

Research on Association of Extracurricular Sports Activities in Colleges under the Background of “Sunshine Sports”

Taking Northwest University as an Example

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Abstract—As an important part of organization for extracurricular sports activities, sports association extends sports class and roundly improves college students' physical quality and popularizes campus culture. In recent years, with the declination of college students' health condition, sports association should shoulder the responsibility to strengthen students' physical and mental health, promote their personality development, train talents and create harmonious campus culture. [5] Preliminary study indicates: because inadequate attentions are paid to sports association, it lacks gym teachers, with poor management, insufficient exercise yard and fund investment and students are not enthusiastic about it. College sports should center on education, correctly deal with relations among physical education, students' extracurricular activities and sports competition training, organically combine sports association activities with traditional physical education class to serve the public in fitness. According to college students' health condition, property and functions of sports association, the association of college students' extracurricular sports activities, the participation of different schools and departments in sports association are researched, in order to improve college students' physical and mental health and provide organizers of extracurricular sports activities in colleges.

Keywords—*Sunshine Sports; college sports association; extracurricular sports activities; association*

I. INTRODUCTION

Decision of the Central Committee of the Communist Party of China on Several Major Issues of Deepening Reform in a Comprehensive Way emphasizes: propose top-level design for national rejuvenation and people's wellbeing, improve comprehensive strength and international influence of China sports in competitive level, speaking right on international competition, level of sport industry, influence of sports media or character, scientific research level, sports culture and spirit to realize sports power [17]; the Decision emphasizes physical education class and extracurricular physical training must be strengthened to promote adolescents' physical and mental health, which concerns national prosperity and national rejuvenation, strengthens human resource construction and realizes “spirit” and “Chinese spirit”. [1] In order to comprehensively implement education policy and improve

students' physical and mental quality, school sports must embody students' dominant position in physical exercise, arouse their enthusiasm and learning potential and cultivate their consciousness of lifelong sports. In reform and innovation of sports teaching, we must regard physical education in colleges with forward looking, establish the concept that “lay foundation for college students' lifelong benefit and educate for scientific and technological competition in the new century”. If traditional physical education class is to “eliminate illiteracy” related to sports among college students, sports association is to realize the purpose of physical education, practice “Sunshine Sports for Hundreds of Millions of Students” [2], “Outline of the Nationwide Body-building Plan” [3], develop students' habit of physical exercise, fulfill task of physical education and effectively implement quality-oriented education of sports.

II. RESEARCH ON NECESSITY OF DEVELOPING COLLEGE SPORTS ASSOCIATION

A. The Construction of College Sports Association Is Imperative

The fundamental objective of college students' physical education experiences the process of skills, constitution and health. Traditional physical education focuses on teaching sport technique and improves competitive level of sports team, in order to “invigorate health effectively” [15]. Therefore, at present, physical education in colleges pays too much attention to developing students' sports skills and ignores the cultivation of students' sports consciousness, athletic ability and exercise habit. With the deepening of reform, physical education must transform from exam-oriented education to quality-oriented education, in order to roundly promote students' physical and mental health instead of simply teaching sports skills. [16] According to students' constitutions, Guideline for Teaching of Sports Course in Chinese Colleges divides program objective into fundamental objective and development objective. The primary task of physical education for college students is to “invigorate health effectively, improve health, roundly enhance students' physical ability and adaptive capacity to environment and promote their physical and mental

development". Meanwhile, in physical education, colleges must develop and utilize course resources through adjusting measures to local conditions and fulfill teaching tasks. College sports association is important means for sports course construction. Compared with traditional sports teaching, sports association is autonomous and easy for organization and management, and helps college students to get familiar with contents of physical education, expand sports horizon and enrich their knowledge about sports, in order to stimulate college students' sports potential, promote their diversified development and improve their level of physical and mental health. However, in recent years, the organization of extracurricular sports activities is loose and chaotic. Except for normal physical education class and traditional track meet, other sports activities lack well-organized management and guidance. Besides, with the weakening of morning exercises and class-break setting-up exercise, students spend little time in extracurricular sports activities. The survey result of He Shujuan [12] on 16,786 college students and 108 teachers in 68 colleges indicates: at present, only 15.4 percent of college students take physical exercise. It shows inadequate attentions are paid to extracurricular sports activities. Since 2015, Northwest University has carried out educational reform to respond to the call. In the construction and discussion of "one college one policy" related to department of physical education, school leader and leaders of the department emphasize the organization and construction of sports association on the basis of the original association, in order to give college students' subjective initiative into full play and let more students participate in extracurricular sports activities.

B. Defects of Traditional Physical Education

1) *The setting of sports events is so rigid that students aren't enthusiastic about it:* Orientations of traditional physical education and students' extracurricular sports activities are different. Traditional physical education aims at training students' physical exercise hobbies, arousing their enthusiasm in participation and improving their physical quality, belonging to basic education. However, with earth-shaking changes, China transforms from homogenization to heterogeneity. Some scholar proposes: in homogenous society, the rigid and single form of cultural transmission shapes conforming personality; in heterogeneous society, the more flexible and diversified forms shape self-discipline personality. Conforming personality is common while self-discipline personality is individualized. [14] At this stage, most college students in China are "born after the 1990s" even "born after the 2000s" with unbounded personality in wearing, hair style, participation and expression. [3] Because of limited number of teachers, setting of sports events, most of colleges unify time and place for having class, failing to meet students' needs in varied physical exercises, so that students aren't enthusiastic about it.

2) *Traditional physical education cannot meet students' demands in exercise:* The most common sports activities in physical education (traditional PE class, athletic competition and student activities), and high level sports competition

(including athletic competition of sunshine sports team) in which few students of representative team participate fail to meet demands of majority of students. The popularization of "nationwide body-building plan" carries out in traditional PE class and student activities. However, the provision of PE curriculum has boundedness: Two academic years have the course of college sports, one less per week (2 hours, with 36 hours per semester). In reality, the time for professional practice is less. The investigation on PE class of Northwest University indicates: Among the 36 hours in each semester, 14 to 16 hours are occupied by legal holiday, theory course, and physical fitness test, physical culture festival, specialty practice, subject test, rainy day and hazy day, and only 20 to 22 hours left, which are insufficient for students to take physical exercise, so students have to find other methods. Because of the limited class hour, physical education focuses on teaching basic skills, indirectly making students passionless. Take the teaching of volleyball class as an example, basic skills of volleyball include serve, dig and pass, spike, block, stance, transposition, and proper use of technique and tactics. After one year of learning, students can only fulfill basic competition contents and fail to properly use high-level technique and tactics. Besides, students' levels are uneven, so teaching with the same standard discourages students' enthusiasm. However, activities of volleyball association can solve the problem. It provides sufficient training time and rich learning contents, as well as more systematic and deeper teaching of technique and tactics.

C. Superiority of Sports Association

1) *Sports association is more appealing:* Diversification of sports association can better meet students' needs for different events, levels and time in participating sports activities. Association activities have extensive sports events, flexible training time, varied teaching methods that attract students at different levels and with different hobbies, such as short-term training class, expert lecture of specific event, organize participating or watching high-level sports event, participate in sports activities in different schools and colleges and recreation and sports performance. It enables students to show talents, checks training level of association members, embodies learning effects and arouse students' enthusiasm in training; besides, it publicize effects of sports association, expands influence of association and then attracts more students to participate in extracurricular sports activities.

2) *Teaching forms of association are more flexible and diversified:* The forms of traditional extracurricular sports activities held by department of physical education, school league committee and college students' union relate to "supply system", neither developing students' interests nor meeting demands of modern educational reform. [4] In teaching organization, the associations of events will extensively seek for opinions of members and hold varied sports competitions at all levels without day to attract students. Except for integrating basic teaching activities, the association

provides different teaching and competition patterns according to different demands and levels of students. Students with general sports level can attend introductory course and basic sports competitions in small-sized class. Students with high sports level can learn courses in intermediate class or advanced class. Students prefer sports association with rich and flexible activity contents to traditional PE class with limited contents.

3) *Time arrangement of sports association is more scientific*: College sports association uses spare time to organize activities, which are held by student association. Students manage students, and teachers only give technical guidance or train referees in the 7th and 8th classes in the afternoon (16:30 to 18:00) or in the evening (18:00 to 22:00); at this time, students of most of colleges have finished course learning. It is common time of extracurricular activities of teachers and students as well as the best time for students' to take extracurricular physical exercise. Students can fully relax and do physical exercise to obtain robust physique. The activity time of sports association meets the demands. It's one of the reasons why sports association is accepted by students easily. Moreover, association activity is continuous. Restricted by quantity of teachers and teaching requirements, colleges often provide required course of sports for two years. Junior and senior can only choose few optional course or general education course of sports. By contrast, students can train in college days, and even participate in postgraduate stage and doctoral phase. The full participation constantly improves students' sports skills and makes them develop sports habit, laying foundation for training students' idea of lifelong sport.

4) *Build communication platform through association activities*: Sports association makes members show talent, do exercise and improve ability meanwhile provides communication platform for students. In sports association, members from different colleges and specialties can freely exchange. Organizing association activities and competitions builds platform for students of different grades and associations on and off campus and creates opportunities for communication. [5] Furthermore, it promotes members to actively participate in social activities for public good, expands influence of sports association and enriches the construction of sports culture on campus.

III. CURRENT SITUATION OF SPORTS ASSOCIATION CONSTRUCTION OF NORTHWEST UNIVERSITY AND MAJOR PROBLEMS

A. Existing Associations Fail to Fully Meet Students' Demands for Activities

Insufficient quantity of association and participants is primary problem that restricts the development of students' extracurricular sports activities. Department of physical education of the Northwest University unites school league committee to improve standardization construction of school association in 2015. All associations must apply again and

each association must have instructor from department of physical education. Through two years of development, the associations established include: volleyball association, aerobics association, tennis association, bike and jogging association, rope skipping association, sport dance association and football association. It provides referees and sportspersons for competitions of welcome new arrival cup and health cup organized in recent two years. Although having made considerable progress, it falls behind other high level colleges in quantity of association and participant. Take Tsinghua University as an example, up to June 2017, the quantity of student association registered in Tsinghua University has reached 114. The associations cover humanities and social sciences, science and technology, sports, art and public benefit and have more than 20,000 members. There are more than 40 sports associations for students, in which an increasing number of students participate. At present, 7,000 students registered participate in student association. Students who participate in sports association account for about 35% of the total number of students in the school, and 50.63% of the number of freshman and sophomore. Students participating in sports competition held by sports association account for about 60% of total number of students.

B. Insufficient Activity Space and Equipment

The biggest barriers for smooth implementation of sports activities in student association are place and equipment. Northwest University has students of about 28,000, with sports field of 67,879.9 square meters, stadium of 2,850 square meters, field for each student of 2.42 square meters, stadium for each student of 0.1 square meters, falling far below the minimum standard of the General Office of the Ministry of Education, outdoor field for each student of 4.7 square meters and stadium for each student of 0.3 square meters. [6] In January 2014, General Administration of Sport of China officially sent file that explicitly stipulates "Large-scale stadium and public sports field, stadium and facilities shall be open to the public for free or with low charge. Opening hours shall be no less than 35 hours weekly and no less than 330 days yearly. In public holiday, legal holiday, winter and summer vacations, the opening hours shall be no less than 8 hours daily". [1] Guideline for Teaching of Sports Course in Chinese Colleges also proposes: Schools shall plan and construct according to "Catalogue of Facilities and Equipment in Stadiums of Colleges" issued by the Ministry of Education and relevant provisions, create conditions to meet actual needs of sport course, take measures to prolong opening hours of stadium and increase operation rate of sports facilities. In order to answer the call of the Ministry of Education and General Administration of Sport of China and provide field of sports activities for students, the Northwest University has built west ground for ball games in 2015, is building a large training gym in 2017 and will build one comprehensive gymnasium, and begins to implement the system of using sports field (stadium) for free appointment at the beginning of the year, greatly arousing students' enthusiasm in participating in sports activities and creating precondition for establishment and activities of sports association.

C. Organization and Management of Sports Association

Another reason that restricts the sound development of college students' sports association is management. The Northwest University has more than ten sports associations in the past, but the absence of teachers' instruction and the unsound management make the organization and management of sports association and activities chaotic, greatly discouraging students' enthusiasm in participation. Extracurricular sports activities are under management of group activity of public sports in colleges, with students as administrative staffs. It is temporary, unprofessional and non-transparent with unsound management system. There are only several events and competitions in each semester, with few participants. It is formalistic and fails to benefit majority of students, and lacks long-term systems for extracurricular activity, measures and platforms. In order to guarantee the orderly operation of students' sports association, the Central Committee of the Communist Young League, the Ministry of Education and All-China Students' Federation jointly issue Interim Measures for the Administration of College Students' Associations [7], which has very important significance on thoroughly implementing Opinions on Further Strengthening and Improving the Propaganda and Ideological Work in Colleges under New Situation and Opinions of the Central Committee of the Communist Party of China on Strengthening and Improving the Party's Mass Group, further standardizing management of student club and deepening educational function of students' association and actively promoting the sound development of students' sports association.

In order to promote sound and orderly development of students' sports association, the department of physical education in our school also improves rules and regulations of sports association. First, improve management method of sports association such as modify Management Methods for College Students' Sports Association, formulate Evaluation Methods of Excellent Sports Association and Provisions on the Administration of the Use of Sports Associations and Fields. Second, bring in event planning of sports association, such as enrollment activity of "Hundred-Regiment Campaign" and competition of welcoming new arrivals cup. Activity content is stipulated through "system" and the competitions are organized according to the plan in each semester. Third, establish system to train association head, including report of activities organized by Youth League Committee, introduction of excellent association experience. Fourth, establish association inspection and evaluation system. The heads of "star associations" are recommended as school level "excellent student cadre" and "excellent league cadre" first. [5] Sports department will appraise through comparison, accept and commend according to participation in sports association and the implementation of sports activities, such as have priority to participating in rating "Wang Yaodong Sports Scholarships".

Department of physical education and school league committee of the Northwest University unite colleges in school to solve problems of technical guidance of sports association and sports field through integrating internal and external resources. Internal resources mean the department of physical education exploits internal advantages to the full, dispatches instructors to provide professional technical guidance and

assist the management of sports field (stadium), and solve problems of sports association in proper use of technique and tactics of specific events, development planning of association, activity arrangement, competition organization, referee training and activity space; external resources mean meet needs of sports association through developing other resources on campus. Department of physical education or sports association employs high-level instructors and cooperates with social sports entity that provides stadium for sports association with preferential price. Experienced teachers or graduate students of public administration participate in the management of association. The separation of management and operation alleviates burden of gym teachers and provides professional management methods for association and further strengthens association management.

D. Sports Associations Have Insufficient Funds

The investigation indicates schools invest sports funds in training and competition of sports team instead of association or mass sports activities on campus. It closely relates to characteristics of mass sports activities that are slow to take effect and can achieve results through long term continuous investment. However, the construction of school sports team can win a good position in the short term through large-scale fund investment and make school renowned in the short term.

At present, sports associations independently solve problem of funds. The association applies little social sponsorship from companies in holding the event. Events of different associations have different social approval degree. The sponsor is unbalanced and fails to guarantee long-term steady input, so the association development is unbalanced, influencing the long-term planning and development of association. Complete physical education in colleges includes four parts: physical education class, students' sports activities, and training of sports team and scientific research of sports. Students' sports activities are basic part and objective of other parts. The four parts supplement each other. Colleges invest manpower, material resources and financial resources in training and competition of sports teams. It may achieve short term effects but goes against long-term development of school sports, so colleges must make overall planning and make coordinated allocation.

E. Have No Influential Famous Sports Event

At the present stage, main sports activities organized by our school include annual physical culture festival, basketball game of welcome new arrival cup, basketball game of health cup, aerobic competition, competition of broadcast gymnastics, five-man soccer, volleyball match of health cup, circuit cross-country race, badminton game of health cup, table tennis competition of health cup and archery contest. They are co-host by department of physical education and school league committee. Colleges and organizers lack linkage and there isn't uniform competition system and system of rewards and penalties. Although there are many sports events, they are incomplete without the participation of teachers and alumnus and alumna. Neither sports events held for associations nor high-level famous events that exert initiative of sports association exist. Taking the famous sports event of Tsinghua

University of “Ma Yuehan Cup” as an example, the initial competition system was formulated during 1997 and 1998, and the sports events only included group event, cross-country race and track and field. After a few years, “Ma Yuehan Cup” rapidly develops into the remarkable event. Now, the competition mechanism has been gradually mature. There are 42 big events, basically covering all sports events with mass base. All students in Tsinghua University can show talent no matter what kind of sports event they adore and what sports specialty they have. Organization, mobilization, publicity and rear services link with each other closely to guarantee the process of events. Wining “Ma Yuehan Cup” is the blue ribbon in sports, reflecting work level and cohesion of students and comprehensive strength of colleges. Led by “Ma Yuehan Cup”, students form competition system all year around, covering events like freshman sports meet, marathon, cross-country race and postgraduate sports meet. Meanwhile, staffs and schoolfellows who have graduated for more than three years will be invited to the new system of “Ma Yuehan Cup”, in order to expand the connotation of “Ma Yuehan Cup” sports meet. All people in Tsinghua University and people in society pay attention to the sports meet of “Ma Yuehan Cup” and support and participate in it, letting sports and health become the support of career and one of the bonds for communication of all people in Tsinghua University. There are nearly 10,000 people to participate in it annually. [8]

F. Schools Have No Enough Interaction

College town is burgeoning and full of wisdom and charm, referring to the higher education base with social benefits of education, scientific research, production and social service. It promotes higher education in China even the whole world, gathering in space and integrating resources. [10] Mutual recognition of credit of basic courses in different colleges and departments in the college town can effectively promote rational use of college resources. The credit of human body function in school of sport and the credit of medical school can realize mutual recognition in University of Minnesota. The premise for mutual recognition of credit is that no big gap exists between the teaching qualities of schools. Mutual recognition of credit should become the objective of college sports course. It saves intellectual resources and time cost. Besides, each school has preponderant sports events or sports associations. Students of different schools can improve through participating in associations of different schools.

However, college town has had a history of nearly fifteen years. The exchange between schools, especially sports exchange is very limited. Colleges in college town lack effective interaction. In May 2015, Northwest University, Northwestern Polytechnical University and Xidian University formed “Bianjia Village Alliance”. In May 2017, Northwest University, Xidian University, Shaanxi Normal University, Xi’an Institute of Posts and Telecommunications and Northwest University of Politics and Law formed “Chang’an Alliance”. Students can select courses in different schools and apply for studying minor major and double bachelor’s degree in other two universities. The establishment of the two alliances makes it possible for college students to take PE class

in different schools (participate in sports associations of different schools).

IV. RESEARCH ON COUNTERMEASURES TO DEVELOP COLLEGE STUDENTS’ SPORTS ASSOCIATION

A. Perfect Activity Contents of the Association and Establish Good Social Image

Activities of college students’ sports association shouldn’t be confined to campus. It must properly combine with social welfare activities. They can organize activities in community. Strengthen sports culture exchange of “Chang’an Alliance” and “Bianjia Village Alliance”, and establish good image through organizing varied sports activities.

B. Attract More Attentions to the Association

Associations should establish website and WeChat Official Account, improve efficiency for exchange between association and the outside world, and attract more attentions to get development.

C. Establish Benign Development Mechanism of Association

Association activities are closely linked to basic course of physical education and social practice. Exchange among the three can exert the function of physical education.

D. Expand Channels of Fund Sources

Elaborately organize activities such as referee training, association performance, athletic competition and exchange of sports culture and strive for approval and support of school leader, competent departments and functional departments of the school through prominent performance and good reputation.

E. Establish the Dual Management Pattern of “Separation of Management and Operation”

Gym teachers give technical guidance and specially-assigned person is responsible for management, to reduce working strength of gym teachers and make association management more scientific.

F. Strengthen and Improve the Institutional Construction of Sports Association

Institution is prior to association development. We can improve institutional construction of association and promote the standardized, orderly and long lasting development of sports associations.

V. CONCLUSION

College sports associations are mass organizations formed by students spontaneously under teachers’ guidance, having sufficient autonomous right in team-based organization, management and development. Ways of organizing activities are more suitable for students’ characteristics. The activity time is more flexible and the selection of events is freer, giving students’ subjective initiative into full play. Therefore, students are willing to participate in activities organized by sports

association. By comparison, because of the restriction of field, contents and time, PE class and extracurricular sports activities under unified arrangement of school fail to achieve good results. Sports association provides the platform of “I want to learn” for students to learn sports skills and develop sports habit and the consciousness of lifelong sport. It achieves significant results in students’ participation and the participation effects. It’s imperative to construct college sports association under policy support and students’ approval.

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