

Investigation on the Influence of Extracurricular Sports Activities on The Physical Health of Junior High School Students

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Abstract

At present, the primary and secondary school physical education is "crowded", "occupation" phenomenon is serious, the school leaders "heavy intellectual education, light sports" thought is deeply rooted, students participate in at least one hour of physical exercise every day has become a piece of paper. In this context, the Ministry of Education issued the "Ministry of Education on the Implementation of the Daily Sports Activities of Primary and Secondary school Students" and "Notice on the Development of hundreds of millions of Students", established the guiding ideology of health first, lifelong physical education. According to this guiding ideology, sports activities include physical education class, large class break and extracurricular sports activities. Compared with large class break and physical education class, extracurricular sports activities have a high degree of flexibility, autonomy and selectivity, and moderate practice density. Therefore, the effective development of extracurricular sports activities, to make up for the lack of students' physical exercise time, plays an important role in promoting students' physical and mental health, improving sports ability and cultivating students' sports habits. This study adopts the extracurricular sports activities of exercise intervention, promote the students' physical health level, its purpose to explore more reasonable and effective physical exercise methods and means, so as to better guide students to scientific exercise, promote high school students normal body development, the comprehensive development of body form, function and quality, enhance the high school students.

Keywords

Junior high school students; Extracurricular sports activities; Physical health; Sports.

1. Preface

In the growth of middle school students, physical and mental health is the prosperity of the country, the realization of the great rejuvenation of the Chinese nation and "the Chinese dream of an important condition," the party and the country in this period of the development of China's youth sports health has made an important deployment. In March 2022, the Ministry of Education issued the Compulsory Education Physical Education and Health Curriculum Standard, which emphasizes that physical education and health courses are according to students' learning needs and interests, for all students, implement the requirements of "teaching, practice and regular competition", and pay attention to the integrated teaching of "learning, practice and competition". Adhere to the organic combination of inside and outside the class, provide more time for students to fully practice, consolidate and use the sports knowledge and skills learned, and participate in various forms of display or competition. However, it is difficult to achieve the reform of three courses a week in the reform of physical education and the requirements of students' physical education in the "new Curriculum Standard". As an important part of school physical education, extracurricular physical

education activities are the continuation and supplement of physical education. They and physical education together constitute the main body of school physical education, and cooperate with physical education to achieve the comprehensive realization of the goal of school physical education.

This study studies the current situation of extracurricular sports activities in middle schools in Sichuan province. By designing the practice program of extracurricular sports activities, we explore whether the experimental intervention program for the physical health of junior high school students is effective and feasible, and finally achieve the purpose of improving the physical health level of young students. At the same time, it analyzes the problems existing in the process of carrying out extracurricular sports activities in middle schools in rural areas of Sichuan Province, and puts forward corresponding countermeasures and suggestions, which paves the way for the good development of extracurricular sports activities in middle schools in rural areas of Sichuan Province, so that they can achieve the purpose of students' physical exercise, entertainment and healthy growth.

In terms of the current situation of extracurricular sports activities, different countries attach great importance to sports activities, and the ways and focus of the development are different. Various forms of sports activities in foreign schools, however, in the country, extracurricular sports activities in project, organizational form, intensity and frequency of students' activities, so there is much room for improvement in terms of content, project and organizational form. In terms of the impact of extracurricular sports activities on students' physical health, research shows that no matter how the initial sports performance is, participation in extracurricular sports activities is conducive to the improvement of sports ability. At the same time, teenagers who often participate in extracurricular sports activities and participate in the physical health test are improved to a certain extent.

2. Research Subjects and Research Methods

2.1. Study subjects

In this study, 60 students (30 male and female) from a junior high school in Sichuan Province were randomly selected as the experimental group, and in addition, 30 students in the same class as the experimental group were randomly selected as the control group. Conduct the extracurricular physical exercise under the guidance of the teacher; the students in the control group do not do the relevant requirements according to their personal strengths and hobbies. The time period of the experimental study is 9 months (2 semesters). Students in two groups will test various items of physical health level before and after the experiment respectively.

2.2. Study Methods

2.2.1. Literature and data method

By consulting China literature database, web information database, baidu academic literature database and reading related books, obtain policy related to this paper, doctoral papers, journal literature and other related information, will obtain information to comb, induction, summary, provide theoretical basis for the investigation of this paper.

2.2.2. Questionnaire survey method

The student questionnaire was designed according to the study needs. The extracurricular sports activities and physical health status of junior high school students were investigated and analyzed. The content of the questionnaire is designed according to the conception and purpose of the study, based on the large number of interviews and relevant literature, and finally adopts the questionnaire items of two related papers.

Questionnaire reliability: In the first two weeks of the survey, 30 students were randomly selected from the respondents to fill in the questionnaire. Two weeks later, the same

questionnaire was conducted on the same respondents, and the results of the survey were compared. The correlation coefficient $R=0.8$, $P < 0.05$. It shows the stability of the data obtained from the questionnaire. Questionnaire distribution and recovery: the types of questionnaires are divided into 480 student questionnaires. The student questionnaire survey adopts random sampling, and the students are instructed to obtain accurate student data. 475 valid student questionnaires were collected, with an effective rate of 98.96%.

2.2.3. Mathematical and statistical method

Raw database data were built using Excel, all data were processed using SPSS 26.0 statistical software, and the test results were expressed as mean + standard deviation ($X + S$). For the statistical analysis, significant difference for $P < 0.05$ and very significant for $P < 0.01$.

2.2.4. Experimental method

Students in the experimental group conducted extracurricular sports activities for 2 semesters. The specific arrangements are as follows:

(1) Anaerobic exercise program: arrange extracurricular homework to complete 40 push-ups (boys), 50 sit-ups (girls), use physical education to regularly check the practice effect of students, understand the completion of students and put forward relevant requirements.

(2) extracurricular collective project: using the school twice a week 45 minutes extracurricular activities, led by the teacher after the experiment, the boys finish football 20 minutes, pull-ups (not independently, students help complete), 45 (according to the ability to 3-5 groups, 3 minutes); girls complete aerobics 20 minutes, 120 sit-ups (according to the ability to 3-5 groups, 3 minutes interval), yoga practice 5-8 minutes. In the experiment, in case of field conflict, season and other reasons, football and aerobics changed to jogging or speed running for 20 minutes.

Students in the control group do not do relevant requirements, according to their personal strengths and hobbies to conduct extracurricular sports activities.

3. The Results of the Study

3.1. Survey results of junior high school students' participation in extracurricular sports activities

In this study, more than 80% of students believe that extracurricular sports activities can enhance physical fitness, expand sports knowledge and improve sports skills; about 78% believe that extracurricular sports activities can entertain the body and more than 50% believe that extracurricular sports activities can enhance friendship; a few students think that participating in extracurricular sports activities will waste time and have negative effects on study, and this understanding is particularly prominent in the third grade. The students of junior middle schools in rural areas of Sichuan Province have a more active understanding of the school extracurricular sports activities, which provides a broad mass foundation for the development of extracurricular sports in schools. Students' enthusiasm to participate in extracurricular sports activities is mostly reflected in their love for sports projects. More than 50% of the students chose badminton, table tennis and sports games; followed by basketball, rope skipping, track and field. The main forms of students' exercise are individual activities, organized with classmates or friends, school (class), among which the highest is 53.2%, and the lowest school (class) is 16.2%. According to the survey, 164 of the 475 students, accounting for 34.53% of the total number, indicating that in the students' learning days, in addition to the extracurricular sports activities organized by the school, students' awareness of independent participation in extracurricular sports activities is not strong, and the enthusiasm to participate is not high. Among the 164 people who independently participated in extracurricular sports activities, most of the exercise time was 10-30min, and the number of sports participation was arranged in 1-3 times per week. Although such an arrangement has a certain promotion effect

on the physical development of students, but the effect is not obvious, and such an arrangement is difficult to reach the standard of one hour of physical activity on the same day except for physical education class. The factors that affect students' exercise are heavy learning burden, lack of interested projects, lack of site equipment, no one to guide, fear of hardship and fear of injury, and the proportion of people with heavy learning burden reaches 74.95%, which is the main factors affecting students' participation in extracurricular physical exercise.

3.2. Investigation and analysis of the health awareness and physical exercise status of junior middle school students

Health awareness is the premise for people to consciously participate in physical exercise. Only when people realize their health and improve their health level can they take exercise consciously. Health awareness is the way to improve the health level, different sports behavior is the result of health awareness on sports activities, are carried out under the control of health awareness, it makes people constantly self-supervision, self-improvement, so that their own sports behavior become conscious, purposeful behavior. Studies have shown that students' health awareness is the basis of improving students' physical health, and physical exercise has significantly improved the physical health and happiness index of high school students. In the survey of health awareness, there is a high requirement of students for their own health, and a low awareness of health-related knowledge of students in reality, and there is a disharmony between the two. Most students are more concerned about their own health status, but many students do not know enough about health knowledge. This phenomenon is mainly due to the few ways for students to acquire knowledge and students' interest at a specific age stage. In the survey of students, most of these students pay more attention to their health status, and are not satisfied with their current physical health status. Facing the heavy workload and the study life of the middle school physical education examination, physical exercise has become the main form of activities besides these students' study. In terms of students' satisfaction with their own health, nearly half of them are satisfied with their current health status, and some students' understanding of health is still limited to the belief that no disease is health. Under the guidance of this one-sided view for a long time, students will have a certain impact on their enthusiasm to participate in physical exercise. Therefore, in terms of health consciousness students still need to broaden the channels of health knowledge, schools should strengthen health knowledge publicity and education, provide students with opportunities to contact and health knowledge related films, lectures and other forms of propaganda, to enhance students' understanding of physical health, guide students to form the correct health consciousness, promote the improvement of students' physical health.

The so-called attitude of physical exercise refers to the comprehensive performance of individual cognitive evaluation, emotional experience and behavioral intention of physical activities. Human behavior is influenced by the social environment, and sports participation is a social experience that largely depends on the social context, where the environment may have the greatest influence on physical activity. Therefore, the ideological basis of participating in physical exercise is the understanding of physical education. The motivation of physical exercise refers to the subjective reasons and psychological state of the people who promote to engage in sports activities and maintain the subjective causes and psychological state of these activities, which is the subjective reflection of people's needs for objective sports activities. The results of this study show that students' cognition of participating in extracurricular sports activities is physical fitness, physical function, physical entertainment, and friendship, among which the highest understanding of physical fitness is about 85%. In this study, the organization form of junior high school students is divided into individual activities, extracurricular activities organized by the school (class) and independent activities with classmates or friends. According to the survey results, the highest value is 53.2 percent, and the lowest value is 16.2

percent for the school (class). This shows that the school organization of extracurricular physical exercise is relatively less, the school should carry out various forms of extracurricular sports activities, let more students participate in, reduce the pressure of students' learning and admission, enrich the junior high school students inside and outside the school cultural life. The frequency of extracurricular physical exercise refers to the number of exercises per week, which is generally decided according to the level of physical fitness related to health, usually 3~5 times per week. When the amount of exercise is large, the interval can be slightly longer, but if the interval is more than 3 to 5 days, then the accumulation of the exercise effect will disappear. Whether extracurricular physical exercise can regulate mood and improve mental health is closely related to the frequency of extracurricular physical exercise. This study showed that the number of students who participated in extracurricular physical activities was about 35% of the total number of students, and each physical exercise was shorter and less frequent. Because junior high school students are under great learning pressure, their school time is relatively full. They are mainly engaged in learning, so it is difficult to have other time to participate in extracurricular sports activities.

3.3. Investigation and analysis of the current situation of extracurricular sports activities in junior high school students

The main factors affecting junior high school students' participation in extracurricular physical exercise are heavy learning burden, lack of interest, lack of venue equipment, no one to guide, fear of hardship, etc., among which the proportion of people with heavy learning burden is about 75%. Because there is no enough space, which affects the enthusiasm of students to do physical exercise. Facing the upcoming college entrance examination, students' time to participate in extracurricular sports activities is reduced because of their tight learning time and heavy schoolwork burden. This is the biggest common situation facing the junior high school students in China. The overall situation of students' extracurricular physical exercise is that the time of students' physical exercise is short and the frequency of exercise is low, which is compared with the requirements of the Ministry of Education that "primary and middle school students maintain an hour of extracurricular physical exercise every day", the gap is very far, and the common sense of physical exercise is relatively weak. According to the survey results, this study believes that the principle of physical exercise must be followed during physical exercise, and the principle of physical exercise reflects the objective law in the process of physical exercise. If the principle of physical exercise is violated, it will not only be beneficial to physical health, but also bring harm to the body. Only scientific participation in extracurricular physical exercise can effectively enhance physical fitness, and "scientific" participating in extracurricular physical exercise covers a lot of content, including how to choose the content of activities, exercise methods, practice means; how to reasonably arrange the amount of exercise and activity intensity; how to effectively recover the body after exercise, and so on. To solve these problems, we must have a certain relevant knowledge of sports theory. However, at present, due to the lack of sports theory knowledge, especially the knowledge of scientific exercise knowledge, and most of the extracurricular physical exercise is in the state of "natural exercise". In the absence of scientific guidance, the spontaneous physical exercise is characterized by great blindness. This blindness leads to the poor effect of students' extracurricular physical exercise, not to mention the improvement of physical health status. Physical exercise functions in physical health needs comprehensive implementation and training, and continuous and scientific guidance. Therefore, the effective combination of in-class and extracurricular physical exercise forms, so that the physical exercise extended to the students' daily life has become a kind of persistence and habit, will certainly bring a great improvement. On weekends, students' emotions are relatively relaxed, which is suitable to

participate in physical exercise with a happy mood, and the form of exercise can also be chosen independently.

4. Conclusions and Suggestions

4.1. Conclusion

(1) The physical health status of some junior high school students in Sichuan Province is basically the same as the national level, and extracurricular sports activities are one of the effective ways to improve the physical health test data of junior middle school students, and play an important role in promoting the physical health of junior high school students. Targeted extracurricular physical activities exercise methods can effectively promote physical health, and has a significant promotion effect in all aspects of physical health. According to the actual situation and characteristics of high school students, carrying out reasonable and efficient extracurricular activities has an important significance and role in enhancing the physical health of high school students.

(2) Some junior high school students in Sichuan Province mainly carry out extracurricular physical exercise for the purpose of physical fitness. The form of exercise is mainly personal activities, with less frequency and less exercise time, and badminton, basketball and sports games are the main exercise items.

(3) The main factors affecting the development of school extracurricular sports activities are high learning pressure, lack of site equipment, lack of professional physical education teachers' guidance and lack of interest in projects.

4.2. Suggestions

(1) Build and improve the campus sports field, add sports equipment, innovative use of equipment, to provide students with a good sports environment. The completeness of hardware facilities such as sports venues and sports equipment directly affects the quality of sports development of a school, especially the construction of standard track and field field. Track and field is the mother of sports, a quality standard track and field field can be used for many sports in addition to track and field events exercise, its role can be imagined. In terms of the number of sports venues, junior high schools in Sichuan area need to increase the number of small sports venues, such as: badminton venues, table tennis venues, volleyball venues and so on. A good sports field has an environmental influence effect on the cultivation of students' interest in sports, and also provides a certain safety guarantee for sports students. The lack of sports equipment is also a major factor that restricts the development of school extracurricular sports activities. Although sports equipment is lacking in local schools, the waste is also serious. This requires physical education teachers in the school can not buy new sports equipment under the premise, can be reasonable and innovative use of sports equipment, so that the role of sports equipment to the maximum. At the same time, the school can innovate and reform the non-sports equipment, rationally use it, and also add a unique scenery line for the development of extracurricular sports activities. For example, old school desks can be simply processed into obstacles or simple obstacles for students to practice hurdle running; school old horizontal bars can be made into simple football doors, etc.

(2) Guide junior high school students to develop a good lifestyle, guide students to recognize and correct unreasonable eating habits and behaviors, truly realize the importance of scientific lifestyle to improve their physical health level, the school can adopt a series of rules and regulations to intervene.

(3) In terms of teaching content, we should set up the content that students are interested in, cultivate students' interest in sports, make students develop the habit of conscious exercise,

obtain lifelong sports and lifelong benefit ability reserve, so as to consciously use the sports knowledge and fitness methods mastered in class to guide extracurricular physical exercise.

(4) the school to arrange experienced sports teachers, the students' extracurricular physical exercise guidance and management, help students to master the specific scientific method of physical exercise, and in the process of exercise analysis and guidance, constantly adjust exercise method, prompting them to physical exercise activities to develop good exercise habits, to lay a good foundation for lifelong sports.

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