

Study on the Influence of Volleyball Sports on the Construction of Physical Culture in Colleges and Universities

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Abstract

Volleyball is one of the most influential sports events in the world. It is the most popular and popular sports event in the university campus and has a wide range of participants. The development of volleyball is helpful to cultivate college students' sense of teamwork, and plays a positive role in promoting campus sports culture. This paper uses literature method, questionnaire survey method, mathematical statistics research method to discuss and analyze the impact of volleyball on the construction of campus sports culture. The research shows that the development of volleyball training team cooperation of college students, enrich the campus sports cultural activities, and play a positive role in the construction of campus sports culture. The development of volleyball is affected by material and system. To strengthen the construction of campus sports culture, it is necessary to pay attention to the cultivation of students' spirit and culture and fine moral character. Volleyball will drive the development of campus sports culture and add a color to the development of campus sports. Further put forward the countermeasures of volleyball sports to the construction of strong campus sports culture.

Keywords

Volleyball; Campus sports culture; Impact.

1. INTRODUCTION

Volleyball was founded in 1895, by an American called Morgan (William G. Morgan) sports staff invented. After 100 years of development history, years of continuous innovation and development, has become one of the most popular sports. It continuously satisfies the development of people's physical and mental health, as well as social functions such as entertainment, education and cultural construction. The development of modern volleyball has become a special carrier, rich in social and cultural development and progress, is also a form of social culture. College campus sports culture is an important part of higher education, and the breakthrough point of sports construction is the development of sports culture. Increasing the construction of campus sports culture, improving the quality and level of campus sports culture, cultivating lifelong sports consciousness and strengthening ideological education have an unspeakable role, which is in line with the needs of development and progress of today's times. In the university campus sports, volleyball is one of the most popular sports, promoting the campus sports culture has a positive impact and significance. Volleyball sports provide theoretical basis and direction for people's healthy development, will promote the development of China's volleyball by leaps and leaps, promote the progress of college volleyball culture, to

promote the improvement of the level of volleyball sports and sustainable and healthy development and growth.

2. MANUSCRIPT PREPARATION

2.1. Research Object and Method

2.1.1 Research object

Taking volleyball as the starting point, this paper systematically analyzes the influence of volleyball on the construction of campus culture

2.2. Research Method

2.2.1 Literature survey

According to the research needs, through the Internet access to school library, CNKI, Wanfang and other academic data platforms, with volleyball sports, university campus culture as the key words to search related literature, focus on reading the research results of high relevance, to lay the foundation for this study.

2.2.2 Questionnaire

According to the research needs, a questionnaire was written and 300 students were randomly selected from five universities in Yunnan. A total of 300 questionnaires were distributed, and 285 questionnaires were recovered, including 271 valid questionnaires, with a recovery rate and effective rate of 95% and 90.3%, respectively effective rate was 95.3%.

2.2.3 Mathematical Statistics

Using sports statistics knowledge, SPSS 17.0 software was used to integrate and process the data, and to find and mine various characteristics revealed by the data.

3. RESEARCH RESULTS AND ANALYSIS

3.1. Characteristics of Campus Sports Culture

3.1.1 Keeping fit

People's body and spirit are sports culture, and sports culture is a kind of cultural type that transforms itself. Animals completely rely on instinct to survive, human beings must use their own clever and flexible brain and diligent hands to make and practical tools, through the transformation of the natural environment to make up for some defects, better meet and adapt to their development and survival needs.

3.1.2 Entertainment

Sports culture is a kind of leisure activities, in modern social life, campus sports more and more become an important content, improve the quality of life and life style, to meet the majority of teachers and students emotional desire and need. Campus sports activities are extensive, with strong entertainment color, such as performance, competition, leisure, games and so on. Promote a harmonious campus of friendship, bring joy and happiness to students!

3.1.3 Competitive

Sports culture is the combination of sports and beauty, is an outstanding representative culture, a culture with distinct competition. A variety of competitive sports are judged by art, beauty and technology. The beauty of volleyball is manifested in the confrontation of skills and tactics, physical quality, and the wisdom and strategy guided by coaches. Modern sport is the body, the technique, the experience, the mind, the will and the indomitable spirit, it is a comprehensive competition and confrontation, for the participants, it is a kind of competitive test.

3.1.4 Systemic

College campus sports culture is in accordance with the college education goal setting, according to regulations and its appropriate to the system, build up the strict organization and elaborate design, from access to sports cultural knowledge and skills, to instill correct ideas, edify sentiment in the ideological and moral culture, cultivate the spirit of personality, increase or decrease in health, enhance physical culture atmosphere. These different places have a certain logic, mutual penetration, form an organic unified strict system, the system is the campus sports culture attention point.

3.2. Influence of Volleyball on Physical Culture in Colleges and Universities

3.2.1 Requirements for the construction of sports facilities for volleyball

The development of volleyball can not be separated from the field and equipment facilities, the field equipment is the premise of the development of volleyball, volleyball also has certain requirements on the field facilities, the quality of the field facilities, equipment will affect the enthusiasm of students to participate in volleyball. According to the survey results can be seen that the quality of school volleyball facilities has a great impact on the enthusiasm of students to participate in volleyball. The construction of sports venues and equipment is the premise of volleyball teaching and activities, if the lack of equipment and supply of these venues, the school volleyball league and teaching activities are difficult to carry out. The perfection of volleyball facilities is the guarantee condition for the promotion of volleyball teaching, and also the main place for the dissemination of campus volleyball culture, which affects the development of campus volleyball.

3.2.2 Influence of volleyball on sports consumption

The volleyball games affect the students' sports consumption concept, the volleyball shoes, ball clothes, volleyball, protective gear and other goods needed in the movement to buy, through these consumption can reflect the students' interest in participating in the volleyball.

It can be seen from the survey that volleyball has a certain influence on sports consumption, mainly volleyball shoes (86%) and volleyball clothes (58%). However, the consumption of volleyball shoes is higher than the consumption of volleyball clothes. The main reason is that every college volleyball league is sponsored by Anta Company, and volleyball clothes are provided by Anta Company. Students through these volleyball sports consumer goods, understand many sports brands, star endorsements, contribute to the dissemination and development of campus sports culture, thus reflecting the interest of students to participate in volleyball.

3.3. Influence of Volleyball on Sports Spirit in Colleges and Universities

3.3.1 Influence on college students' competitive spirit and fighting spirit

Nowadays sports competition is a common phenomenon, life is full of all kinds of competition, the employment competition after graduation and the competition on the job post, there is competition to have the power, the spirit of indomitable hard work and enterprising. In the volleyball sport reflects a kind of individual competition spirit, to provide students with a fair opportunity to compete, In the face of strong opponents, to dare to fight with the opponent's courage and spirit, dare to forge ahead. Seize the opportunity, cooperate and cooperate with each other, the courage to not give in to defeat, is the key to win. Volleyball sports training is not only the spirit of fighting students, but also cultivate a strong psychological quality, dare to bear the courage of failure, will make the heart to bear ability has been greatly improved, to today's own toward the society will have a lot of help, dare to fight the courage and confidence.

3.3.2 The exercise time and frequency of Yunnan college students choosing sports APP fitness

3.3.2.1 Influence of volleyball on college students' athletic goals

A person only clear their own sports goals, in order to better participate in it, experience the joy and passion brought by the movement, clear the direction of their own efforts, cultivate their own personality and good physical and mental health, better participation and integration into the volleyball. According to the survey data, volleyball is mainly used to cultivate hobbies (79 percent), improve health (69 percent), recreational function (51 percent), followed by interpersonal skills (45 percent). To reduce stress (16%) and enrich their after-school lives (13%). To let college students participate in volleyball has a clear goal and plays an important role in college students' physical and mental health.

3.3.2.2 Influence of volleyball on sports ethics

Volleyball sports can reflect a person's attitude to work, the understanding of sports ethics, showing the collectivism consciousness, solidarity and cooperation ability, responsibility, competitive spirit, fairness of the fine quality, the school has a great role in the cultivation of students sports ethics. It can be seen from the survey that volleyball has a certain unique role in cultivating college students' sports ethics. Volleyball pays attention to collectivism consciousness (94%), unity and cooperation (88%), organizational discipline (56%) and competition (73%), and 91% of people think that the referee is impartial. In the course of the game to respect the referee's decision, fair competition, dare to take the responsibility of the good quality. The state and schools should pay attention to the unique role of cultivating college students' sports ethics in sports, which should be cultivated from the following aspects: 1. Second, cultivate the sense of responsibility of college students; Third, strengthen the student organization discipline management, the idea of fair competition; 4. Cultivate the sports spirit and patriotism among college students.

4. CONCLUSION

4.1 Volleyball equipment and facilities are the material prerequisites for volleyball sports to be carried out and play a vital role. They also have certain requirements on the quality of the field, equipment and environment. School leaders attach great importance to the development of volleyball also has a certain influence, the investment of funds is the guarantee of the development of volleyball league, a certain reward system can stimulate students to participate in the game, to achieve the desire of competition. According to the results of the survey, the quality of the field equipment will affect the enthusiasm of students to participate in volleyball, and the school leaders' attention is not enough.

4.2 A good and sound sports system is the prerequisite for fair competition in volleyball and the guarantee for the smooth progress of the game. Through the teaching and understanding of volleyball knowledge, it is helpful for students to master the volleyball knowledge, and a certain degree of publicity can improve the interest of participating in volleyball. Through the mutual exchange of volleyball games, the development of campus sports culture has been strengthened and the construction of campus sports culture has been promoted.

4.3 Volleyball is a part of sports culture. The continuous development and promotion of college volleyball league plays a positive role in promoting the construction of campus sports and culture. And in a certain form to promote the development of campus sports culture, the development of campus sports culture, the subtle influence between teachers and students, and has a strong historical characteristics, through the constant creation of material wealth and spiritual wealth. The core content of volleyball culture lies in its spirit of unity and cooperation, striving and enterprising, which plays an important role in the development of sports culture.

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