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Optimized Organization Mode about College Girls Participating in Extracurricular Sport and Healthy Life

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ABSTRACT

Extracurricular sports play positive roles on strengthening students' conditions, promoting students' mental health and developing good habits, which give the students a great pull. We adopted scientific and researchable methods of questionnaires and expert interviews. Based on sports science, pedagogy and psychology, we started with the demands of college senior girls to extracurricular sports organized by colleges and the related influencing factors. We believed the habits formed from childhood and the influences from the families are the primary factors of promoting the students to participate in extracurricular sports. Besides, a good sports atmosphere and a clear monitoring mechanism are an important factor of promoting the students to participate actively in extracurricular sports. In this paper, we proposed some reference measures including strengthen school management and develop a healthy living, strengthen theoretical guidance and build a concept of lifelong sports, rich the form of organization and correctly guide the students to participate in activities.

Keywords: college girl, extracurricular sports and healthy life, organization mode

INTRODUCTION

In 2007, 3 state agencies of Education Ministry, State Physical Culture Administration and Central Committee of Communist Young League jointly ushered in the initiative of "Decision on launching sunshine sports activities of billion students", which is a decision of great significance for the improvement of the youngsters' qualities in the new period of time (Hu *et al.*, 2004; Mi *et al.*, 2016). It is of great importance to actively implement such a decision of "Sunshine Sports", as it is a great measure not only improving the School's P.E. qualities, but also effectively activating students' physical training so as to improve the physical qualities of the students.

College students are an important group of Chinese society, and the health state of college students is related to the development of society. Among college girls cannot be neglected. In the past college students' health education, physical education was lacking. The combination of physical and health education is not enough. In our country, the college physical education is usually once a week, far from the need for health. Therefore, the addition of extracurricular physical education will be the focus of health education. College girls are of a special group of both universities and colleges (Pei *et al.*, 1996). College girl's class are a weak line of Universities' physical Educations as they are, to great extent, free from the managements and instructions of the compulsory courses of

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State of the literature

- Women's mental health development has received worldwide attention.
- Research on mental health from the human environment has become a hot topic.
- Using the methods of sports science, pedagogy and psychology, the research on the development of mental health of female college students has filled the gap in this field.

Contribution of this paper to the literature

- With an investigation of college female's students, it aims at giving more attention to vulnerable groups and improving the degree of health education.
- To further improve the function and application of college sports in health education.
- Trying to extend and expand physical education to extracurricular activities, and further improve the internal and external integrated construction of college physical education.

P.E., as well as facing the pressure of preparing for the postgraduate Entrance Examinations and searching for job opportunities. However, their attitudes towards Physical Trainings, as well as their state of health, are directly linked to the development of their future career, and even have much to do with the future of the state (Pi *et al.*, 1999).

This study, based on the foundation of present theoretical and practical researches, is going to probe deep into the demands of college Girl for extracurricular Physical trainings in the grand background of implementing the "sunshine Sports" initiative by consulting knowledge of Education Science, psychology, Behavior Study, Science of Physical Culture and Sports, as well as sorting and summarizing the P.E. literatures of great volume. This paper also intends to explore effective measures guiding and instructing the college Girl' participation in extracurricular Physical Trainings based on the results of the relevant analysis. In addition, this study intends to analyze dialectically, what kind of instructions are able to optimize the positive effects of Extracurricular Sports Participation of the college Girl, so as to achieve the harmonious combination of the 2, making them develop in a society-friendly way (Shang *et al.*, 2004). By doing so, this study also aspires to push forward the studies on the health development of college female students, making them of systematic scientific theory structure (Sun, 2000).

RESEARCH METHODS

Literature Review

This study sets to consult, with its academic focus of literatures related to the science of culture and sports, P.E. trainings, psychology and etc., as well as the Extracurricular P.E.-related academic papers, dissertations and thesis available in digital Library of CNKI from 2000-2010, Paper researching Index of P.E.-related postgraduate thesis and dissertations. All the literatures mentioned above can be our research references and theoretic supports.

Questionnaire Survey

We conduct questionnaire survey on the College girls of arts, Science, Industry, Agriculture, and Medicine and teaching in Henan Province with the questionnaires we designed, in order to have a better idea on their demands of the extracurricular physical trainings, as well as the characteristics of such demands, with the purposes of more specifically determining the academic focus of this paper.

Mathematical Statistics

We are to process the data we have collected with statistic instruments as excel and etc.

Method of Comprehensive Analysis

Based on the results of the data and other materials organizations, we are to sum up the factors influencing the college girl' physical training participation, trying to figure out the optimal organization mode of extracurricular Physical Trainings in Universities and Colleges of Henan Province.

THEORETIC MODEL

Attitudes are of state of readiness both in nerve center and psychological state. They are organized by experiences of individuals and are posed on the reaction behaviors of the objects directly and indirectly, causing specific reactions of the objects according to specific situations. For the inner feeling, the different demands of specific individuals give rise to certain attitudes. From the psychological point of view, people' attitudes determine their behaviors, and such attitudes are reflected in factors as cognitive levels, emotional factors, and behavioral tendencies. The forms and changes of attitudes also, to some extent, bring about changes in behaviors. The improvements and changes of Physical behaviors also will accordingly change the college students' demands of the organization of extracurricular Physical trainings. Through constant change and improvements of inner environments of different individuals, we are then able to fulfill the goals of University's P.E. education, making the college students the life-time participants and beneficiaries of Physical Trainings (Wang, 2007).

As for the external factors, it is important for us, based on a better understanding of the contents and forms of organized extracurricular Physical Trainings, as well as the related instructions and publicities, to change and improve the attitudes of the college girls of senior-class so as to achieve the changes of inner environments through measures of different forms. Therefore, we set out to make surveys on the two aspects of the Physical Training participation demands of s college girls and factors that promote and restrain such demands, with the purposes of achieving plans that promote the cognition, emotion and behaviors of the college students (Xiao *et al.*, 2007; Liu, 2017).

SURVEY ANALYSIS ON THE COLLEGE GIRL' DEMANDS OF PHYSICAL TRAINING PARTICIPATION AND THE RELATED INFLUENCING FACTORS

The College Girl' Demands of Physical Training Participation

The college girl' demands of the extracurricular physical training managements

13% students in the survey think that there should be policy of *lasses-faire*, 70% think planned management necessary, which means the college should provide necessary field and facilities, with the absence of activity time and presence of multifold options. 17% believe that the compulsory management necessary, the college and university should ensure all the students' participation in the extracurricular Physical training organized by the university. Although the compulsory management is not applicable due to factors as students' time and other practical situations, the demands of such compulsory management reflect the students' insufficient confidence and consciousness of participating in physical trainings, which make the organization and instruction of the university necessary (Zhang, 2004; Gao *et al.*, 2017).

A survey on the publicity of extracurricular physical trainings to the college girl

From **Table 1**, we can see that the channels through which college girls obtain information on P.E. include: 1, P.E. optional courses, for college girls, P.E. classes are still the major channel through which the knowledge and skills on physical training and health maintenance are convergent obtained(20%).2, college Girls obtain the knowledge and skills on physical training and health maintenance, the fact is reflected in the college girls' group participation in the physical trainings(15%).3, P.E. related forum and lectures are also a major channel through which students obtain their knowledge and skills on physical trainings (20%).

Table 1. Publicity channels of Extracurricular Physical trainings to The College Girl in Henan Province

Number	Channel of Publicity	Number of people	%	Sequential order
1	P.E. optional courses	461	20%	1
2	P.E. forums and lectures	209	10%	3
3	P.E. Knowledge tests	107	5%	10
4	Internet	174	8%	8
5	Game commentary	111	5%	9
6	P.E. blackboard news	186	9%	7
7	peer Communication	348	15%	2
8	Campus broadcast	189	9%	6
9	Athlete competitions	191	9%	5
10	Sports newspaper and magazine	208	10%	4

Table 2. The college Girl' demands on teachers' instruction in Henan Province

No.	Demands on the Instructions	Number of people	%	Sequential Order
1	Monitoring and Managements	66	6%	6
2	Instructions and Evaluations	219	19%	2
3	P.E.. Prescription making	92	8%	5
4	Knowledge and Information on P.E..	112	10%	4
5	Enriching the P.E. Classes so as to cultivate students' interests	507	44%	1
6	Extracurricular Sports Competitions	151	13%	3

The college girl' demands of sports organized by the college and university

College Girls tend to participating in sports of relaxation and with light cadence and little antagonism, such as aerobics and badminton and etc. They tend to choose small ball games. This shows that a healthy, scientific and civilized lifestyle has gradually been accepted by college students. The favorite sports of college students showing greater diversity, being notable both in forms and contents.

The college girl' demands on forms of sports

The college Girl, being restricted by both the physiological and psychological developments, demand much on the schools' organization of extracurricular physical trainings and competitions. 47% students think it very necessary for colleges and universities to organize such P.E.-related activities, as such activities promote students' sports participation. 37% consider the college-organized P.E.-related activities necessary, 16% think such organizations unnecessary and the participation should solely be decided by students on their own. From the survey, we knew that they are quite indifferent to sports of great intensity, strength requirement and harsh antagonism. Students obviously tend to participate in recreational team competitions of low antagonism and difficulties (Zhou, 2000; Mi et al., 2015). Consequently, the universities and colleges should more frequently organize such sports competitions.

The college girl' demands on universities' organization and instruction of extracurricular physical trainings

From the **Table 2** we can see that 85% students, in various degrees, think that the teacher plays an important role in their participation of extracurricular physical trainings. They expect teachers' instruction on the enrichment of their sports, their sports skills and the organization of sports competitions.

Table 3. Promoting factors

Promoting Factors	Realization of the importance	Habitual Behaviors	Sufficient Time	Family Educations
%	21%	14%	10%	10%
Sequential Order	1	2	3	3
Promoting Factors	Accompaniment of Companions	Influences from the P.E. teachers	Good P.E. atmosphere	
%	8%	8%	8%	
Sequential Order	5	5	5	
Promoting factors	body requirements	good exercise facilities	having benefited from the sports	
%	7%	7%	7%	
Sequential Order	8	8	8	

Table 4. Restraining factors

Restraining Factors	Heavy burden	without sports skills	Great pressure of Post	High requirements	
%	14%	12%	11%	9%	
Sequential Order	1	2	3	4	
Restraining Factors	Laziness	Fearing of Hardship	No Instruction	Pool Skills	No Suitable Sports
%	9%	8%	7%	6%	6%
Sequential Order	5	6	7	8	9
Restraining Factors	No Exercise	Body Weakness	No sports	No good Facility	no clear regulations
%	5%	4%	4%	3%	2%
Sequential Order	10	11	12	13	14

The Influencing Factors of the College Girl' Sports Participation

Promoting factors

From the data listed in [Table 3](#), we can see that the top promoting factor is the habitual behaviours formed at very early stage of life and the influences from the family. The second is the accompaniment of companions, as the group behaviour tendency is also an important promoting factor. The third is the influences from the P.E. teachers. Good instructions from a good P.E. teacher cultivate the interests of students, as well as promoting students' sports participation. The promoting factors also include good P.E. atmospheres, facilities, publicities of different Medias and the clear monitoring regulations of universities and colleges. Such factors promote students' overall Physical performances, as well as the forming of life-time exercises consciousness.

Restraining factors

From [Table 4](#) we can see the restraining factors as heavy burden of studying tasks, the time-consuming preparation for the entrance examination of postgraduate program, high stress of job-hunting; all these are the objective restraints that keep college Girls away from sports. Besides, factors such as the absence of sports specialities, high skill requirements, lack of confidence, fearing of hardship, laziness, the deficits in understanding extracurricular physical trainings, subjective refusal of sports, the absences of sports companions, good sports facilities in school, and good instructions from the P.E. teachers are also greatly restraining college Girls' sport participation.

The improvement of the external environment means to minimize the restraining factors that hinder the College Girls' sport participation while maximizing the promoting factors that encourage the participation. The universities should, through improving the campus sports atmosphere, cultivate the students P.E. consciousness, making the extracurricular exercises a part of their lives.

THE OPTIONAL ORGANIZATION MODE OF THE COLLEGE GIRLS' EXTRACURRICULAR SPORTS PARTICIPATION

To strengthen the combination of extracurricular sports and health education, can not only help the college girls develop good habits and scientific way of life, so as to improve the quality of life; but also can strengthen the systematizations of health education, make college girls understand deeply that physical education is the best method of health education, also it can improve the body function and exercise healthy will quality, cultivate the spirit of unity and cooperation, and have an optimistic and positive attitude, then to achieve a comprehensive health goal.

Improving the School Management, Guiding the Healthy Lifestyle of Students, Helping them to Form Active Sports Participation Attitudes

The University should spend more energy in building and integrating scientific managing regulation system, as well as ushering in modern means and measures of managements, so as to promote the reasonable distribution and flow of managing resources such as personnel, funds, time, information and etc. The campus management should be of a chain service including teaching, after school tutoring, competition organization, monitoring and inspections, such services and related other policy supports should be oriented to building of a good atmosphere that promotes the College Girls' sports participation.

Strengthening the Theoretic Guidance, Helping Students to Form Ideas of Life-Exercise and Clear Physical Training Consciousness

Students' rational pursuits of Physical trainings are directly influenced by their P.E.-related knowledge. The colleges and universities should intentionally intensify the theoretic instructions of P.E. classes, ceaselessly improving students' knowledge on Physical Trainings and broadening their sports horizons. In this way, the school is able to convey to the students the goals and significances of physical exercises, as well as the value of life-time physical exercises. Only when they realize the importance of physical trainings, can they actively participating in sports, which lay the foundation of their life-time exercises. Meanwhile, the optional P.E. classes, peer communications and P.E.-related lectures are the major channels from which students obtain the knowledge on sports. To guide students' in forming the ideas of life-long exercises, the universities and colleges should enrich the forms and contents of publicities on Sports and Physical Cultures, conducting Physical Educations to college girls with the forms popular among youngsters. The publicity forms of Sports Newspapers and Magazines, campus broadcasts, Blackboard Sports Newspaper, sports competition explanations and the campus web sports atmosphere enhance students concern on the physical trainings, effectively helping their forming of ideas of life-long exercises.

Enriching the Forms of Organization, Guiding the Students' Sports Participation Correctly so as to Promote their Good Sports Participation Tendency

Ability is the way leads to the life-time exercises, only when one has the sports ability, can he take part in body exercises according to his own specific situations and the outside conditions, with the purposes of satisfying both his body and psychological demands.

The school should arrange some sports of scientific, practical and interesting contents, which satisfy female students' demands of frequently participating in sports of relaxations, such as badmintons, aerobics and etc., which are of weak antagonism, with the purposes of enhancing their interests of sport.

The organization of such sports should be of great flexibility, in which the Sports Clubs should play an important role. The schools should organize some sports competition of high recreation and low antagonism. The school should also organize some team sports competitions of low difficulties, strengthening the teachers' instructions in order to have better effects of the competitions, which enables students to participate in the sports competition, enhancing their consciousness in extracurricular Physical Training and teamwork spirits. In these ways, the school pay much attention to guiding the students to use their knowledge in the practices of physical trainings so as to form sound physical habits.

Creating Better P.E. Atmospheres, in order to Satisfy the Students' Demands so as to Promote the Form of P.E. Consciousness

The researches of environmental psychology show us that people's behaviors are directly affected by the environment. The different characteristics of the different environments cause different influences. The transfer of characters are very beneficial to the cultivation of students' consciousness of Physical training participation.

The extracurricular Physical Training is neither the starting point nor the end of afterschool Physical Participation. The conscious of life-time exercise requires cultivations starting early as childhoods and the long-term education with family instructions included is very important during this process. In order to make College Girls achieve their consciousness of sports participation, colleges and universities should pay more attention to the building of P.E. culture and atmosphere that encourage female students' sports participation. The possible means include publicizing the importance of Physical Training and sports participation through Medias such as the blackboard newspapers, campus broadcast. The school should also introduce P.E. related knowledge and skills by integrating with the publicities of hot-spot news. During the process of relevant publicity, the influences of P.E. teachers and other students should be highlighted. In addition to that, sound Sports sites and facilities are also of great importance and they are the material foundation of the College Girls' sports participation. They serve also as the pushing force that encourages their sports participations.

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