

Motivate the interest of college student to participate in physical exercise

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<p>Abstract</p> <p>With the development of society and economy, when people meet their needs, they also need to improve their quality of life. Taking part in physical exercise is not only to satisfy people's needs, but also to improve their quality of life. However, author observes that the present situation is that college students are addicted to the Internet and do not want to take part in physical exercise. This paper is about stimulating the interest of college physical training, advising the school take different measures for different types of people. The aim is make more college students take part in physical exercise.</p> <p>The author hopes to find ways to enable college students to take an active role in physical exercise. The author also investigated 105 students from Guangzhou polytechnic of sports. Study show that although most students like physical training, some students are passive in physical exercise.</p>	
Keywords motivation,college student,physical exercise	

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1 Introduction

1.1 Background

With the rapid development of social economy, the China needs more high-quality talents. So the competition between the state and the country has become the competition of talents. Mao Zedong had said that the body is the capital of revolution. At an earlier time, Voltaire, a thinker of French enlightenment, has propose that life lies in sports. From this we can know that a healthy body is so important to a person, but a healthy body needs to be acquired through physical exercise. All in all, physical exercise is very important to everyone of us, especially college students. College students are the future of a country, they will decide the future and destiny of a country. Therefore, it is very important for college students to have a healthy body, so we need to motivate the interest of college students to participate in physical exercise.

1.2 Aim of the study

With the improvement of the national income and the improvement of the living standard of the residents, health has become a hot topic in the society. Individual health not only has an important impact on its own development, but also determines the future of society, nation and country. The aim of this study is to motivate the interest of college students to participate in physical exercise. First of all, we need to know what is excitation, what is the reason for college students to participate in physical exercise. So, the current situation of college students participating in physical exercise and the factors of college students participating in physical exercise. At the same time, we will conduct a questionnaire survey among the students of Guangzhou polytechnic of sports student. Understand the interest and frequency of College Students' participation in sports activities. And then, starting from these information, we will explore how to stimulate college students' interest in physical exercise. Let the school take different measures for different types of people. So as to make more college students take part in physical exercise.

1.3 Research object and methods

study object

The case of Guangzhou polytechnic of sports 's student .

research method

-Mathematical Statistics method. The data are classified and collated through the questionnaire survey and the books obtained, and the data are arranged.

-literature study. By collecting, sorting, and consulting the relevant sports activities on the library and the Internet, the information that is valid for this paper is obtained.

- questionnaire survey. The questionnaire was designed for the Guangzhou polytechnic of sports 's student. A total of 105 questionnaires were investigated, of which 76 were boys and 29 were girls.

2 Theoretical foundation

2.1 The terminology on motivation and physical exercise

Motivation

Motivation refers to providing reasons for someone to act, and stimulating enthusiasm for something. However, why do we need to motivate college students to participate in sports activities? Because college students are the future of the motherland, they represent the strength of sustainable development of the country, which is a great potential.

Sport

The general concept of physical education means physical exercise as the basic means. It is a kind of conscious and organized social activity aiming at strengthening people's physique, promoting people's all-round development, enriching social and cultural life and promoting spiritual civilization. Sport is a part of the general culture of society. Its development is restricted by the politics and economy of a certain society and serves the politics and economy of a certain society. (Peng, 2017, 10.)

Physical exercise

Physical exercise refers to people choosing according to their physical needs, the use of various sports means, combined with natural forces and health measures. It will develop the body, enhance health, enhance physical fitness, and regulate the spirit. It also enriches cultural activities and sports activities that dominate leisure time.

2.2 College student need physical exercise

Life lies in sports. Sports are not only the needs of human life activities, but also the needs of healthy growth and development of college students. In recent years, the sudden death events related to students' participation in long distance running and other sports continue. November 3, 2012, a student in a high school in China suddenly died after an extracurricular run. Then, in order to avoid this happening again, most schools have decided to cancel the long run, and admonish the students, if they are not trained, not to try to run a long run. Because of the decline of students' physique and the decrease of the amount of exercise, there is a hidden danger in long distance running. (China

Jiangsu net, 2013)The students' physique has an important influence on the future development of China, so we should attach importance to sports.

The pace of modern lifestyles is accelerating, the pressure of study and employment is increasing, and the shrinking of life circles often makes some students feel empty and depressed. However, various sports clubs and associations provide us with channels and places for interpersonal communication, which provides a favorable platform for our health, taste, communication and beauty. Under the amateur time, college students can break down their geographical, identity, and professional restrictions according to their own preferences and interests. This is also the result of the implementation of club reform in college sports in recent years. Therefore, college physical education should make full use of the time and space of college students' relative freedom, scientifically set up projects, reasonably guide college students to actively participate in exercise, maintain physical health, and pursue their own university happy life. (Peng, 2017, 19.)

The results of 2004 National Student Physical Health Monitoring show that part of primary and middle school students body quality in china, especially explosive force, physical strength, endurance quality and vital capacity index continues to decline, the proportion of overweight and obesity students increase and the detection rate of students' poor vision continues to rise. The reasons for these problems are various, but the main reason is that the time of student's everyday physical education requires primary and secondary schools to ensure that student have an hour doing physical exercises every day. But for a long time, the rules were always failed to cause the attention to some locals and schools and, the requirement of the students of doing physical exercises one hour per day has not been implemented. (Cheng, 2016.)

The famous Fudan University of China announced the data of students' physical examination in 2105. But it is striking that from the results of physical examination, the physical test scores of girls are generally higher than those of boys. From the average level of physical examination at Fudan University, 77.59% of girls, 69.64% of boys, and large difference. Moreover, the excellent rate and good rate of girls are also higher than boys. For this matter, Professor Wang Xiaozan of East China Normal University said, One reason for this is that with the popularity of computers, more and more boys are addicted to playing games on the Internet and do not like sports, but the Girls are less

affected. On the other hand, parents and schools generally pay more attention to cultural achievements, leaving boys away from sports grounds. Therefore, the decline of boys' physical performance is obviously higher than that of girls. And boys' physical examination results are obviously lower than girls' this situation, should arouse the whole society's vigilance and attention. (Surging news, Zhao, 2016)

2.2.1 Good for body quality

College students, who are too busy coping with heavy workloads and other things, so that they neglect physical activity. (Sebastien, 2017) So we need physical exercise to strengthen our bodies. First of all, exercise training after class is one of the components of school physical education, and is the important content of the students' healthy life style. It also plays an important role in cultivating college students' sports consciousness, interest, ability and habit, and promoting the healthy development of students' physical and mental health. However, according to a number of survey data show that college students are generally not actively involved in physical exercise at present, and the physical quality is declining.

Physical exercise has a fitness function, which is embodied in the ability of sports to improve and improve the working capacity of the central nervous system. It can not only promote the growth and development of the body, improve the skills of the exercise system, but also improve the function of the internal organs. It can improve the body's ability to adapt, it can prevent diseases and cure diseases and improve the body's immunity. (Peng, 2017, 12.)

What can sports bring to college students? First of all, regular physical exercise can prevent disease. And we also can control body weight through exercise. In China, there are some female students in order to lose weight, not to exercise to lose weight, but often by dieting to achieve the effect of weight loss. However, this method of losing weight is not desirable, which will greatly hurt our body. In fact, Body weight is typically used as the primary marker of success in exercise-based weight management. However, regular exercise can produce clinically meaningful improvements in health independent of changes in body weight. (Kazuyuki, Satomi, Zhen-Bo & Koichiro, 2015, 132.)

2.2.2 Good for psychology quality

The relationship between physical exercise and mental health. It belongs to an important branch of sports psychology that is the field of exercise psychology. Since the 60 to 70s twentieth Century, this area has attached great importance to the field of international sports psychology. In 1988, The Journal of Sports Psychology, the official academic journal of the North American Sports Psychological Association (NASPSPA), has been renamed the Journal of Sports&Exercise Psychology (JSEP), reflecting this to a large extent. (Jing, 2009, 3.)

The emergence and development of exercise psychology reflects people's yearning for healthy lifestyle. On the one hand, its rapid rise depends on the development of psychology, on the other hand, it is related to various social and economic pressures in the past decades. As one of the positive means to enhance physical fitness, prevent disease and improve the quality of life. The fitness function of physical exercise has been confirmed by medical research and clinical practice. Nowadays, the relationship between physical exercise and mental health is increasingly becoming an important topic of exercise psychology. (Jing, 2009, 3.)

According to Fu(2011, 30.), emotion is one of the main factors that affect mental health, and bad emotions can lead to physiological, psychological and disease. Nevertheless, physical exercise can control the mood, bring pleasure and joy directly, and reduce tension and restlessness. Thus, we can control people's emotions and improve their mental health. In complex and changeable social environment, college students often have negative emotions such as nervousness, depression and anxiety. Physical exercise can help them get rid of their worries and pains.

Physical exercise can adjust emotions because participants in physical exercise can experience the pleasant feeling of exercise. Psychologists believe that moderately loaded physical activity can promote the release of a peptide substance, also known as endorphin, which enables people to have a happy and exciting emotional experience. Therefore, participating in physical exercise, especially participating in physical exercises that you love and are good at, can make people have fun and invigorate the spirit, thus producing a good emotional state. (Fu, 2011, 30.)

Increasing competition in society and increasing pressure on life can lead to negative emotions such as anxiety, sorrow, trouble, and pessimism. These bad psychological barriers can affect people's emotions, will and good interpersonal relationships, and easily form unhealthy psychology. Appropriate physical exercise can enable individuals with psychological disabilities to achieve psychological satisfaction and a positive sense of accomplishment. Thereby enhancing self-confidence, getting rid of negative factors such as anxiety, sorrow, pessimism, and eliminating psychological barriers. (Fu, 2011, 31.)

For the time being, most of the causes of mental illness and the mechanisms by which physical exercise contributes to the treatment of mental illness are not fully understood. However, physical exercise has become popular abroad as a psychological treatment. For students, physical exercise can slow or eliminate symptoms such as anxiety and depression caused by learning and other setbacks. It provides a reasonable and effective means for the release of bad emotions, thus effectively preventing the occurrence of psychological disorders or mental illness. (Fu, 2011, 31.)

2.3 The present situation of Chinese college students' participation in physical exercise

In many schools, physical education class just exists literally and, no one shows any interest in the undesirable phenomenon of school physical education such as occupying students' time on extracurricular physical education activities, not much sports funds, and serious shortage of purchasing sports facilities and so on. In addition, national sports system has been criticized because of paying more attention to competitive sports and little attention to social sports and school sports. And the publicity advocate strength and actual economic support of government department giving to school physical education are not enough. (Cheng, 2016.)

In many schools, the lack of physical education funding and shortcoming of physical education facilities directly impact on the teaching of physical education and the practice of students' extracurricular physical education activities, which is also one of the reasons for leading that physical education content is monotonous and students are not interested in physical education class. Furthermore, government departments just having policy guidance but

no practical support and strong oversight are primary causes of marginalizing the status of school physical education. (Cheng, 2016.)

Young Chinese lack regular physical exercise. After a survey, About 44.5% of the 1983 people said they exercised less than 3 times a week, and only 17.8% say they exercise every day. And then, The survey found that more than 27% of people had “below standard health”because they lacked the sense of exercise. (Yamei, 2017.)

According to the survey, 31.1% of college students take more than three physical exercises every week. 37.7% of college students take one to two physical exercises every week, 30.2% of college students only take part in physical exercise occasionally. 0.9% of college students do not participate in physical exercise at all. In China, the average age of residents aged 18 and over is 4.6 hours a day for reading, watching TV and using computers. People aged 18 to 29 have the longest sitting time of 5.4 hours. However, more than 75% of boys in Europe are in regular sports, and girls in regular sports account for 60.0%. (Guo, 2012, 9.)

The research shows that the obesity rate of male college students is the highest, accounting for 81.76% of the total. The low body weight rate is over 10%, while the normal body weight rate is less than 1/20. And then, The failure rate of lung capacity was 41.13%, while the excellent rate and good rate were only around 10%. The failure rate of standing long jump is as high as 61.54%, which exceeds the total 2/3, while the excellent rate and good rate are less than 5%. From here we can see that there is a big gap between passing rate and failing grade. Zhang He (2010) study found that the overall average score of the physical disadvantaged groups of college students was 49.27, including 49.17 for boys and 49.64 for girls. The boys who failed in the test items were relatively balanced, and their vital capacity was relatively high, which was 58.56%. Girls had many failed projects, which the vital capacity was 28.57%. At the same time, we found that the malnutrition and obesity of male students were higher than that of female students, twice as high as that of female students, reaching 41.44%. (Guo, 2012, 102.)

2.4 The present situation of foreign student participation in physical exercise

American school students not only attach importance to extracurricular sports activities in their spare time, but also have gradually formed a tradition. Relevant departments and schools also attach great importance to students' extracurricular sports activities. The school makes full use of complete sports facilities and sports venues to carry out a variety of sports activities. The school sports associations and sports clubs are responsible for organizing and managing the school daily extracurricular sports activities. The physical education teachers go to the designated event venues and are responsible for the guidance and consultation of physical exercise for 2 to 3 projects. At Harvard, a full-time college student usually only needs 12 to 18 hours of lecture a week in the classroom, compared with 22 hours of extra-curricular activities a week. In China, a full-time college student usually listens to lectures for 24 to 26 hours a week in the classroom, while a large number of extra-curricular activities are occupied by homework, and the time that can be totally free is only about 14 hours a week. (Gao, 2015, 14.)

The National University Education Management Committee and the National University Sports Association stipulate that the extracurricular physical activity time of the university is not less than 2 hours per day. The extracurricular sports activities of the university are organized by the sports associations and sports clubs of the school. Many schools also have institutions for the organization of extracurricular sports activities, such as California State University, Washington State University, Michigan University, and Princeton University. The management organization is composed of the physical education department of the school or the physical education teacher of the sports and health department, as well as other full-time personnel responsible for extracurricular sports activities. It is responsible for the organization and management guidance of the school's daily extracurricular sports activities. Physical education teachers go to designated venues for physical exercise guidance and counseling. Usually, each physical education teacher is responsible for 2 to 3 projects. (Gao, 2015, 15.)

The regulations of American school sports indicate that the awareness of adolescents' national fitness must be cultivated through the specific goals of school teaching, and must be achieved through the practice of strengthening

after-school sports. In 1980, the American Federation of Health, Sports, Recreation and Dance announced a new health test that states that health is essential for everyone. The US Department of Education and Sports and schools believe that extracurricular sports activities are very important for developing students' physical fitness, cultivating their interest in sports, developing a competitive personality, and building a vibrant social environment. (Gao, 2015, 15.)

The situation of College Student physical exercise in other countries is also different. In Japan, in addition to physical education classes, students are also assigned 100 minutes of special activities every day, including sports activities, safety activities, health activities, club activities and so on. The sports activities are divided into sports club activities and sports department activities, but sports club activities are not included in the educational curriculum, only as a part of the school extracurricular sports activities. In Poland, besides physical education in schools, they also form sports groups according to sports items and activities. The teacher is the organizer of after-school exercise activities, responsible for student activities, and mobilizes the enthusiasm of students. Extracurricular sports and fitness activities are the most acceptable forms for students.(Gao, 2015, 16.)

In Germany, college students must participate in social sports organizations in addition to participating in extracurricular sports activities. Even if students participate in sports clubs on campus and join social sports associations, many students are still members of individual clubs. It can be seen that the extracurricular sports activities of German college students have been included in the entire social sports system. In Russia, the purpose of physical education is to "promote the comprehensive and comprehensive development of students in the process of perfecting the body." Focusing on the development of sports ability, their PE syllabus aims to be targeted, to comprehensively develop students' athletic ability, and to educate students on the basic principles of physical fitness. Through their conscious training, develop and improve the individual's psychological and physical qualities. (Gao, 2015, 17.)

2.5 The factors that effect College Students' participation in physical exercise

There are many reasons for people to take part in physical exercise, the main reason is ability, they want to learn and improve their skills. There are others who want to work together with their friends because of their sense of belonging. However, some people are for physical fitness needs, and some people are interested in physical exercise for physical training. (Miran, Joško, Gordana & Bernd Schiefler, 2013, 4.)

Family factors

It mainly includes the family's economic status, the way of life of family members, and the way of family education. It also involves parents' concept of physical education, parents' role as role models, professional characteristics, educational level, social and economic status, living environment and so on. They are positively related to the development of physical exercise habits. In daily family sports activities, family members' physical exercise behavior and habits will exert a subtle influence on children's initial physical awareness, exercise concept and behavior. If combined with the conscious education and guidance of fathers, then this nurturing and enlightenment education will help children to develop physical exercise habits. (Wang, 2013, 260.)

Environmental factor

In China, most of the schools in the sport facility sources are mainly funded by the school. However, because schools have to consider many other factors, there is not much money invested in sports construction. And sports training needs a lot of money. Therefore, in many schools in China, there is a shortage of funds for sports activities. It is well known that sports training must have certain facilities. However, in some universities in China, some sports equipment and facilities have been damaged for a long time and have some damage. At the same time, sports equipment is not complete. All these will affect the physical training of College Students. (Zhang, 2014, 121.)

Educational factors

In China, the sports education is also missing. The school lacks enough attention to the physical education, and the investment in sports education is obviously insufficient. Influenced by the traditional examination oriented education in China, the school neglects the reform of physical education curriculum. School only one-sided pursuit of student achievement. Many

surveys show that most schools only arrange two physical education classes per week. Students' sports time and physical exercise are hard to guarantee. On the one hand, this has caused a reduction in students' physical training time and on the other hand has led to a decline in students' physical fitness. (Cheng, 2016)

According to Guo(2012, 132.), School physical education is the foundation of lifelong physical education and the key link to improve college students' physical health. He believes that the reasons leading to the decline of students' physical health level are two aspects. On the one hand, due to one-sided pursuit of the impact of the enrollment rate, society and schools have the tendency to emphasize intellectual education but despise sports. The students are overburdened with schoolwork and Physical exercise time is seriously insufficient.

On the other hand, due to the lack of sports facilities and conditions, students' physical education and sports activities are difficult to guarantee. If the school carries out good extracurricular sports activities, it can cultivate student interest in sports and mobilize the majority of students to participate in physical exercise. It is beneficial to cultivate students' sports consciousness, improve students' ability of physical exercise, and make students form the habit of lifelong physical exercise.

Personal factors

Personal factors mainly include students' age, health and physical condition, genetic quality, sports experience and individual factors. However, The students' age, sports experience and self-efficacy have a direct impact on the formation of physical exercise habits. For children at the age of 3-14, they are sensitive to individual growth and development. At this age, children gradually expand the scope of cognitive activities, thirst for knowledge, strong imitation ability, plasticity, guide the right easier to form exercise habits. (Wang, 2013, 260.)

In addition, because of Chinese large population and weak economic foundation, people face greater living pressure and pressure to compete. Therefore, children are asked to be hard-working and go to a relatively good university under the present social condition and hope of family. And students dare not slack off in their studies. They seize every minute and second to

learn. So how is it possible to waste time on inconsequential physical education? Some students take physical education class as their recreation time or even stand still. Doing certain strenuous physical activity can improve the physical fitness, which will make the body feel some discomfort. If the student is afraid of difficulty and cannot afford the physiological responses being brought by sports, how can their physical quality be improved and what is the point of having physical education classes? Students are principal part of the physical education class. Their attitude directly impacts on the status of school physical education. However, students escaping and disliking physical education greatly harm the position of physical education. (Cheng, 2016)

3 Research Results

3.1 The basic situation of the respondent

The attitude of Guangzhou polytechnic of sports 's student to physical exercise. In my survey, first of all, you can see that the number of sports like activities is the most in the form. There are 58 people, the proportion is 55.24%, and more than half of the people are like in sports. And than, It is very similar to the number of people who are very fond of sports and generally like sports. However, people who have an antipathy to sports are the least. Only 2 people, with a proportion of 1.9%. This shows that Guangzhou polytechnic of sports 's student are generally positive in their attitude to sports activities.

Table 1. The attitude of respondents

Option	Number	Percentage
Love	18	17.14%
Like	58	55.24%
General	20	19.05%
Dislike	7	6.67%
Antipathy	2	1.9%

The frequency of Guangzhou polytechnic of sports 's student extracurricular physical exercise every week. As you can see from the table 2, the number of students who exercise more than three or three times a week is the most, and 42.86%. The number of students who did not exercise weekly was the least, with 12.38%. This shows that the Guangzhou polytechnic of sports 's students' awareness of physical exercise is quite good.

Table 2. The frequency of respondents

Option	Number	Percentage
Zero	13	12.38%
Once	25	23.81%
Twice	22	20.95%
Three or more time	45	42.86%

3.2 Motivation of college students to participate in physical exercise

The form of College Students' sport exercise

The forms of college students participating in physical exercise are varied. Each person takes part in physical exercise in different ways. First of all, some college students choose to exercise by themselves. This kind of people like to exercise by themselves. The second is that people need to be accompanied to exercise. The third type is to go to the gym for exercise and to be guided by others. And then, another group of people like to exercise with the class, they need compulsory courses in schools to exercise. The last one is to join a sports club, which is very interested in physical exercise.

We can see in the table 3 that the most form of exercise for college students is the class physical exercise, the proportion is 38.67%. The second ranking was to exercise with friends and go to the gym, the ratio was 18.87% and 20.28%.

The least of them chose to join the sports club, with a proportion of only 7.07%. This is because the price of a sports club in China is expensive and the students who have a general family condition do not support the payment. However, class physical exercise is not required to pay, and there is a teacher guidance, so the number of people who class physical exercise is the most.

Table 3. The form of respondents

Option	Number	Percentage
Personal exercise	32	15.09%
Exercise with friends	40	18.87%
Go to the gym	43	20.28%
Class physical exercise	82	38.67%
Join a sports club	15	7.07%

Motivation of college students to participate in physical exercise

Through the survey, we can see in the table 4 that most college students' sports motivation is fitness needs. The proportion is up to 80.95%. Among them, the number of people who think social entertainment and regulating emotions and interests are basically the same. Their proportions were 46.67%, 45.71%, and 48.57%, respectively.

However, students who think that physical exercise can be pleasant mood are the least. The proportion is 24.76%. This shows that there are a wide range of motivations for college students to participate in sports activities. But the need for fitness is still the most important motivation for college students.

Table 4. The form of respondents

Option	Number	Percentage
Fitness needs	85	80.95%
Social Entertainment	49	46.67%
Regulates emotions	48	45.71%
Pleasant Mood	26	24.76%
Interests and hobbies	51	48.57%

The factors of college students participating in physical exercise

We can see from the table 5, the biggest factors that affect college students' participation in sports are lack of space and no time. The proportion is 58.1%. However, lack of equipment and unmanned guidance are the second factors that affect college students' participation in sports activities. Their proportions were 41.9% and 32.38%, respectively.

The least influence of college students' participation in sports is the lack of interest in sports activities. There are only 18 people, and the proportion is 17.14%. This shows that the sports field in our university is insufficient and the college students have a busy life.

Table 5. The factors of respondents

Option	Number	Percentage
Lack of space	61	58.1%
Lack of equipment	44	41.9%
No time	61	58.1%
Without guide	34	32.38%
Not interest	18	17.14%
Without partner	27	25.71%

4 Discussion

From my survey, we can see that college students' attitudes towards sports are relatively positive, and the frequency of participating in sports activities is also higher. But the attitude of a small number of college students was negative, and they did not take part in physical exercise. However, this is not a widespread study. It was tested in a small group of users at Guangzhou polytechnic of sports 's student.

However, college students often do physical exercises with class collectives. The main motivation of college students to take part in physical exercise is the needs of fitness and interest. The main factors affecting college students' participation in sports activities are the lack of space and the lack of time .

From here we can seen that the students in my questionnaire have a strong sense of physical exercise. Unlike most news reports and reports, college students do not take part in physical exercise. However, because the Guangzhou polytechnic of sports 's student are mostly athletes and sports enthusiasts. So they have a strong sense of physical exercise. But we can still see the factors that affect college students' participation in physical exercise.

4.1 Encourage college students to take part in physical exercise

Parental support is important

As parents, they are the core figures in developing family physical training. The parents should always be aware of their children's current physical development characteristics, exercise requirements, hobbies and appropriate exercise intensity. Parents should actively arouse children's desire for sports and sports potential. Parents should arrange exercise, study, life time and appropriate level step by step and scientifically and rationally. They also need to encourage their children to participate in diversified sports and guide them to apply the methods they learned in school physical exercise.

The parents should try to exercise together with their children, parents should also try to exercise, explore exercise skills and sports safety precautions with their children. And then, strive to persevere, become a good physical trainer, good practice, good teammates.

School encouragement

Schools should focus on developing students' interest in physical exercise. Because sports activities and sports competitions after school have great influence on students. We should carry out sports activities in schools and encourage students to participate actively. We can also organize sports activities with prizes to enhance students' interest and make them fully feel the charm of sports. School physical education should be guaranteed under the premise of quality and safety, to play fully the subjective activity of student. Let students take part in physical exercise voluntarily. This will be able to better promote students' interest in learning and participation, and gradually cultivate students to form the habit of physical exercise. At the same time, schools should organize students to watch sports events or volunteer in sports events, to strengthen students' understanding of sports events, in order to cultivate students' interest in sports activities.

Schools should continue to increase the strength of all kinds of sports equipment and facilities in schools. The school should do our best to improve our physical training environment. And improve the quality of school sports teaching, enrich student sports classroom.

Increase sports venues

One of the reasons that affect college students' participation in physical exercise is lack of sports grounds. Then the government can build sports grounds from the community, so college students can more easily participate in physical exercise. Community sports is an important source of social support for students' physical exercise habits. Moreover, the contradiction of insufficient school sports venues can be alleviated. That also conducive to the development of national fitness and new sports fitness. At the same time, it helps parents to support and participate in students' sense of physical exercise.

Government support

The government should actively create conditions for students to participate in sports activities. And Increase investment in school sports equipment, and constantly improve school running conditions. The government should improve the status of physical education in society, require schools to increase physical education courses, and strengthen the construction of teachers. The government can also publicize the atmosphere of national fitness. For

example, we should increase publicity events and organize events to make people more interested in sports. We can also organize sports health lectures, speeches and essay collection activities to create an atmosphere for all people to participate in physical exercise. To encourage and motivate more people to join in physical exercise.

And the government can make full use of various channels and means such as newspapers, radio, television and the Internet. To Strengthen the publicity of school sports, and also summarize the typical experience of communication. The government should disseminate scientific views on education, sports and health, to create a good atmosphere for the whole society to care, value and support school sports.

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Appendix A

questionnaire survey

(The case of Guangzhou polytechnic of sports 's student)

1. What is your gender?

- Female
- Male

2. What is your attitude towards sports?

- Love
- Like
- General
- Dislike
- antipathy

3. How often do you participate in sports every week?

- Zero
- Once
- Twice
- Three or more time

4. What is your form of physical exercise? (multiple-choice questions)

- Personal exercise
- Exercise with friend
- Go to the gym
- Class physical exercise
- Join a sports club

5. What is the reason for your physical exercise? (multiple-choice questions)

- Fitness needs
- Social entertainment
- Regulates emotions
- Pleasant mood
- Interests and hobbies

6. What are the factors that affect your participation in physical exercise?

(multiple-choice questions)

- Lack of space
- Lack of equipment
- No time
- Without guide
- Not interest
- Without partner