

# Investigation and Analysis of the Actuality of Female College Students' Extracurricular Athletics since the Sunshine Sports Was Developed

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## Abstract

In the process that China actively pushes the sunshine sports, the research of the development of college students' extracurricular athletics is very important to respond the national call and actively enhance college students' physical quality. By the investigation, analysis, and research about the female college students' cognition degree of "sunshine sports", intention of participating in the extracurricular athletics, cognition of extracurricular athletics, liking items, exercise times, exercise time, exercise place, and influencing factors in Tianjin, relative suggestions about the female college students' extracurricular athletics in Tianjin are proposed in the article.

**Keywords:** Colleges and universities, Sunshine sports, Female college students, Extracurricular athletics

At May 7 of 2007, CCPCC and State Council of China issued the "Proposal on Strengthening Young People's Sports & Enhancing Their Physical Fitness of CPC Central Committee". This file is the total requirement about young people's sports at present and in a period in the near future, and it requires that the people should widely develop the "Sunshine Sports", encourage students to go to the playground, enter into the nature, and play in the sunshine, and form the hot tide of physical exercise in young peoples.

The extracurricular athletics mean the organized physical activities that students participate in except for physical class in the school or out of the school, and they are the important part of the school sports, and the important approach to realize the physical task of the college. The "Sports Law", the "School Sports Work", and the "University Student Sports Qualification Standard", issued by China, all definitely required the extracurricular activities, and pointed out the important state and function of extracurricular athletics in the university sports.

However, in common colleges, female college students' extracurricular athletics is not ideal, comparing with male college students. Because of physiological or physical causes, female entry-level students rarely participate in physical activities, and in recent years' healthy quality test, female students' physical test performance decreased obviously, and because of the deficiency of the physical class, the physical activities are relatively less under larger study and employment pressure. Many factors seriously influenced the development and enhancement of female students' body quality.

Aiming at this special group, through the suggestion and analysis of the actuality of female college students'

extracurricular athletics in common universities and colleges as viewed from the sunshine sports, the result could offer certain reference for college leaders to emphasize female college students' extracurricular athletics and enhance their extracurricular athletics level and the physical teaching quality.

## 1. Research object and methods

### 1.1 Research objects

The research object is the female college students' extracurricular athletics in common universities and colleges as viewed from sunshine sports. And the research samples are female college students and management employees of the extracurricular athletics in 12 common universities and college in Tianjian.

### 1.2 Research methods

#### 1.2.1 Literatures

The materials collected in this research could be divided into two sorts. The first sort includes relative decisions that China started the hundreds of millions students' Sunshine Sports from the Ministry of Education, the General Administration of Sports of China, and the Central Committee of the Communist Young League, and relative documents that universities and colleges should strengthen the physical work and fully enhance students' healthy quality, and the second sort includes scholars' investigation statistics materials and research results about relative problems.

#### 1.2.2 Interviews with experts

By drawing out the investigation outline aiming at the research contents, consulting and interviewing with experts, relative problems about this task are consulted. According to the research requirement, the questionnaire is designed, and evaluated by relative experts, and modified according to experts' opinions to ensure the validity of the questionnaire.

#### 1.2.3 Questionnaire investigation

500 female college students selected in 12 common universities and colleges in Tianjin are investigated by the questionnaire, and 496 effective questionnaires are returned, and the effective rate achieves 99%.

#### 1.2.4 Mathematical statistics

According to the statistical method and the physical statistics principle, the collected data are processed by the Excel and SPSS.

#### 1.2.5 Observation

Female college students' exercise state in the extracurricular athletics could be observed in the practice.

## 2. Research result and analysis

### 2.1 Female college students' cognition of the "sunshine sports"

From Table 1, most female college students' cognition degrees about the reason, the target, the content, and the relationship with the college physical activities of the sunshine sports are in the degree of "know generally", and the proportions respectively are 67.6%, 63%, 57%, and 53.6% of the total colleges, that means the female college students in universities and colleges in Tianjin have not fully known the "Sunshine Sports". Only 12.2% female college students "know well" about the content of the "Sunshine Sports", and 11.6% female college students know well the relationship between the "Sunshine Sports" and the extracurricular athletics. As the object of the "Sunshine Sports", if college students could not know and care about it, the development of the "Sunshine Sports" would be certainly influenced.

Taking "hitting target, reaching the optimal, and building body" as the target, the Sunshine Sports require that students should grasp two daily physical skills, form good physical exercise habit, and really enhance the healthy level. The documents from the Ministry of Education, the General Administration of Sports of China, and the Central Committee of the Communist Young League, required that the Sunshine Sports should combine with the extracurricular athletics. With physical class teaching, students should have one hour physical exercise time in each study day, and students' extracurricular athletics should be brought into the education planning to form the system. Colleges and universities should fully push the playtime physical activities, and actively strengthen the construction of students' physical associations and physical clubs.

### 2.2 Female College Students' Intention to Participate the Extracurricular Athletics

Psychological motivation comes from human body, mental requirements, and exterior environment stimulation, and it is the cause to act for realizing certain intention. From Table 2, female college students' intention of

participating in extracurricular athletics mainly includes three items, i.e. body building, amusement, and dealing with physical exam, and their proportions respectively are 37.2%, 24.8%, and 18.4%, and the other proportions of other motivations such as optimizing body, cultivating interest, and others respectively are 9.40%, 7.80%, and 2.40%. This investigation result accords with the idea of “health first” and “life education”, and in the intention of building body, female college students could not only more deeply understand the meaning of the physical activities, but also influence others’ participation enthusiasm.

### *2.3 Female College Students’ Cognition about the Extracurricular Athletics*

63.6% female college students “like” extracurricular athletics, and 12.4% female college students “like it very much”, and the proportion they don’t like it is 24%. That means 76% female college students could actively understand and know the extracurricular athletics. In the sub-questions of this investigation, for the investigation about female students’ liking degree to the extracurricular athletics, the main factors which induce that female college students don’t like extracurricular athletics are idleness, “without fellows”, “without fond physical items”, “physiological factor”, “deficient physical instruments”, “deficient places” in turn. In addition, 88.6% female college students think that the extracurricular athletics can be available to the body, and 11.4% female college students think that the extracurricular athletics is not related with the health.

### *2.4 Extracurricular Athletic Items Joined by Female College Students*

From Table 4, extracurricular physical sports favored by female college students respectively are aerobics (43%), pingpong (30.4%), badminton (14.4%), only a few of them like jogging, basketball, and volleyball. That means female college students pay more attention to the aerobics which could change their bodily forms and temperament. But pingpong and badminton belong to technical and antagonism items, and these items are not so furry than basketball for female college students, and because of their moderate sports strength, they could stimulate their participation consciousness.

### *2.5 Female College Students’ Extracurricular Exercise Times and Time*

In the investigation, most female college students only participate in the extracurricular athletics for one or two times each week, and their proportion is 51.2%, and 25% female college students could make exercise three or four times each week, and 13% of them could make exercise above four times each week, and some of them never participate in extracurricular sports. 51.6% female college students’ time of extracurricular athletics each time is in 30 minutes. So it is obvious that most female college students’ time and frequency participating in extracurricular athletics are reasonable, and a few female college students should strengthen their own exercise consciousness, and they should not only stay on the correct understanding of the physical activities, but also act and use their practice to embody the value of sports.

### *2.6 Female College Students’ Extracurricular Athletic Place Distribution*

In the investigation about the place distribution of extracurricular athletics, 64.8% female college students’ places of extracurricular athletics are centralized in the school gymnasium and 31% of female college students make exercises around the classroom and dormitory, the school square and lawn. In addition, 10.4% female students select the place out of the school, that means people’s life level is increasing, and they want to make exercise at the place where that place could more accord with their requirements, and the physical establishments of college and universities are not perfect, and colleges and universities should further strengthen the investment in the physical establishments.

### *2.7 Factors Influencing Female College Students’ Extracurricular Athletics*

The investigation shows that the factors influencing female college students to participate in the extracurricular athletics mainly include “large study pressure”, “imperfect grounds and establishments”, “without interests for the physical activities”, “without fellows”, and “economic limitation”, the proportions of these influencing factors respectively are 42%, 21.2%, 19.2%, 11.8%, and 5.8%. Because of continually increasing employment pressure, and the sex discrimination in many enterprises, the female college students could obviously feel the heavy burden of the employment pressure. In this situation, many college students select advanced studies. However, the enrollment of postgraduate student is still difficult, and many female college students give up extracurricular activity time to study the professional knowledge.

21.2% female college students think that the deficiency of grounds and establishments would influence the extracurricular athletics, so it is imperative under the situation to increase the investment in this aspect. 11.8% female college students would give up the physical activities because of “without fellows”, that means part of female college students lack in sociality ability and opening ideas. Because of the economic limitation, 5.8% female college students would not participate in the extracurricular athletics.

### 3. Conclusions and suggestions

#### 3.1 Conclusions

(1) Most female college students' cognition degrees about the reason, the target, the content, and the relationship with the college physical activities of the sunshine sports are in the degree of "know generally", that means the female college students in universities and colleges in Tianjin have not fully known the "Sunshine Sports". As the main object of the "Sunshine Sports", college students' cognition will certainly influence the favoring development of the "Sunshine Sports".

(2) Female college students' main intention to participate in extracurricular sports is to train the body, amuse the mind, and enrich the study life. 76% female college students have active understandings and cognition about extracurricular sports, and 88.6% female college students think that the extracurricular athletics could be available for the health of the body. The extracurricular physical items favored by female college students in turn are aerobics, badminton, pingpong, jogging, and basketball. And most female college students would participate in extracurricular sports for one or two times each week, and the time of each time is in 30 minutes. The places of extracurricular athletics are mainly centralized in the school gymnasium.

(3) The factors influencing female college students to participate in the extracurricular athletics mainly include "large study pressure", "imperfect grounds and establishments", "without interests for the physical activities", "without fellows", and "economic limitation".

#### 3.2 Suggestions

(1) Universities and colleges should strengthen the drumbeating strength of "Sunshine Sports", and put many catchwords such as "Health first" and "Exercise one hour every day, work healthily fifty years, and live happily for one life" into effect.

(2) Aiming at female college students' characters, universities and colleges should enhance their interests about the extracurricular athletics and strengthen their health by many forms such as interest class of physical course, physical theory, and health education.

(3) Universities and colleges should continually improve their physical establishments, create and perfect many places and establishments, and create good extracurricular athletics atmosphere for female college students.

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Table 1. Investigation of Female College Students' Cognition about the Sunshine Sports

Sunshine Sports	Know very well (quantity, proportion)		Know generally (quantity, proportion)		Heard (quantity, proportion)		Never heard (quantity, proportion)	
Reason	23	4.6%	338	67.6%	102	20.4%	37	7.4%
Target	49	9.8%	315	63%	113	22.6%	23	4.6%
Content	61	12.2%	285	57%	126	25.2%	28	5.6%
Relationship with the extracurricular athletics	58	11.6%	268	53.6%	132	26.4%	42	8.4%

Table 2. Investigation of Female College Students' Intention to Participate the Extracurricular Athletics

Content	Building body	Amusement	Dealing with Physical Exam	Optimizing bodily form	Cultivating interests	Others
Quantity	186	124	92	47	39	12
Proportion	37.2%	24.8%	18.4%	9.40%	7.80%	2.40%

Table 3. Investigation of Female College Students' Cognition about the Extracurricular Athletics

	Like degree to extracurricular athletics			Whether the extracurricular athletics is healthy?	
	Like very much	Like	Don't like	Yes	No
Quantity	62	318	120	443	57
Proportion	12.4%	63.6%	24%	88.6%	11.4%

Table 4. Investigation of the Extracurricular Athletic Items Joined by Female College Students

Item	Aerobics	Pingpong	Badminton	Jogging	Basketball	Volleyball
Quantity	215	152	72	36	17	8
Proportion	43%	30.4%	14.4%	7.2	5%	1.6%

Table 5. Investigation of Female College Students' Extracurricular Exercise Times and Time

	Extracurricular exercise times each week				Extracurricular exercise time each time		
	1-2	3-4	above 4	none	<30min	30-60min	>60min
Quantity	256	125	65	54	258	154	88
Proportion	51.2%	25%	13%	10.8%	51.6%	30.8%	17.6%

Table 6. Investigation of Female College Students' Extracurricular Athletic Place Distribution

Place	School gymnasium	Other places in school	Body-building places out of school
Quantity	324	124	52
Proportion	64.8%	31%	10.4%

Table 7. Investigation of the Factors Influencing Female College Students' Extracurricular Athletics

Influencing factors	Large study pressure	Imperfect grounds and establishments	Without interests for the physical activities	Without fellows	Economic limitation
Quantity	210	106	96	59	29
Proportion	42%	21.2%	19.2%	11.8%	5.8%