physical exercise. An investigation shows that the main motivation for college students to improve their physical training is shaping good physique and expanding social communication. [3] Strong interest and positive attitude have important influence on college students to form the habit of physical exercise. The personal requirements for participating in exercise include knowledge and skills of sports, physical fitness, leisure time and economic conditions. These requirements were integrated into a concept - sports self-efficacy. It refers to the expectation that an individual cannot successfully adhere to physical exercise behavior under various circumstances, namely, the degree of confidence of the individual in his or her regular exercise. The experience of exercise effect is the motivation to promote and improve college students' long-term adherence to physical exercise, especially good experience such as improved physical fitness and health level, athletic ability and physical ability, and character, etc.

### *3.3.2 Social and environmental factors influencing college students' physical exercise*

Social and environmental factors can be summarized into the following categories: the first is social support, which refers to individuals' support and encouragement for society and others to participate in sports activities. It can be manifested as material support, technical support and spiritual support, among which technical support is very important for group sports and those who do not have the ability to exercise independently. Spiritual support is mainly manifested in the recognition of family members, classmates and friends. The second is the physical condition of exercise, referring to the availability and convenience of the venues, equipment and facilities required for physical exercise. The third is the restriction of school physical education curriculum and management system. The teaching content, methods and performance of physical education in colleges are also important factors influencing the formation of students' habit of physical exercise. School physical education system, such as "national student physical health standards", is an important external motivation for students to participate in physical exercise, and it has an important impact on students' physical exercise behavior.

## **3.4 Comparative analysis of the lack of exercise of college students in northern Guangdong province**

There are significant differences between sports attitude and sports behavior. Affected by the objective conditions such as regional economic development, Heyuan city has great deficiencies in economic strength, site equipment, physical education faculty, sports activities and other aspects. Students' family finances are one of the reasons for this. The majority of college students come from rural areas, and their families are worse off than students in the areas where they live. Many parents believe that the biggest purpose of college students in learning is to learn cultural courses well and get a good job after graduation. As physical exercise is not the main purpose of coming to school, the students would treat it as a subordinate subject. Due to the poor economic status of college students from rural families, their life and study pressure is greater than that of college students in developed areas, so their enthusiasm and attitude to physical exercise are relatively poor.

## **4. Conclusion and suggestion**

There was a significant correlation between students' physical health test scores and their exercise habits. Students' sports habits are influenced by the environment, subjective understanding, school sports resources and sports policies. Students' learning pressure is not the decisive reason for their short exercise time and poor physical quality. The main reason why students do not take part in exercise is laziness and lack of exercise partners.

In the form of physical education teaching, implementing national students' physical health standards and various sports events, the college effectively promotes students to participate in physical exercise. In addition, the policy of behavior promotion should strengthen the means of reward and incentive, and the policy makers should conform to the logical line of theoretical model

to ensure the scientific effect of policy.

The existence of school sports clubs plays an important role in improving students' physical exercise behavior and physical health, which is an effective way to promote college students' physical exercise and health. The activity items, purpose, value pursuit, activity contents and methods of the sports clubs have significant influence on the physical exercise behavior and physical health level of its members. Starting with the goal of promoting the physical activity of its members more effectively, sports clubs should strengthen the promotion of regular sports activities to attract more college students to participate in sports.

## **References**

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