

Study on Countermeasures for Developing Sunshine Sports in Regular Institutions of Higher Learning

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Abstract

This study used the document literature, expert interview, questionnaire survey and mathematical statistics to make an in-depth analysis in the specific situation of developing sunshine sports in 15 regular institutions of higher learning in Tianjin. According to study result, part of leaders and a large majority of university students are still the major objects of publicizing “sunshine sports”, funds shortage becomes one of the major factors restraining development of “sunshine sports” in colleges and universities in Tianjin, the sports time of most university students lags behind the requirement of “one hour for sports each day”, the number of sports associations is too small and the rate of participation of students is low, initial success has been achieved since the development of “sunshine sports” and the pass rates of test of “physical health standard of university students” in most schools attains above the standard of 85% required by the nation. It is suggested, in the process of developing sunshine sports, all universities and colleges should strengthen vigor of propaganda and investment in sports funds in sunshine sports, accelerate sports associations and club construction and improve quality and treatment of sports teachers.

Keywords: Regular institutions of higher learning, Sunshine sports, University students

In view of the situation of descending physical condition of young students in China in recent years, on April 29, 2007, China initiated the sunshine sports of hundreds of millions of students. Sunshine sports was aimed at “reaching the standard, striving for excellence and strengthening the physical body”, which was required to realized within three years, so that more than 85% of schools could carry out thoroughly “physical health standard of university students” and more than 85% of university students could practice one hour each day and reach the standard above the standard of passing in “physical health standard of university students”, grasp at least two sports skills of daily practice, form good sports practice habits and enhance the physical health level. On May 7, 2007, the Central Committee of the Communist Party of China and the State Council printed “Proposal on Strengthening Young People’s Sports & Enhancing Their Physical Fitness” (hereinafter referred to as NO. 7 Document) and required to develop sunshine sports extensively.

In the recent years, regular institutions of higher learning in various areas have carefully carried out NO. 7 Document and Notice on Launching the Hundreds of Millions Students’ Sunshine Sports by the Ministry of Education, General Administration of Sport of China and Central Committee of the Communist Young League, and have taken a positive attitude in developing sunshine sports. However, we still need further study on how is the effect of developing sunshine sports at present and what specific countermeasures have we got in developing sunshine sports in a sustainable way. Starting from the above questions, this article conducted relevant research.

1. Research object and methodology

1.1 Research object

Leaders and sports teachers in sports departments of 15 regular institutions of higher learning and university students in regular institutions of higher learning in Tianjin.

1.2 Research methodology

The research methodology employed in this article included document literature, experts interview, questionnaire

survey and mathematical statistics.

During the questionnaire survey, two sets of questionnaires were designed by taking leaders, sports teachers and university students in sports departments of regular institutions of higher learning according to the requirement of the research. Ten experts had two rounds of validity assessment on the questionnaire and repeatedly modified to satisfy the requirement for validity of the questionnaire. Re-test method was used to conduct a reliability test on the questionnaire. Altogether, 12 questionnaires were sent to leaders of sports departments and 11 effective questionnaires were taken back, with an efficiency rate of 91.7%. Altogether, 68 questionnaires were sent to sports teachers, and 63 effective questionnaires were taken back, with an efficiency rate of 92.6%. Altogether, 1205 questionnaires were sent to students and 1173 effective questionnaires were taken back, with an efficiency rate of 97.3%.

2. Research result and analysis

2.1 Analysis of understanding of leaders in charge, sports teachers and university students in developing sunshine sports

Insert Table 1 Here

From Table 1, it can be seen that 91% of leaders selected the option that they quite understood or relatively understood the sunshine sports, but 45% of leaders could not correctively select relevant issues in sunshine sports. These leaders are the problem for our developing the sunshine sports, so they are also the major object for our publicizing “the sunshine sports”. Only if we change the degree of understanding of these leaders in the sunshine sports, can our “sunshine sports” be supported by the extensive leaders in charge and could it be developed well.

Although 52% of sports teachers selected the option that they quite understood the sunshine sports and 35% of sports teachers selected the option that they relatively understood the sunshine sports, but only 46% of sports teachers who could totally correctively select the starting time and target of the sunshine sports. The extensive sports teachers are the tower of strength for developing “sunshine sports” in colleges and universities, and they play an important role in the guidance and propaganda of the sunshine sports among university students. If they are not able to understand the specific target of developing the sunshine sports and take an initiative in participating in the task, they it will be an armchair strategist for the schools to develop well the “sunshine sports”.

Through survey, we find that, at present, university students in Tianjin don't quite understand the “sunshine sports” and there were 27% of university students who selected the option of not quite understanding or not understanding at all. In the answer to relevant issues in “sunshine sports”, merely 28% of university students answered totally correctly. A large majority of university students knew little about information of “the sunshine sports” and didn't pay enough attention to sunshine sports. Even quite a large number of university students thought that “the sunshine sports” was common or was not important. In the process of sports teaching, sports teachers should enhance students' knowledge in sports by all means and lead their enthusiasm and participation in the sports activities. For instance, in order to teach with a certain target in an organized and planned way and satisfy interest and demands of all students, teachers should design all varieties of activity prescriptions to enable students to select their favorable activity prescription and choose their favorable organizational methods and learning methods according to their own situation. On this basis, in combination with various forms of lecture education, university students are able to have a complete understanding in the significance and function of taking part in sports activities, have correct knowledge in the life-long sports ideas and form the habits of practice out of consciousness.

2.2 Analysis of organizational management and basis of sunshine sports in regular institutions of higher learning

2.2.1 Analysis of organizational management

Most organizations have set up leading groups for the sunshine sports, but their situation in planning, funds and arrangement in developing sunshine sports was not optimistic. More than 73% of schools were short in funds or didn't have funds at all. There were 53% of teachers and leaders who believed that the top priority in carrying out the sunshine sports was to resolve the problem of funds and then the problem of occasion and apparatus. In the meanwhile, we came to know that 100% of schools set up leading groups for “physical health standard of students”, but the percentage of effective work they did was only 7%.

2.2.2 Analysis of basic conditions

Sufficient teachers and teaching staff are the precondition for developing the sunshine sports. Through survey,

we came to know that, 80% of schools were not sufficient in providing teachers and teaching staff. Sufficient occasions and apparatus are the material basis for developing the sunshine sports. Through survey, we came to discover that, 53% of university teachers thought that it was not sufficient or seriously lacking in developing the sunshine sports. At the same time, in terms of sports apparatus, there were only 27% of schools thought that they were quite sufficient or relatively sufficient, which proved that with continuously increasing enrollment in colleges and universities in recent years, investment in infrastructure is still open to be strengthened to guarantee corresponding supporting facilities. Shortage in sports activities occasions and facilities almost has become a common phenomenon, so sports classes can only achieve the purpose of enabling students to show interest in sports, but can not resolve the problem of shortage in students' sports practice.

School sports associations are organizations for students themselves and are constituted by students according to their own interests, which set up the principals and activity rules and regulations for the organizations. All activities they organize can be said to be supplement for sports teaching and extracurricular activities and are also important component of sunshine sports. However, from the result of survey on the sports associations in regular institutions of higher learning in Tianjin, we can see that the situation was not quite optimistic. Quite a large majority of universities have set up sports associations, which account for 100% of the research object, but it is not enough in terms of the quantity of these associations. There were 33% of schools with less than five sports associations. Since sports associations in colleges and universities are the important foundation for developing sunshine sports, it is necessary to encourage students to set up and develop sports association activities.

2.3 Analysis of the implementation situation of sunshine sports in regular institutions of higher learning

2.3.1 Analysis of the relation closeness of sports classes, extracurricular activities, competition training and the sunshine sports

Through survey, we came to discover that, 48% teachers relatively agreed or quite agreed that sports classes were closely connected with the sunshine sports, 76% teachers relatively agreed or quite agreed that extracurricular sports activities were closely connected with the sunshine sports and 35% teachers relatively agreed or quite agreed that competition training was closely connected with the sunshine sports. This proved that further improvement was to be made in terms of sports classes and competition training. Sports classes in colleges and universities are the important content and key aspect in sports job in colleges and universities. Thus, our sports classes ought to be further closely connected with the sunshine sports, which can not only make students physically practiced, but more importantly, can enable them to learn methods of scientific practice and form life-long sports consciousness. In terms of competition training, as for entertainment items which were generally favored by students, sports departments in colleges and universities can coordinate with students union and young league committee, etc, to take advantage of festivals and holidays to after-class time to organize more such activities and competition. At the time of holding extracurricular activities, they can hold a variety of small-scale individual competitions with the item of reaching the standard to make the competition training more closely connected with the sunshine sports, in which way can we also improve the enthusiasm of university students in training.

2.3.2 Analysis of motivation and interest of university students in participating in the sunshine sports

Motivation in sports activities is the internal factor that directly pushes students for extracurricular practice and directly determines the initiative and durability of students in participation in activities. What ranked respectively first and second in terms of the purpose for the sunshine sports as for male students were to strengthen the body (45.91%) and entertain the mind and the body (23.75%). What ranked respectively first and second in terms of the purpose for the sunshine sports as for female students were to entertain the mind and the body (30.53%) and strengthen the body (21.02%). Considering the items of participation in activities among university students, what ranked the first three positions for male students were respectively basketball (33.8%), football (25.2%) and table tennis (12.7%), altogether accounting for a percentage of 71.7%. What ranked the first three positions for female students were respectively aerobics (31.4%), badminton (14.5%) and table tennis (13.8%), altogether accounting for a percentage of 59.7%. This indicated that stability of both male and female students' interest in sports was inclined to an obvious trend of concentration. In terms of selection of items, a large number of male and female students selected the content with obvious fitness feature, body building feature and enjoyment.

2.3.3 Analysis of specific situation of university students in participating in extracurricular sports activities

Insert Table 2 Here

From Table 2, we can see that, the rate of attendance in extracurricular activities of freshmen was the highest and

89% students reached the frequency of three times each week or more than three times. Second were sophomores (76% students reached the frequency of three times each week or more than three weeks) and juniors (52% students reached the frequency of three times each week or more than three weeks). Seniors had the lowest rate of attendance, and merely 17% students reached the frequency of three times each week or more than three weeks.

Besides, in terms of the time, 56% students concentrated their exercise time between 14:00 and 17:00, 65% students selected in-school sports sites, 43% students selected activities together with classmates or friends, 23% students selected participating in faculty and department activities and only 15% students selected club activities, which were relatively few and open for improvement.

Merely 14% students took part in sports associations' activities, with small scope popularity, and their participation each week was less than three times each week. Guidance of sports teachers was once each week or none at all. In addition, 43% students took part in activities each time for duration of 30 to 59 minutes, approximately 30% students for duration of one to two hours, 13% students for duration of less than thirty minutes and 7% students never took part in any sports exercise. Usually, students would relax and adjust themselves, which indicated that students had already had certain exercise common sense, but they still needed further learning. However, a large majority of students would choose to ignore when encountered with sport injury, and decided to treat with the injury when it was serious. This proves that, basic exercise medical knowledge was lacking among students. Thus, more simple sport injury treatment methods should be taught in sports classes.

2.4 Analysis of evaluation on effects of sunshine sports in regular institutions of higher learning

According to research results, the idea of sunshine sports has not been deepened among university students. 46% teachers did not agree or did not totally agree that the idea of sunshine sports had been deepened, 67% teachers thought that enthusiasm of university students in sports classes through education of the sunshine sports was general or hadn't been improved yet, 78% teachers thought that enthusiasm of university students in extracurricular activities had been enhanced and 62% teachers believed that the physical health condition of university students through education of the sunshine sports had been improved.

According to the survey, the pass rate of university students in sports class reached 98% and the excellence rate attained 76%. The pass rate in test of "Physical Health Standard of University Students" attained 92% and the excellence rate was 64%. There were 47% students who believed that they could exercise one sports item after they left the school, 18% who believed they could exercise two sports items, only 19% students selected the option that they could help other with their exercise and 81% students could not offer give guidance in others' exercise.

3. Conclusions and suggestions

3.1 Conclusions

3.1.1 A large majority of university students paid special attention or paid attention to development of "the sunshine sports" in the schools, but they still required to be strengthened in training of training on certain information. A large majority of university students were biased upon their understanding in the sunshine sports, and some leaders didn't attach great importance to participation of university students in "the sunshine sports". Thus, these people are the major objects of propaganda of "the sunshine sports".

3.1.2 Most schools in Tianjin have set up leading groups for the sunshine sports and leading groups for "Physical health standard of university students". Organizational institutions are almost complete, but they are still open for improvement in terms of funds, occasions and apparatus, etc. Funds shortage has become one of the major factors that restrain development of "the sunshine sports" in colleges and universities in Tianjin.

3.1.3 Time duration for activities of university students in most colleges and universities in Tianjin was less than one hour. Only 43% students took part in the "sunshine sports" each day for a duration of 30 to 59 minutes and approximately 13% students took part in the sunshine sports for less than one hour each day, which still had a large gap with the requirement of "one hour each day" we proposed. There were various reasons that caused this phenomenon, including propaganda of the schools, treatment of the staff and influence of occasions and apparatus.

3.1.4 Although most colleges and universities have set up sports associations, the number of sports associations was small and the rate of participation of university students was low. Since the rate of guidance of teachers and due to the problems of funds and treatment, some sports teachers were not quite enthusiastic in guiding sports associations.

3.1.5 Since the development of "the sunshine sports", initial success has been achieved. The pass rate of most schools in the test of "physical health standard of university students" attained the standard of above 85% stipulated by the nation, but great gap still existed in students' grasp of activity skills, which was still open for improvement. Furthermore, level of teachers at relevant scientific research was still open for being strengthened.

3.2 Suggestions

It is suggested, in development of the sunshine sports, all colleges and universities should strengthen their vigor of propaganda in the sunshine sports and investment in sports funds, accelerate establishment of sports associations and clubs and enhance quality and treatment of sports teachers, which will vigorously promote sustainable development of the sunshine sports.

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Table 1. Analysis of understanding of different objects in development of "sunshine sports"

Object	Effective people	Overall understanding in sunshine sports							Whether correctly select relevant issues in sunshine sports					What is sunshine sports aimed for (Option for students)				
		Quite understand	Relatively understand	Generally	Not quite understand	Not understand	Totally correct	Not totally correct	Country	School	Teacher	Students	Not certain					
Leaders	11	7	3	1	0	0	6	5	/	/	/	/	/					
		64%	27%	9%	0%	0%	55%	45%	/	/	/	/	/					
Teachers	63	33	22	7			29	34	/	/	/	/	/					
		52%	35%	11%	0%	0%	46%	54%	/	/	/	/	/					
Students	1173	209	323	324	179	138	329	844	325	214	198	281	155					
		18%	28%	28%	15%	12%	28%	72%	28%	18%	17%	24%	13%					

Table 2. Statistics of times of weekly practice in different grades

Object	Freshman	Sophomore	Junior	Senior
3 times and above	89%	76%	52%	17%
Twice	8%	17%	28%	35%
Once	3%	17%	20%	48%