

Study on the Effect of Fitness Activities to Enhance Campus Sports Culture

Take National Fitness Sports Festival for Example

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Abstract: “National Fitness Sports Festival” of Southwest Petroleum University is a whole-school sports activity, not only refer to professional skills competition, but also carry out some interesting games, it is possible to allow more people to get involved. From teachers to students, people of different levels and different positions can take party in it, which greatly increased the physical activity atmosphere of Southwest Petroleum University, and let more people know about sport, into the sport, and benefit from sports. This paper will carry out analysis and study to the current situation of “Sports Festival” of Southwest Petroleum University in the last three years by using the method of literature, interviews, statistics, inductive analysis. To sum up the reason why “National Fitness Sports Festival” of Southwest Petroleum University develop so booming, and the effect of the “National Fitness Sports Festival” to promote the campus sports culture, and then, we expect to provide a reference for other schools.

Keywords: National fitness; Campus sports culture; Effect

1. Introduction

National fitness is not only the need of social development, but also the need to enhance the national constitution. June 20, 1995, the State Council promulgated the “National Fitness Program Outline”, in the same year, on August 29, National People’s Congress adopted the “Sports Law”, put the mass sports and fitness into the protection scope of the national law, further consolidated and enhanced National legal status of fitness. In this context, China’s sports and cultural activities of the university is also rapidly developing. Campus is not only a platform for students to learn, but also is students’ life environment. Good campus culture can not only promote student learning, but also cultivate sentiments of students, improve students’ interest in learning, play a positive role in promoting physical and mental development of students. With the implementation of the national fitness campaign, more and more schools and students pay attention to sports. Sports activities also play a positive role in campus culture, through a variety of sports activities to improve students’ physical quality, enhance students’ communicative competence, through the game to improve the students’ appreciation level and taste, all of these are effective means to promote students’ health development and the campus culture.

2. The Current Situation of Southwest Petroleum University.

Southwest Petroleum University to further implement the relevant content of “National Fitness Program” promulgated by the State Council, and promote the development of sports culture on campus, support the development of sports activities on campus. Making the “National Fitness Sports Festival” rapidly grow up in the Southwest Petroleum University. Today, “National Fitness Sports Festival” has been held 20 sessions, the teachers and students take an active part in, which has become a brand campaign of Southwest Petroleum University. The “National Fitness Sports Festival” has achieved fruitful results. It enables students to actively participate in sports activities, and it has great effect on improving students’ sense of competition, innovation, self-confidence, personalized training, as well as students’ overall quality.

2.1. Staff project participation

The staff projects is set to six in Eighteenth and Nineteenth sessions of “Sports Festival”, it includes “Touch stones” game, Fun relay race, Solitaire jump rope contest, Tug of war, Fishing contest and Climbing mountain. Staff project is set to 13 in Twentieth session of “Sports Festival”. They respectively are Solitaire jump rope contest, Tug of war, Mountaineering, “Tram” game, “Concentric Drum” game, Badminton game, Tennis tournament, Three basketball match, Futsal, Table tennis individual competition, Bike riding, Man chess game, Woman backgammon game. The main reason for setting the number of projects is to allow more people to participate in activities to feel the pleasure of sports. And many participants also said they have experienced happiness from

sports activities. Each the secondary units of school have actively participated in the staff projects of school sports festival.

2.2. Student project participation

When a school sets “Sports Day” activities, it starts from reality, and constantly explore new sports. Student Program of School Sports Festival include:30 people and 31feet race, Tug of war, Volleyball game, Badminton game, Women’s team backgammon competition, Skating competitions, Skipping games, Fun games, Sports dance competition, The men team chess competition, Physical health test integrated game. According to the survey, the twentieth session of “Sports Festival” not set 30 people 31feet race is because there are many potential hazards of this project, many students said that this project is not only time-consuming, laborious, risk is still relatively high. In the twentieth added a new project called “Student Physical Health Integrated Test Match”, It do not appear in all previous sessions. Through investigations, we found that many of the policies of national governments have focused on enhancing the national constitution, in accordance with national policy line, schools pay attention to the students’ physical health in school, meanwhile, school will test physical health of college students every year. On the “Sports Festival” set this project not only allow students to feel the joy of sports, but also get healthy and joy. Each college students took actively party in various activities.

2.3. Required facilities of Sports Festival

Sport Culture Festival sit facility is the main place of activities, which is a prerequisite for the events normal operation, and also is the important position of students’ daily training. The survey found, teachers and students of Southwest Petroleum University are satisfied with the sit facilities. It indicates that the existing facilities of Southwest Petroleum University basically meet to the needs to carry out “Sports Festival”. According to the survey, the requirements of teachers and students in Southwest Petroleum University to sit facilities is mainly due to: improve equipment rental mode, regularly maintain the site, improve the utilization of space and so on. Most of the students said that if the school periodically replace equipment annually and maintain existing site facilities, so that it would be basically meet the need. At the same time, we have learned from more than a teacher, the school regularly to maintain the site facility and replace the equipments annually, in this way, it not only can meet the public demand, but also can pave the way for organizing sports activities.

2.4. Training ways of “Sports Festival” participants

(1) Staff training time and method

Most teachers prefer to train in the evening. Many teachers said that they choose training at night, partly because they can train longer time at night, and staff number is relative more and the training effect is better. While they need a break at noon, and they are not willing to train when they just get up in the morning. On the other hand, the teachers said that they must go to work in the day, so training time is not enough and they can not get good training effect. According to the survey, because most projects of “Sports Festival” refer to teamwork, so they should practice more to improve team capability.

(2) Training time and method of student

Most students prefer training in the evening, on the one hand, the course is relatively less at night, so that most of the students can take the time to train, and the time is relative longer at night . On the other hand, overall students perform relatively sluggish, the courses are more and spare time is less at the day. According to the survey, when many college students train, they will be equipped with professional sports students, through professional guidance to improve the quality of training, the students of different college mutual exchange, learn from each other and make progress together.

3. The Effect of the “National Fitness Sports Festival” to Upgrade the Campus Sports Culture Construction

Campus Sports Culture is not only the security and platform of whole school' healthy body, but also is a cornerstone of school sports level, and is the implementation approach to fitness, lifelong sports, which also bear the responsibility for all the teachers and students’ physical and mental health. The “National Fitness Sports Festival” of Southwest Petroleum University is a characteristic project to build campus sports culture, its degree of involvement and content are unmatched by other projects. During the process of campus sports culture construction which played a significant role.

3.1. Improve the effect of campus sports cultural activities atmosphere

“National Fitness Sports Festival” is a whole-school sports activity, not only refer to professional skills competition, but also carry out a number of fun mini-games, this design can well get more people involved. From teachers to students, at different levels, in different positions of people involved, which greatly enhanced the sports atmosphere of Southwest Petroleum University, and let more people know about sport, into the sport and benefit from sports. From the point of participation, through carry out “National Fitness Sports Festival”, Southwest Petroleum University has formed a good sports atmosphere. In recent years, the number of participants is increasing, this suggests that the “National Fit-

ness Sports Festival” has played an important role in campus sports culture construction.

3.2. The effect of enrich campus sports cultural activity forms

In normal campus life, we can see some games like basketball game, badminton tournament and so on, these events are a part of campus sports cultural activities forms. The “National Fitness Sports Festival” undoubtedly increased the form of campus sports cultural activities. “National Fitness Sports Festival” enrich the form of campus sports activities, and also much enrich the form of public participate in sports activities, which is not only a higher degree of participation sports activities, but also has rich sports content. The “National Fitness Sports Festival” launched by Southwest Petroleum University is a new form campus sports cultural activities, which will enrich the forms and methods of the development of sports culture in the future.

3.3. The effect of enhance campus sports culture spirit

In this rapidly developing age, sports culture has increasingly become a standard measure of overall strength. Of course, it is also inevitable in major colleges and universities. To the campus sports culture, the “National Fitness Sports Festival” carried out by Southwest Petroleum University is a great innovation whether in the participation or the form. To carry out the “National Fitness

Sports Festival” will help improve humanistic sports accomplishment of teachers and students, culture their healthy personality, enhance their fitness consciousness and moral cultivation and relationships as well as cooperation spirit; besides, it can also train teachers and students’ sport spirit, sports awareness and sports skills, and enhance students’ physical and mental health.

4. Acknowledgment

1. “A project supported by Scientific Research Fund of SiChuan Provincial Education Department”(14SA0022).
2. “A project supported by China West Normal University Physical Culture Research Base of Sports Cultural Development Center of State Sport General Administration.”(014B009).

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