

Research on Extracurricular Sports Activities and Improvement of Physical and Mental Health of College Students——Take Ake Vocational and Technical College as an Example

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Abstract : University education is the last stage for students to receive education. Therefore, schools should actively practice the all-round development of students' morality, intelligence, physique, aesthetics, labor, and continuously strengthen the extracurricular sports activities of college students, so as to promote the comprehensive development of students' physical and mental health. Taking Ake Vocational and Technical College as an example, this paper first analyzes the importance of extracurricular sports activities in Ake Vocational and Technical College, and then expounds the problems existing in the process of extracurricular sports activities in Ake Vocational and Technical College at this stage.

Keywords : University Education; Extracurricular Sports Activities; Physical and Mental Health Quality; Strategy Suggestions

As the main force of social development, students need to establish correct three views themselves. Therefore, the guidance and construction of colleges and universities for their physical and mental health is particularly important. Under the background of contemporary society, the school's sports extracurricular activities follow the pace of social development, comprehensively improve the overall development of students' physical and mental health, and lay the foundation for students' comprehensive and sustainable development in the future.

1. The importance of extracurricular sports activities for college students

President Xi once proposed in the 2018 National Education Conference that campus education should focus on guiding students to advocate sports and respect sports education, so as to achieve the teaching goal of cultivating students' all-round development.

1.1 Self-discipline management that can cultivate students

Students at this stage are at the age of playfulness. Since they have no self-discipline, they are only passive learners. At this time, they need to rely on external forces to manage their self-discipline. And the school comprehensively strengthens the sports extracurricular activities of the current college students, which can cultivate their self-discipline awareness on a daily basis, thereby promoting their self-management awareness and the ability to initially distinguish right from wrong, allowing them to gradually clarify the meaning of self-discipline and begin to restrain themselves listen carefully in class. At the same time, it can effectively change their learning attitude and guide some bad study habits.

1.2 Conducive to cultivating new successors for the times

College sports extracurricular activities not only strengthen the physical quality of students, but also enhance their awareness of sports, which is conducive to promoting the implementation of quality education for students in schools. Each generation has its own social mission. As far as university education is concerned, the main social mission of the school at this stage is to cultivate qualified heirs for the country in line with the development of the times. In order to deepen the quality education of students' physical and mental health and strengthen the education of students' physical quality, universities must continuously improve the physical

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education of students and promote the infiltration of core values education into students, so as to cultivate successors under the background of the new era for the country.

1.3 Conducive to the physical and mental development of students

Sports extracurricular activities meet the educational needs of the Ministry of Education for talents, and are conducive to the delivery of comprehensive talents to the society. Therefore, schools should not only focus on grades in the training of students, but also protect their physical and mental health, and focus on guiding them to establish correct three views. However, due to the rapid development of the economy and society, many students at this stage are experiencing sub-health phenomena. For example, parents allow their children to be exposed to electronic products prematurely due to coddling, thus causing children to indulge in video games or short videos. Eating irregularities and other phenomena have hindered the health of students to a certain extent. The second college guides students to carry out extracurricular sports activities, which can not only keep them away from electronic products, but also guide them to actively participate in sports, and enhance students' self-awareness and effectively strengthen their power of observation and action.

2. Problems existing in the process of extracurricular sports activities of Ake Vocational and Technical College at this stage

2.1 Students' enthusiasm is generally high, but the proportion of extracurricular sports activities is relatively small

In the process of participating in extracurricular sports activities, when many students give up because of their own reasons, they will also be encouraged by their classmates to persevere, and subtly improve their willpower. Therefore, their enthusiasm for extracurricular sports activities is generally high. At the same time, the learning pressure in cultural classes has also been effectively released, thus forming a cyclic state of combining work and rest, and promoting the improvement of their own learning efficiency. During the whole process of extracurricular sports activities, they temporarily get rid of the pressure of study, temporarily relax their physical and mental pressure, and enjoy the relaxation of sweating profusely. In general, extracurricular sports activities allow students to meet new friends, make progress with like-minded partners, and enrich their campus life. However, because their spare time is relatively small, the contact time between teachers and students is short, and students often have to return to the classroom when they are still unsatisfied.

2.2 The training of extracurricular sports activities is not systematic and scientific

High-quality extracurricular sports activities can only be achieved through long-term training, and after-school time is often made full use of fragmented time for training, often with the goal of mobilizing muscles and bones, making these young athletes' sports interest like a flash in the pan. It is a huge waste of human, financial and material resources. In addition, many students in the team are relatively loose, and often appear to ask for leave or be passive and slack. However, most teachers' theoretical foundation is better than teaching experience. They do not systematically plan extracurricular sports activities, which reduces the efficiency of extracurricular sports activities to a certain extent, and affects the enthusiasm of school students to a certain extent.

2.3 Insufficient preparation time for extracurricular and extracurricular sports activities

The pre-class preparation for extracurricular sports activities includes the choice of students' clothes, shoes, etc. It is not uncommon for students to be injured due to inappropriate clothing; In-class preparation activities represent that students' preparations such as stretching and warm-up before exercise are not in place, so that there are strains, falls, sprains, etc., in the process of exercise. For extracurricular sports activities, there is not enough preparation time for students, some are unqualified in dress, and some are in a hurry to stretch and warm up too hastily, which is prone to accidental injuries during training.

3. Strategies and suggestions on improving college students' extracurricular sports activities and physical and mental health

3.1 Strengthen the management system of extracurricular sports activities and cultivate students' willpower

Schools can regularly organize sports competitions to attract students to participate actively. Competitions are the best way to show students' willpower. Teachers can use physical fitness competitions to let college students participate in groups as a unit. Finally, they will be evaluated, and then they will be grouped according to the competition results. At the same time, for some athletes who are weak in willpower and fall behind in the competition, teachers can adopt encouraging methods to improve their ability to withstand setbacks, and encourage them to increase physical training in normal times, so as to strive for good results in the next competition.

3.2 Follow the step-by-step principle to urge students to release their learning pressure

Teachers should have a scientific and reasonable control over the amount of physical activity, master the physical strength of the students at this stage, and avoid physical injury during the activity. On the contrary, if the amount of activity is small, the effect of the activity cannot be achieved. At the same time, it is necessary to consider event duration issues. Therefore, teachers should gradually increase the time and speed of students' activities on the basis of mastering the amount of students' activities, and everything should be based on the safety of students. At the same time, in extracurricular sports activities, teachers also need to encourage students to temporarily put down their learning pressure and devote themselves to sports activities.

3.3 Combining games to enhance students' enthusiasm for participating in extracurricular activities and improve quality education

Extracurricular sports have a certain recreational nature. Therefore, it is very feasible for students to actively participate in activities in the game. Attracting students by means of games can not only make students feel the charm of sports through play and laughter, learn knowledge that cannot be obtained in traditional teaching, but also help students realize their own shortcomings and shortcomings in sports activities, and find better opportunities. suitable for your sport. The use of games to assist teaching, get rid of the traditional old-fashioned way, lack of many restrictions, is conducive to the development and growth of students' physical and mental health, and can improve their physical quality.

3.4 Trainers should ensure the safety of training and strengthen the safety education of students

In the process of extracurricular sports activities, safety is the premise of teaching activities. At this stage, students are in the growth stage physically and mentally, and their safety awareness needs to be improved, and they lack a correct understanding of the training dangers in many projects. Therefore, when organizing extracurricular sports activities, trainers must ensure that each student is in the scope of their own eyes and pays attention to the performance of students in real time. At the same time, when we organize extracurricular sports activities, trainers should first understand the teaching purpose of this extracurricular sports activities, so as to judge whether they can meet the needs of improving students' special ability before teaching.

4. Conclusion

Teachers must first realize their own emphasis on extracurricular sports activities, in order to continuously strengthen the quality education of students' physical and mental health through extracurricular sports activities. At the same time, teachers should fully consider students' ideas and activity habits in extracurricular sports activities based on their development, look at problems from the perspective of their growth, and organize interesting and educational extracurricular sports activities for them to improve contemporary students. physical and mental health education.

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