

Research on the influence of morning exercise on undergraduates of Southeast University

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Abstract



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<p>In recent years, the number of people initiative taking part in physical exercise is decreasing since most college students have chaotic schedules. This result in the physical quality of most college students is getting worse than ever. Appropriate morning exercise can make a person full of vitality throughout all the day. It can improve sleep quality and enhance the orderliness of biological clock. People who exercise in the morning will take regular sleep cycle compared with those who did in the afternoon. Therefore, most universities have started to organize students' morning exercise. But many universities are unable to motivate all students actively to participate in morning exercise.</p> <p>The purpose of this study is to analyze current situation morning exercise in Southeast University and deduce the present situation and development trend of college students' morning exercise. As the object of the study, Southeast University undergraduates make an investigation and statistics on the students' morning exercise. Using literature, questionnaire, interview, mathematical statistics and other research methods, According to data analysis, students of Southeast University do not pay attention to the behavior of morning exercise; students cannot make full use of the morning exercise time; students think that morning exercise has an important relationship with sleep quality and classroom efficiency.</p> <p>It is suggested that teachers actively guide students and strengthen ideological education. Respect interest groups, sports, exercise distance, innovative content and form of student morning exercise activities. Improve the quality and conditions of morning exercise facilities, students' sleep and exercise time ways to constantly improve the human version of the morning exercise system.</p>	
Keywords Morning exercise; College students; Current situation and countermeasures	

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1 Introduction

Morning exercise is an indispensable part of campus culture in ordinary colleges and universities. Students should take morning exercise regularly to achieve the desired effect, improve physical fitness and improve mental state to improve learning efficiency indirectly, develop good living habits and collectivism spirit, and establish lifelong sports consciousness. But at present, most college students are faced with an embarrassing situation when they take morning exercise. The problem of being late for morning exercise, not taking morning exercise and resisting taking morning exercise is very serious, which leads to the decline of students' health year by year. Since students don't play sports very often, students usually get injured in sports meeting and others sports events. At the same time, students have developed many bad habits, such as skipping breakfast in the morning, being late for class, irregular work and rest, etc., which have affected the normal teaching order and students' work and rest.

Secondly, in the society where the pace of life is accelerating, college education is gradually popularized, and there is a phenomenon that college students are everywhere. Therefore, contemporary college students are facing severe employment pressure. Many of them have to devote more time and energy to their studies and spend less time on exercise, which affects the physical quality of most college students.

The ministry of education department of Shanxi, China has revised the "national standards for students' physical health" in 2014 again, paying more attention to students' physical health. (Education department of Shanxi Province, 2014) Therefore, in order to respond to national policies and take necessary measures for students, morning exercise has become the focus of extracurricular sports activities in schools, which is also a difficult point.

In addition, combined with the actual situation of our province, the provincial education department formulated the "students' physical health monitoring and evaluation methods > implementation plan", "primary and secondary school physical education work evaluation methods > detailed rules" and "school physical education work annual report methods > detailed rules", more in-depth implementation of the party's 18th session of the third plenary session of the spirit.

Therefore, it is necessary to analyze and summarize the behavior of morning exercise by studying students, and then carry out reasonable treatment. This study is based on the first to third year students of Southeast University. Through the analysis of the students' subjective will, specific behavior and management measures of the college, after taking into account the different attitudes of the school, teachers and students as well as some reasonable Suggestions. I found that there are various factors that restrict the smooth progress of morning exercise. Based on these opinions and Suggestions, I further planned the students' behavior of morning exercise, so as to realize the effective development of morning exercise activities.

This study focuses on strengthening students' correct understanding of physical exercise, improving their initiative and self-awareness, and laying a foundation for students to establish lifelong physical education awareness. Cultivating students' good living habits and collective spirit, strengthen their willpower. Ensuring students breakfast enrich the forms of activities, and promote the overall development of students' comprehensive quality, and cultivate students' interests and expertise. This study suggests to further strengthen the construction of style of study, make the change of teaching order, strengthen macroscopic management and guide students' sports activities.

2 The research background

China has always attached great importance to the healthy growth of teenagers, Standards for students' physical health (trial program) issued by the Ministry of Education and the General Administration of Sport of China in 2002, was reward and punishment for students' morning exercise activities have also been made clear.(Ministry of education & General administration of sport, 2002) In 2007, the central committee of the communist youth league of the General Administration of Sport of the People's Republic of China, the Ministry of Education, issued the plan to launch a nationwide program for hundreds of millions of students "Notice of sunshine sports", point out more than 85 percent of students should be able to exercise one hour a day, and reach "student physique health standard" pass grade above, and help them develop a good habit of physical fitness.(Central committee of communist youth league, 2007, 38.) In 2014, the Ministry of Education issued the basic standards for physical education in colleges and universities, pointed out that colleges and universities should add extra-curricular sports activities into their teaching plans, and organize students to participate in extracurricular physical exercise at least three times a week, ensure students have one hour of physical activity every day.(Ministry of Education, 2014)These policies have directly or indirectly promoted the development of students' morning exercise activities in ordinary universities.

According to the results of the 2014 national student physical health survey released by the General Administration of Sport of China, compared to 2010, in 2014, the height, weight, chest circumference and lung capacity of urban and rural students in China continued to improve. Primary and secondary school students flexibility, speed, endurance, strength and other physical fitness indicators have also risen, however, the indicators of college students' physical fitness continue to show a downward trend.(General administration of sport, 2015, 6.) These data show that, students of primary and secondary schools in our country have a better effect in physical exercise, physical fitness has improved. Though college students have less academic pressure, also have more free time, but college students have not formed the habit of physical exercise, leading to the majority of college students' weight and other indicators only "quantity" accumulation, no "qualitative" improvement.

In recent years, the decline of college students' physique year by year has aroused the general concern of the government and the society, the students'

morning exercise activity is therefore valued by some universities, although some universities in China have carried out students' morning exercise activities, but as college enrollment programs continue to expand, the demand for students is increasing. Many universities have the phenomenon such as are short of sports venues, students are reluctant to do morning exercise etc. Based on this, this research go through of investigated the current situation of students' morning exercise activities in Southeast University, find out the main factors that affect and restrict the development of students' morning exercise activities in ordinary universities, carry on comprehensive and effective analysis to morning exercise problem, and puts forward the corresponding solution countermeasure and the development suggestion. This has important stimulative effect of the long-term development of morning exercise activities for students in ordinary colleges and universities, strengthen their physique and improve the quality of morning exercise.

3 The origin of morning exercise and its important function

In the early days of the founding of the People's Republic of China, what lay ahead were ruins. At that time, the average life expectancy of the Chinese people was only 35 years old (China news, 2019). The sense of responsibility to enhance people's physical fitness and the sense of urgency to improve the level of competition haunted the decision-makers of new China. They have a foresight, practice, determined to improve the physical and athletic level of the people through national sports. In 1950, comrade MAO Zedong made the instruction of "health first", and the vigorous sports activities were carried out in the ancient Chinese land. (Li, 2009) Doing radio gymnastics became a good form of mass sports activities. Up to now, China has issued 9 sets of adult radio gymnastics. (Ni, 2018) Radio Gymnastics has played an important role in strengthening the body, improving health and inspiring the spirit, and made an important contribution to the smooth implementation of the national fitness program.

For universities, morning exercise is an important part of extracurricular sports activities. Primary and secondary schools across the country are to carry out the opinions of the party central committee and the State Council on strengthening the physique of teenagers, and it is an important link for the implementation of the national fitness plan, the implementation of sunshine sports activities, and the assurance of one hour of physical exercise for students every day. Morning exercise is to exercise after early morning gets up, insist for a long time, it can consolidate and expand physical education teaching, cultivating students' interest to participate in sports activities and consciousness, develop good habits, to master scientific method of physical exercise and improve sports ability, form the good thought personal character and the rich campus culture life. At the same time, after doing morning exercise, many students can make use of the time before class to do morning reading of English, improve their English level, and try to reduce the occurrence of students being late for class because of playing.

3.1 Morning exercise can effectively enhance students' physique

The so-called morning exercise, refers to college students use the time in the morning to do simple physical exercise, usually in the form of radio gymnastics.

Morning exercise are not long and do not involve much intensity. Therefore, most teachers and college students believe that morning exercise does not play an effective role in strengthen students' physical construction and develop a constant habit of getting up early, but subjectively believes that it is an activity formulated to cope with the tasks of the education department, which has been proved a false statement. The research shows that morning exercise can promote the physical quality of college students greatly. The research shows (Zhao, 2003, 65.) that the physical quality of college students who do morning exercise for a long time is obviously higher than that of college students who do not do morning exercise, and their thinking ability is also more active. This is due to the fact that the morning is a time when the human mind is just waking up, but also because of the fresher air in the morning. In such an environment, college students' minds will become more flexible, their thinking will become more active, and their exercise efficiency will be improved naturally.

Secondly, although the exercise intensity of morning exercise is not big, and the time is short, but it cannot deny its role in promoting the human body. As is known to all, exercise is a long process, and its promoting effect on physical fitness can't be reflected immediately, but it will be manifested in a certain period of time. Some students do not persevere in morning exercise for a long time, so that they cannot get great benefits. In the process of doing morning exercise for a long time, the physical quality of college students has been virtually improved, which is relatively slow but cannot be ignored. This can greatly promote the physical quality of college students who generally lack physical exercise. In addition, morning exercise on human respiratory system has a significant improvement.

Scientific morning exercise can speed up the rate of breathing, breathing deeper, is the amount of oxygen inhalation, improve the ability to support the body. Besides, in the morning, the speed of human blood circulation is accelerated, not only to strengthen the metabolism, but also to promote blood circulation, improve the circulation system of the human body. (Admin, 2015) It can be seen that morning exercise can effectively enhance the physical quality of college students.

3.2 Morning exercise can adjust students' diet and rest.

The biggest influence of morning exercise on college students' physical quality lies in their immunity. Scientific research has shown that an adults 18 to 46:7 to 9 hours of sleep is optimal, but beyond that time it is not good for the human body (Ka, 2019). It can also affect people's thinking ability and reduce their immunity. It can be seen that colleges and universities can achieve the purpose of supervising college students to get up early through the form of morning exercise, which can improve students' physical immunity ability to a certain extent. In addition, people breathe more fresh air in the morning and exercise in a low temperature environment is also an effective way to enhance human immunity. This is one step closer to the goal.

Finally, breakfast is a general issue that college students often neglect. Despite repeated warnings from teachers that students must come to class after breakfast, most college students still skip breakfast because of oversleeping. The importance of breakfast is self-evident, secondly, it has a great impact on the physical quality of college students. Through morning exercise. Colleges and universities can not only supervise students to get up early, but also guide college students to have a reasonable breakfast.

4 Literature review

Throughout the viewpoints of Chinese and foreign scholars, the author thinks that the specific research on the morning exercise of college students is more comprehensive. Of course, some do not have a comprehensive literature analysis, in a way that does not take into account schools, teachers, students and different attitudes. Although most of the articles put forward relevant measures through analyzing the current situation, some of them are not efficient in actual operation. The main performance of inefficient operation is passive morning exercises, which makes it formalized. In addition, the views of some scholars are too absolute, to generalize, without taking into account individual factors.

4.1 Research on the characteristics and importance of morning exercise in college

Guo Yujia (2015, 195.) pointed out in the article "on the influence of morning exercise on college students". Morning exercise can help improve the learning efficiency of college students and enrich their extracurricular life. At the same time, it can help regulate personal emotions and increase the oxygen supply to students' brains to relieve students' fatigue. To this, put forward: Increase the publicity of morning exercise, increase the interest of morning exercise activity content, flexibly arrange students to participate in morning exercise, improve students' knowledge of morning exercise, to encourage its active participation in development proposals.

Ma Liming and Li Yongxin (2015, 235.) briefly discussed the influence of morning exercise on contemporary college students. It is pointed out in the paper that taking part in morning exercise can temper students' will to study hard, cultivate their collective consciousness and team consciousness, and help students develop good habits of life and lifelong sports, to promote the healthy growth of students.

4.2 Relevant research on the status quo, management and operation mode of morning exercise for college students

Li Jin (2014, 56-59.) in the current situation analysis and countermeasures of morning exercise in colleges and universities describe the origin and present situation of morning exercise in college are described in detail, she is considered that there are objective restricting factors in the implementation of morning

exercise in colleges and universities: Morning exercise are lack of new ideas, single organization, insufficient university space, funds for morning exercise activities are not sufficient etc. The restricting factors for students to participate in morning exercise are as follows: Rebellious psychology of college students, the meaning of one's own existence and the location is unclear, the habit of going to bed late and getting up late. To this, put forward the university, the department, the community must popularize the morning exercise culture, and the content of morning exercise systematized, large-scale classification, university, departments, clubs can stratify planning morning exercise content, student voluntary participation, the university shall improve the organization and management system of morning exercise, and the inspection content quantitative evaluation.

Wu Xiaozhen (2005, 81.) in "college morning exercise status analysis and countermeasures research" through the section According to the questionnaire survey on the status quo of morning exercise in colleges and universities, the following conclusions are drawn: The form of morning exercise is unreasonable. The content is single, and the number of students who volunteer to take part in morning exercise is very small, although 56% of the students approve of morning exercise. But 86 percent of the students want to reform the current morning exercise system. To this end, the paper puts forward to set up a new concept of physical education and cultivate students' habit of self-conscious physical exercise. According to the law of students' physical and mental development the actual situation of school, increase the diversity of morning exercise content selection, improve the management and organization of morning exercise. So that it can be institutionalization, standardization, scientific management.

4.3 Relevant research on improving the scientific management system and system of morning exercise in colleges and universities

Xiang Changhao and Li Zhaoqing (2006, 96-97) in "on the organization and management of group morning exercise activities in colleges and universities" The paper puts forward some concrete measures to improve the management and organization mechanism of morning exercise, improve the attention of leaders, formulate strict rules and regulations and ensure the smooth implementation, coordinate the relationship among the functional departments, and gradually improve the quality of morning exercise.

Coordinating the relationship between the functional departments refers to adjusting the students' working and rest time, solving the problem of students' concentrated meals, and increasing the publicity of morning exercise.

4.4 Research on morning exercise of college students

Luo Anyuan (2010, 100.) said there was no clear statement on whether morning exercise were scientific. Nowadays students' life style has changed. Getting up early leads to insufficient sleep, which is harmful to physical and mental health. Considering these factors, the morning exercise system should be abolished. In addition, some ordinary colleges and universities in the condition of imperfect sports facilities to expand enrollment, the basic sports facilities cannot meet the needs of students.

Therefore, some ordinary colleges and universities and even the school physical education major have canceled the students' morning exercise. (Xun, 2008) pointed out that the number of obese students among college students was increasing gradually. Body shape showed a gradual increase in height, weight continued to rise, students' body shape and body function are declining trend. Therefore, it is necessary to pay enough attention to each link of school physical education and improve students' physical quality and health through exercise.

In the literature studied, only a few scholars discussed relatively comprehensively. For example, (Ge & Li , 2013, 123.) hold that it is not absolute whether morning exercise is beneficial or harmful to students' health, and the phenomenon of students' morning exercise should be analyzed from the aspects of managers and students. In addition, (Zhang, 2009, 57.) considered from the perspective of managers. He proposed to promote the standardization, efficiency, depth and persistence of morning exercise through joint management, reasonable arrangement, and participation of P. E. Teachers and investment of funds. So as to solve the problem of morning exercise, the author thinks that the author's Suggestions are more feasible.

5 The Literature research method and Questionnaire method

5.1 Literature research method

This thesis through the China Baidu net search "College students" "morning exercise" and other relevant information, do conscientiously study, analysis, generalize and summary. To comprehensively understand the influence of physical exercise on body various functions of college students, and the current research status of morning exercise in most universities, grasp the latest research results and research trends. This method lays a theoretical foundation for this research.

5.2 Questionnaire method

The object of the questionnaire method is freshmen to juniors, both men and women of Southeast University. Taking students of Southeast University as the object of the survey, questionnaires were issued to investigate students' behavior of morning exercise, including their own will, the form of morning exercise, the activities they participated in and the effect after morning exercise. (The questionnaire can be found in the attachment)

5.3 Credibility assessment method

In this study, Southeast University was selected as the place to issue the questionnaire, and the questionnaire was distributed in a targeted way, by handing out questionnaires to students at the most intensive intersection during the time period of school in the morning (12:00-13:00). Fill out and recycle the questionnaire on the spot, and record the number of questionnaires issued and returned, the quality of the questionnaires is guaranteed basically. A total of 197 questionnaires were distributed in this research, 191 questionnaires were collected, the effective recovery rate was 97%, there were 187 valid questionnaires, and effective rate was 98%.

To ensure the validity of the questionnaire, the questionnaire was completed anonymously, the data has high authenticity and reliability. To ensure the credibility of the questionnaire survey, another 30 students were given questionnaires, compared the results of the two surveys, the results showed: In the two questionnaires, respondents' answers to subjective questions were more than 88.5% consistent. It proves that the investigation has high credibility.

Interview method is also used in this research, use method of interview, The teachers and administrators in charge of morning exercise in Southeast University were interviewed, to understand the management of morning exercise for students and measure, and the influence of morning exercise on teaching, etc.

6 Result and analysis

6.1 The present situation of students' morning exercise in Southeast University

The basic situation of Southeast University students' morning exercise is as follows: five times a week, the time is 6:30 to 7:00 in the morning, a total of 30 minutes.

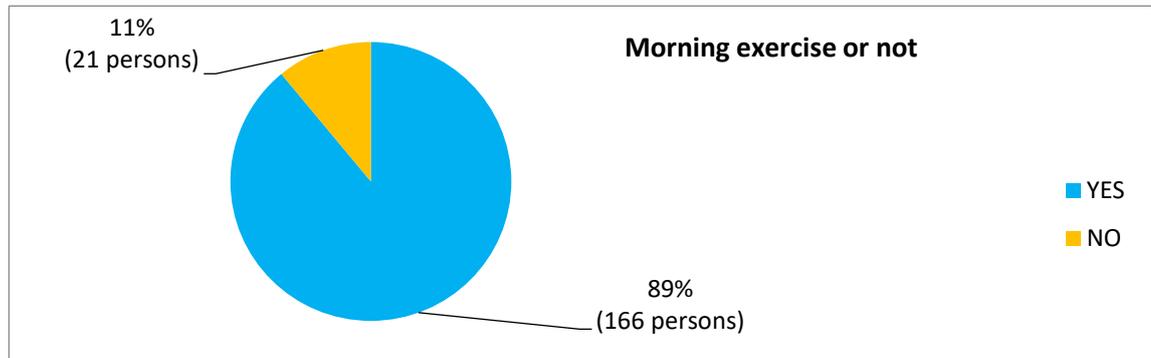


Figure 1 Attendance of students in morning exercise

Figure 1 shows the attendance of students in morning exercise. Among them, 166 people insisted on morning exercise, accounting for 89.0% of the total number. From freshman to junior, 21 students, accounting for 11.0%, do not take morning exercise at ordinary times. It can be seen that the PE college students' attendance rate of morning exercise is relatively high, and the college should be highly praised and encouraged.

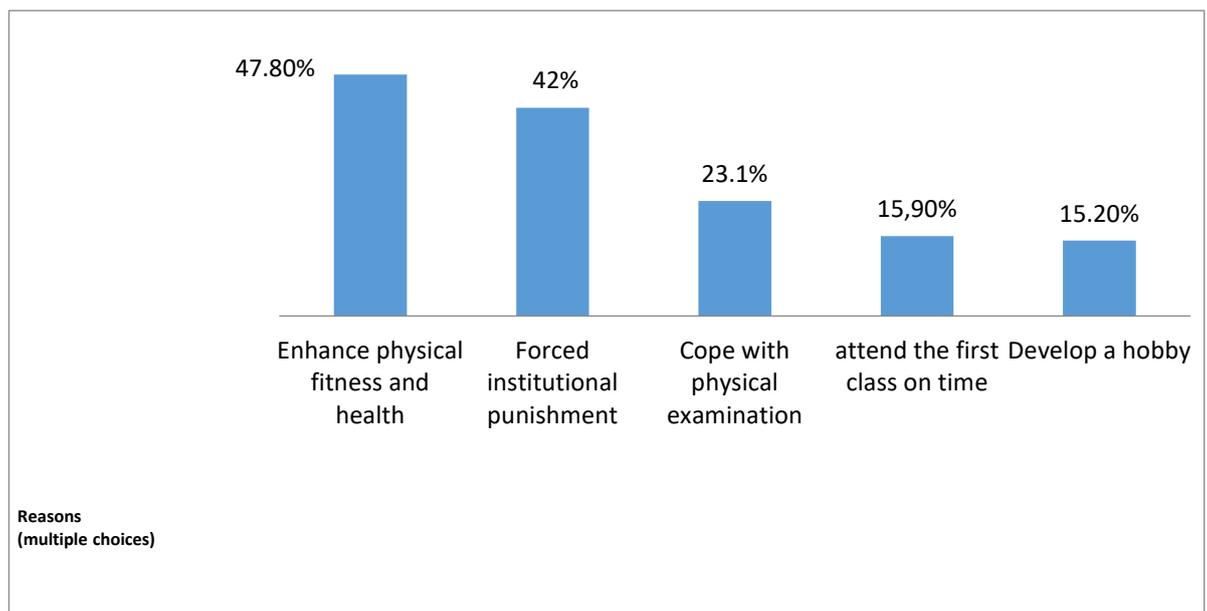


Figure 2 Causes of morning exercise for students

In fact, there is a certain difference between whether students do morning exercise and their attitude towards morning exercise. As shown in figure 2, among the students who insist on morning exercise, 47.8% of the students think that morning exercise can enhance their physique and health, and 42% of the students are forced to be punished by the system. However, only a small number of students are punished by the system and hope to cultivate their interests and attend the first class on time.

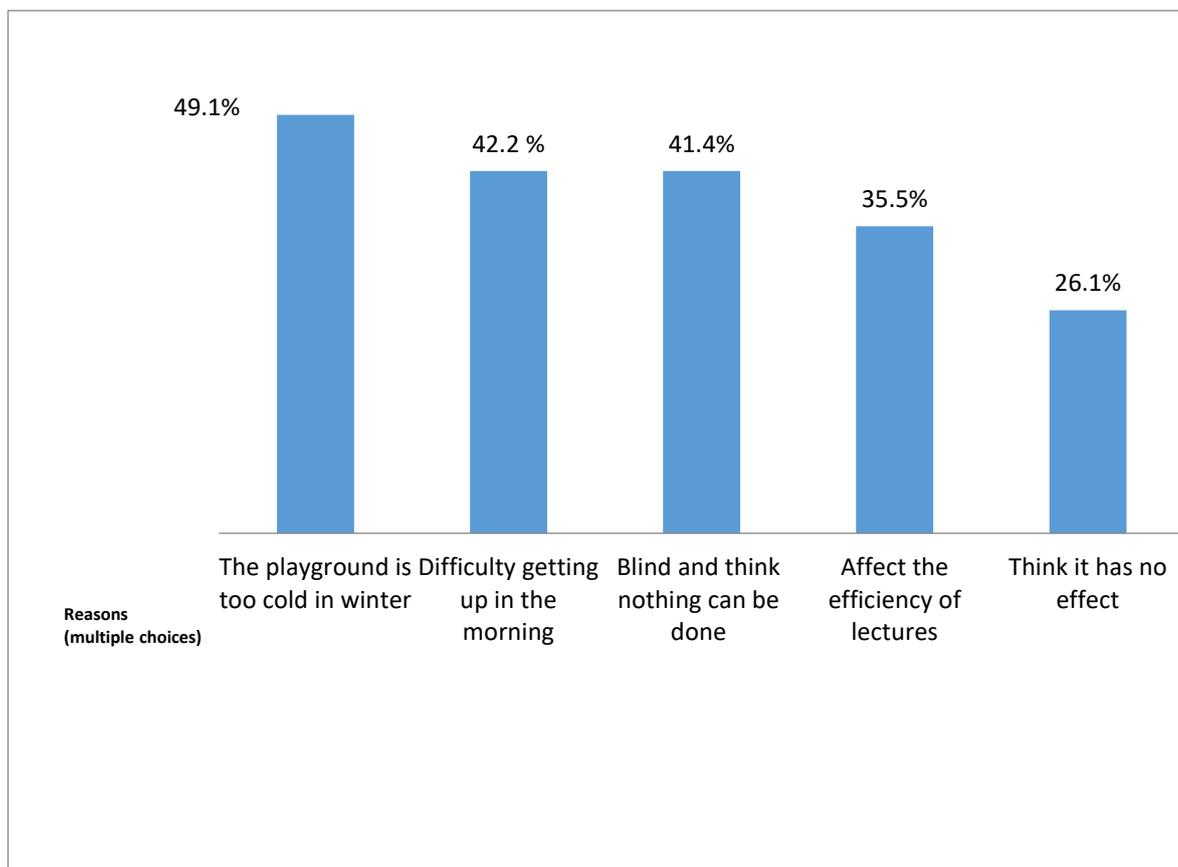


Figure 3 Reasons why students do not do morning exercise

As shown in figure 3, among the students who do not go out for morning exercise, more students are due to the difficulty in getting up in the morning, the cold playground in winter, blind and think there is nothing to do. Some students think that morning exercise consume physical energy and affect morning sleep, thus affecting the effect of listening to lectures in class. 26.1% of students think that morning exercise have no effect on themselves. Visibly, whether the students out of morning exercise mostly from their own subjective reasons to consider, with greater credibility.

6.2 Students' form of taking part in morning exercise

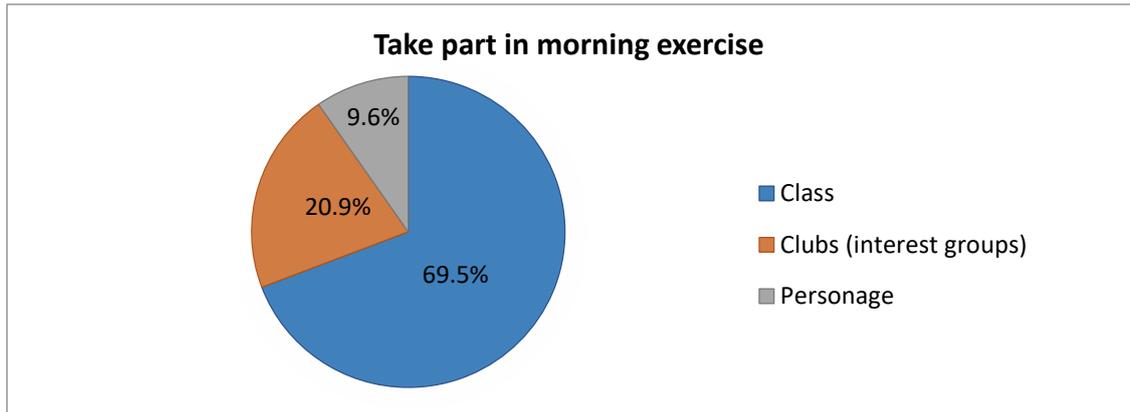


Figure 4 Forms of students participating in morning exercise

According to the survey, students take part in morning exercise in three forms: class, individual and club (interest group). Among them the number of collective morning exercise is more. As shown in figure 4, 130 students participated in morning exercise in the class, accounting for 69.5 %, accounting for more than half of the total number. There are 39 people, accounting for 20.9%, who go out for morning exercise together with the club. The number of people who go out for morning exercise alone is 18, accounting for 9.6%.

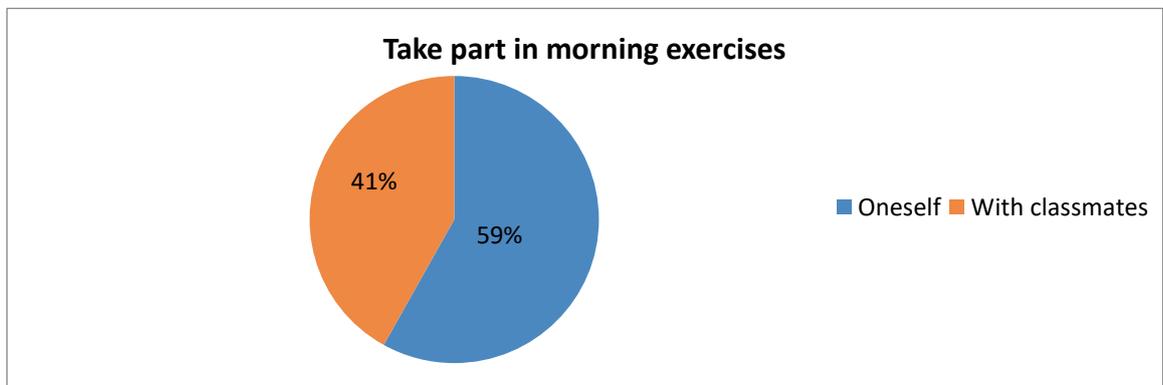


Figure 5 Students do not participate in the form of morning exercise

Of course, not out of morning exercise students also have their own alone not out of morning exercise and classmates with not out of morning exercise points. After investigation found that, as shown in figure 5, 59% of students are not alone out of morning exercise. 41 percent of the students did not go out for morning exercise with their classmates. Figure 5-4 shows that most students who take morning exercise have the spirit of collectivism. Not out of morning exercise students are mostly more isolated, do not like to follow the group of students.

6.3 Students activity selection of do or do not do morning exercise and after the morning exercise

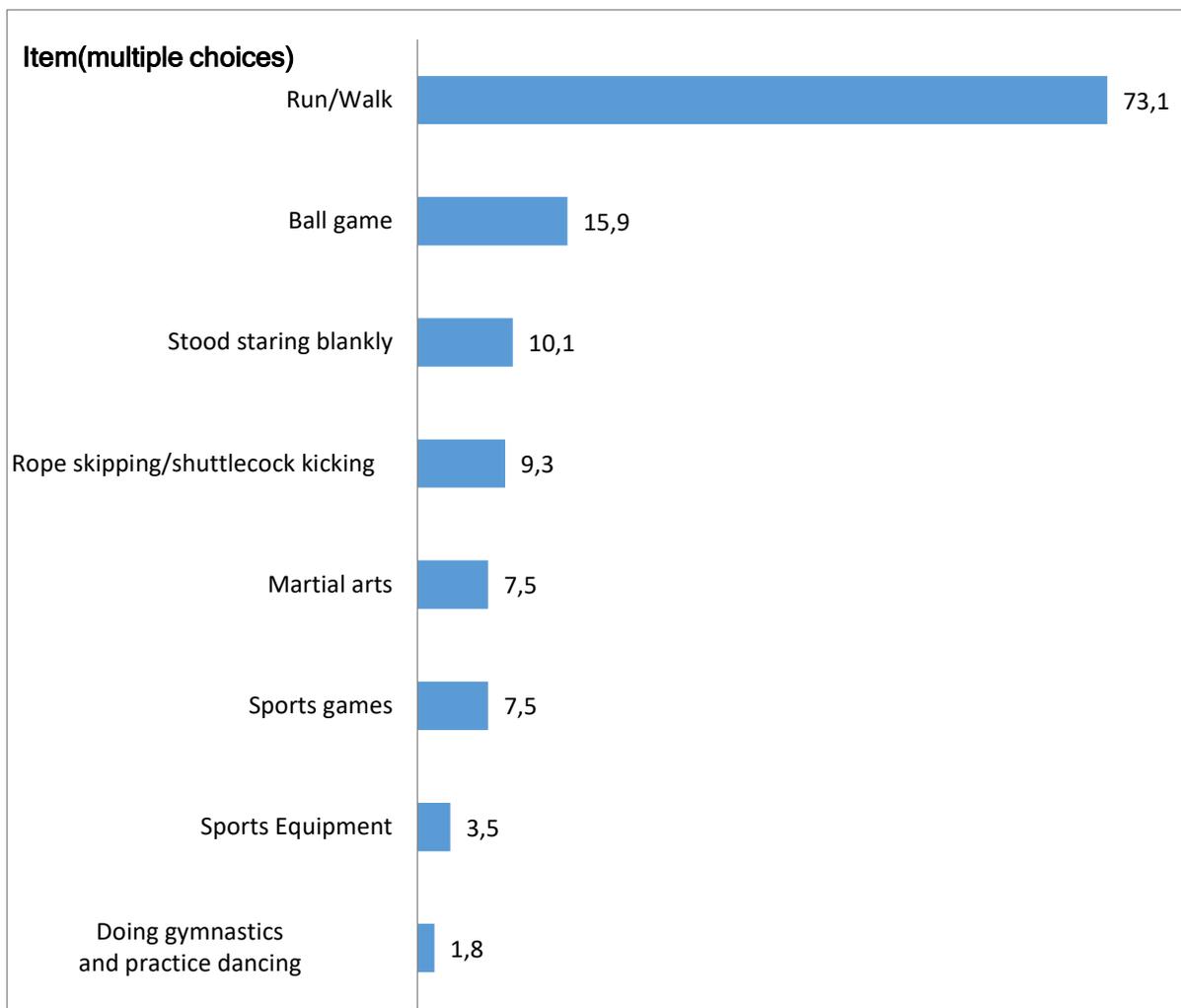


Figure 6 Activity selection of exercise students

According to the survey, as shown in figure 6, students participate in various activities during morning exercise. However, most students who choose morning exercise will choose running and walking, which accounts for 73.1%. Some students will take part in ball games, as well as martial arts, rope skipping, shuttlecock kicking and sports games. And the practice equipment and jump the students are only individual students. At present, half of the students' activities are relatively monotonous and Still 10.1% of the students stood in a daze. The college should further discuss and plan the various sports of students during morning exercise.

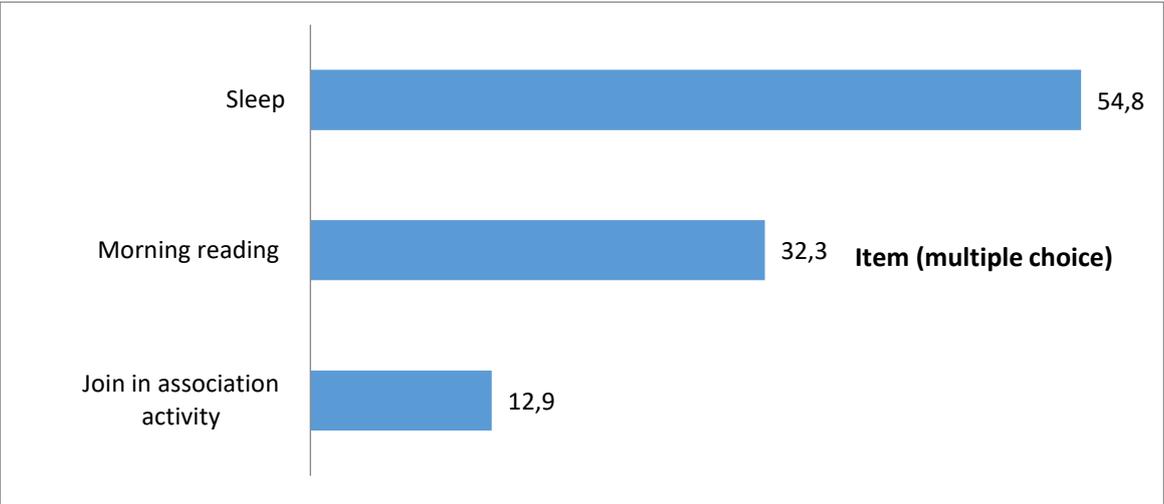


Figure 7 Activity selections of students who do not exercise

Accordingly, as shown in figure 7, students who do not take morning exercise also have their own behavioral activities. According to the survey, 54.8 percent of students still sleep in during exercise. However, 32.9 percent of students are serious about morning reading and 12.9 percent are involved in club activities. Therefore, the college should not only enrich students' morning exercise activities, but also lead students who cannot get out of morning exercise into the playground. Help students adjust their work and rest time, not only to improve students' attendance at morning exercise, but also to ensure their sleep quality.

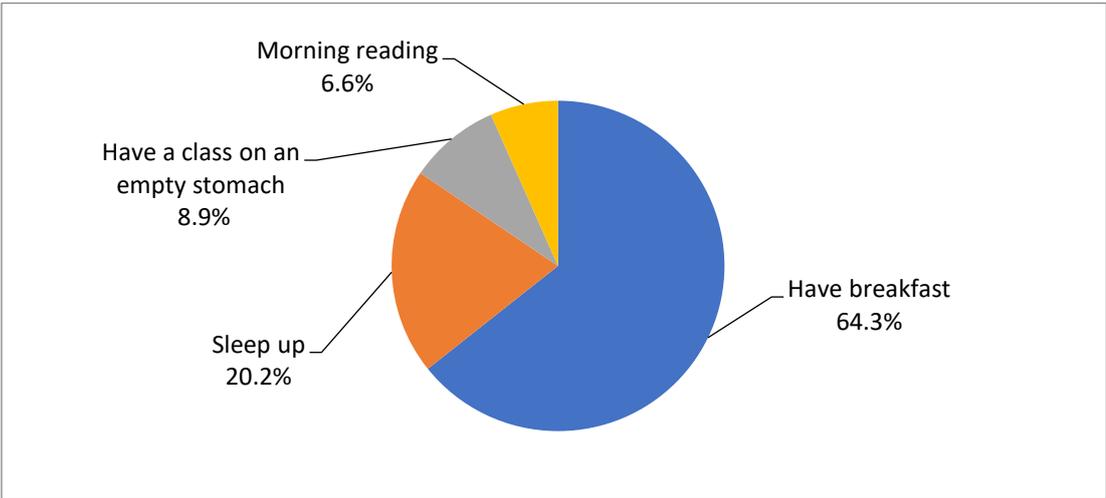


Figure 8 behavior choices of students after morning exercise

Figure 8 shows some behavior choices of students after morning exercise, most of whom will have breakfast immediately after exercise. 20.2 percent of students chose

to go back to sleep. 8.9% went straight to class on an empty stomach. Only 6.6% of students went to morning reading after exercise. In fact, eating right after exercise is unscientific. In addition, it was found that the number of caged sleep students was relatively high. Schools should strengthen the ideological education of students. For example, go to bed early to get enough sleep, take a break after exercise before eating and make the most of the precious time in the morning.

6.4 The attitude of college students towards morning exercise

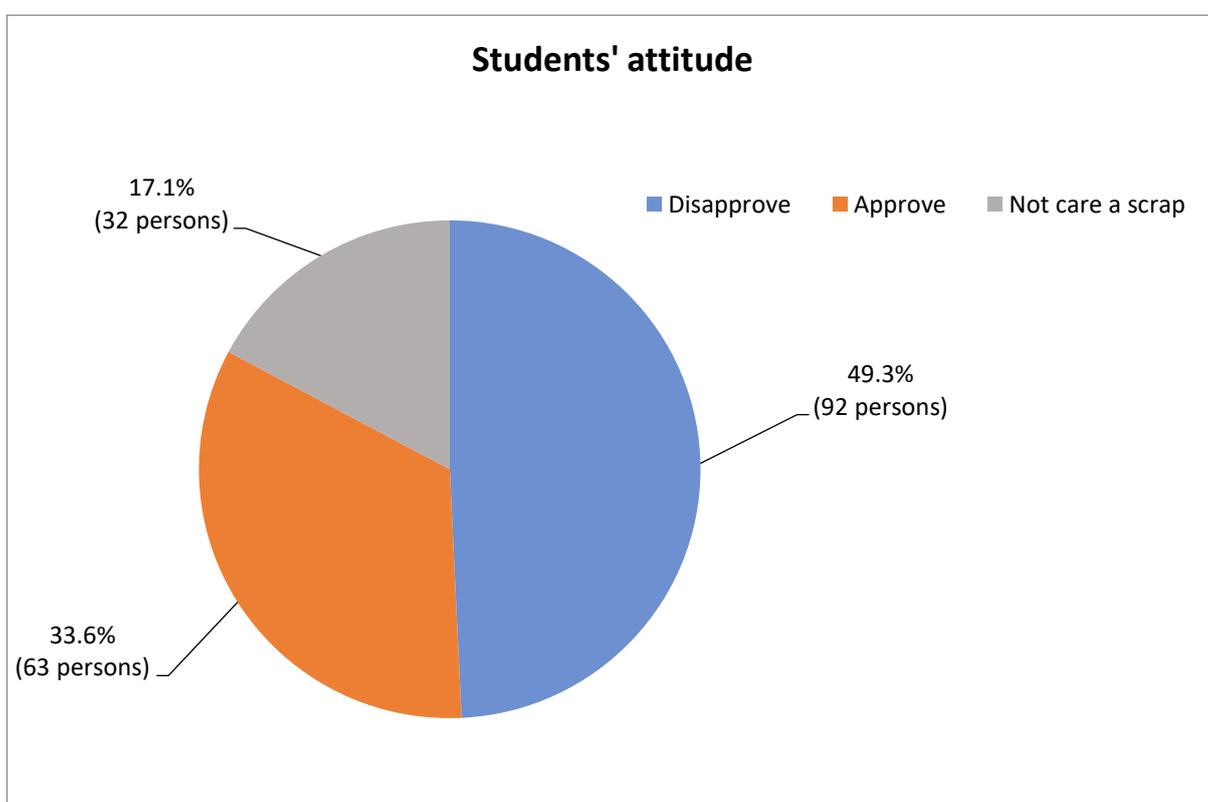


Figure 9 Students' attitude towards morning exercise

Through the statistics and analysis of the questionnaire and draw a conclusion: 63 students from freshman to junior are in favor of morning exercise, accounting for 33.6%. The number of disapproval was 92, accounting for 49.3%, nearly half of the total. Thirty-two students, or 17.1 percent, were indifferent to the early start of the school. As shown in figure 5-9, it can be seen from the survey figures that most students in physical education institutes are unwilling to take morning exercise.

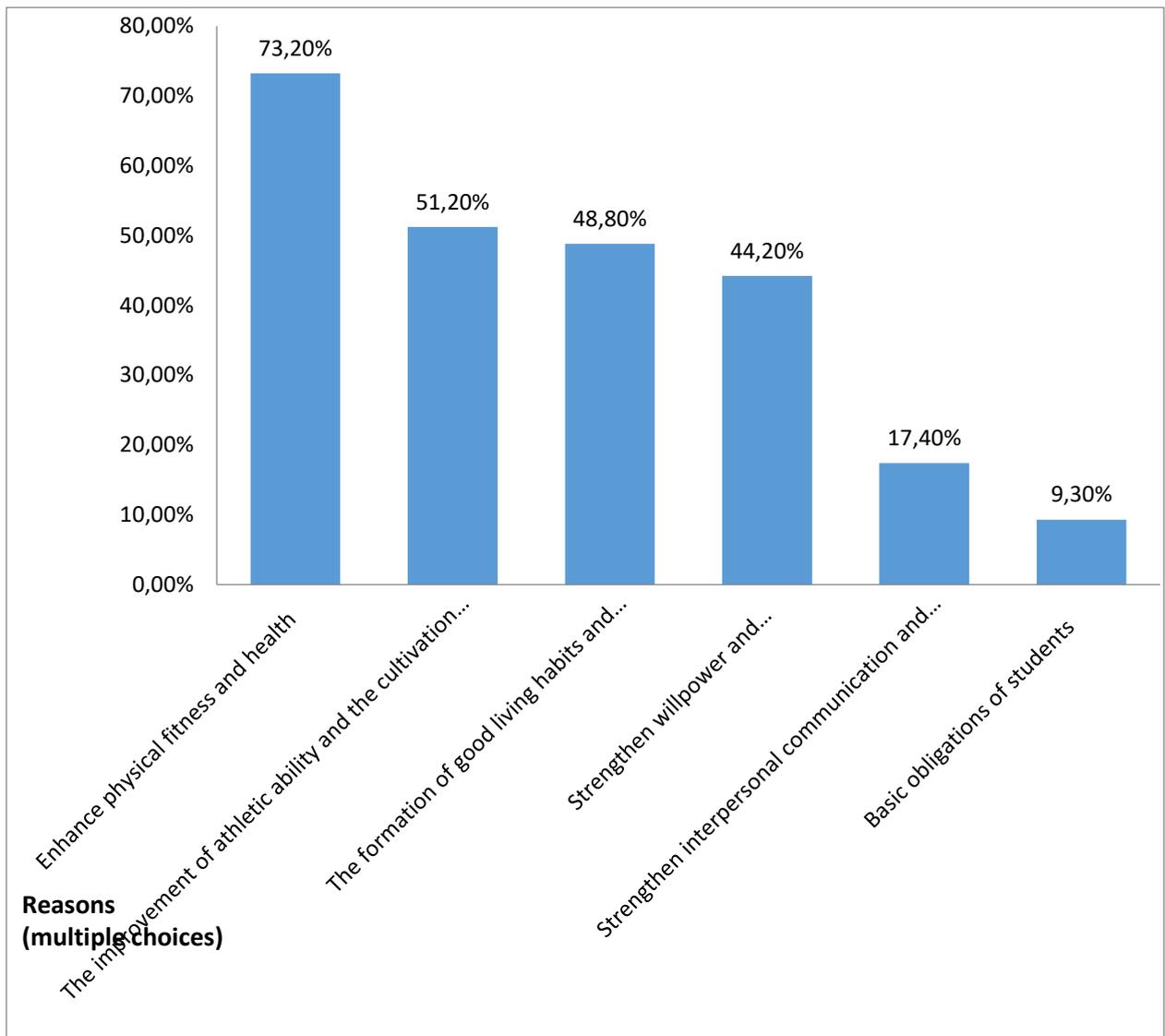


Figure 10 Reasons why students approve of morning exercise

Every physical education college students have their own attitude towards morning exercise, of course, there are reasons why they agree or disagree. As shown in figure 10, there are mainly six reasons why students favor morning exercise. Most students think that morning exercise can improve their physique and health. About half of the students think morning exercise can strengthen willpower and relieve the pressure of study, improve sports ability, develop personal hobbies and specialties, develop a good life habit, form lifelong sports consciousness. Only a small number of students think that morning exercise can

enhance interpersonal communication, only 9.3% of students think that morning exercise is the basic obligation of students.

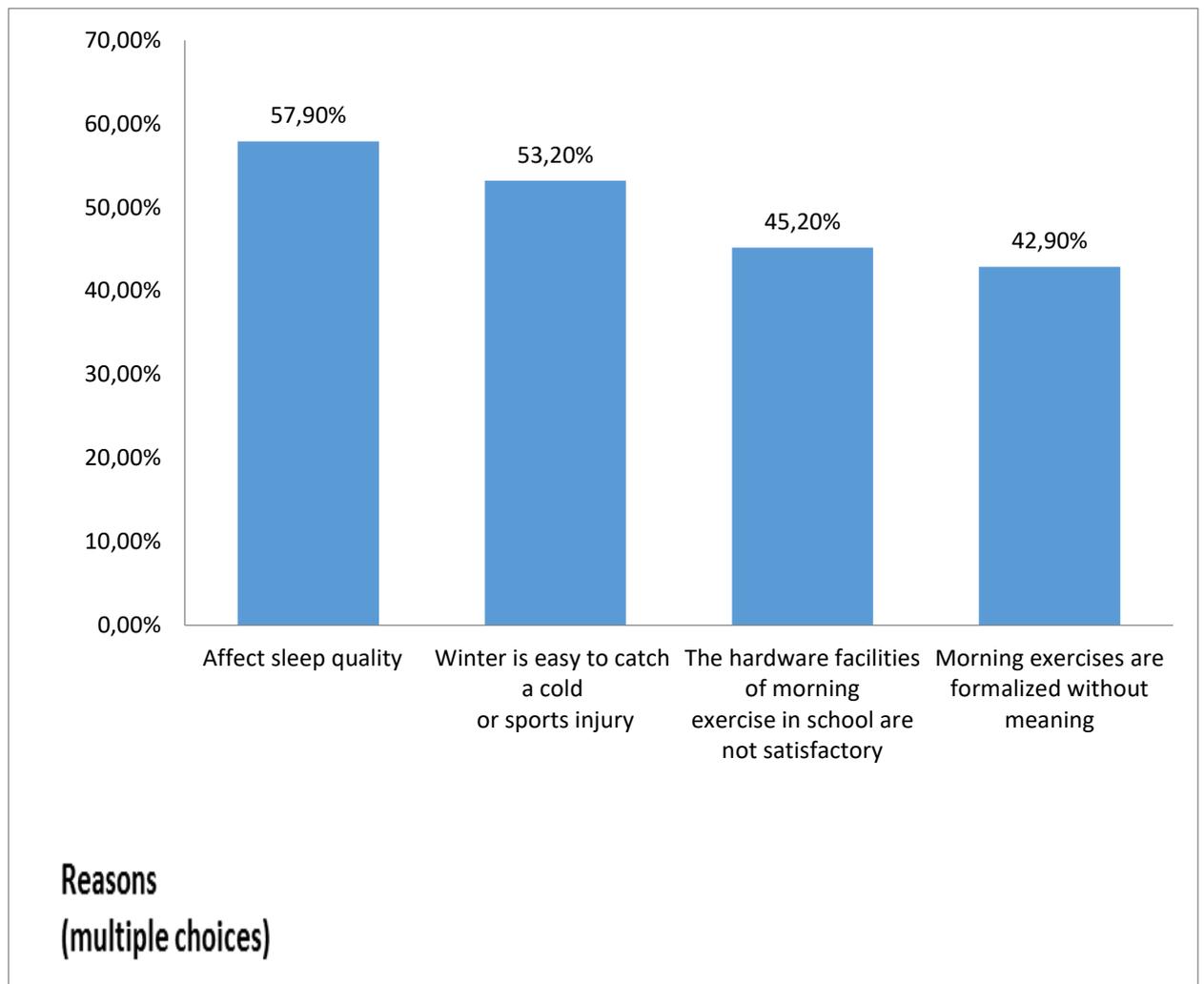


Figure 11 Reasons why students disapprove of morning exercise

As shown in figure 11, 57.9% and 53.2% of students who disapprove of morning exercise think that morning exercise affects sleep quality, and they are easy to catch a cold or lose exercise in winter. 45.2 percent and 42.9 percent respectively think that morning exercise is meaningless and the school hardware facilities are not satisfied. Some students also think that morning exercise is too mandatory.

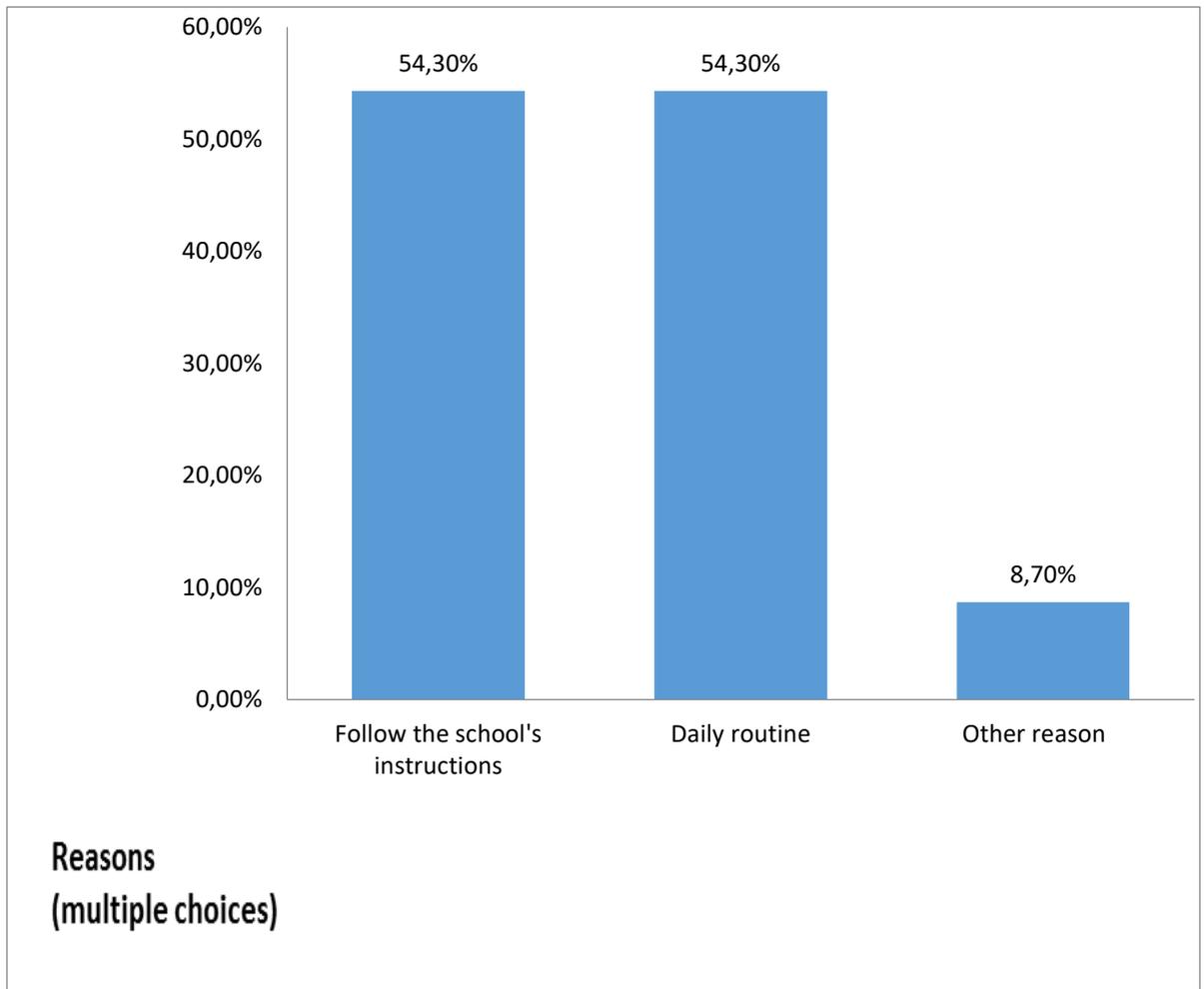


Figure 12 Reasons why students do not care about morning exercise

As shown in Figure 12, there are two main reasons for students who do not care about going out early. One is to obey the arrangement of the school. This kind of students is obedient. Second, the regular life is a part of the life planning, diligent student groups. In addition, 8.7% of the students think it doesn't matter whether the PE students take morning exercise or not, and they also have other reasons. It can be seen that students hold different attitudes towards early exercise mainly considering the impact of early exercise on their own.

6.5 The influence of morning exercise on students

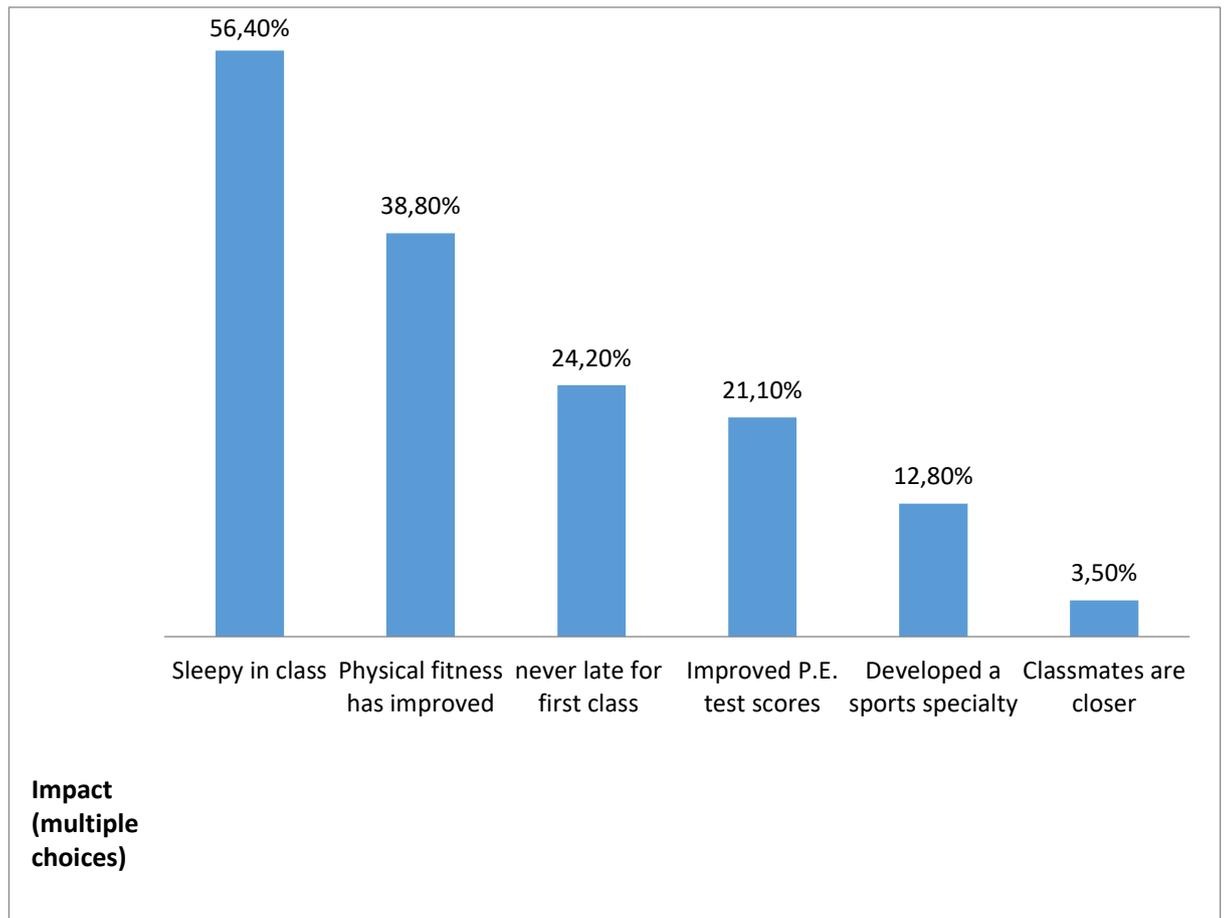


Figure 13 Influence of morning exercise on students

As shown in figure 13, morning exercise has both positive and negative effects on students. For morning exercise students, the biggest impact is sleepy in class, but also the only negative impact, accounting for 56.4%. However, 38.8% of the students think that their physical quality has been improved through morning exercise. Some students have never been late for the first class. And students have developed their own sports expertise, and sports test scores have also been improved. But only 3.5% of the students thought that morning exercise were related to their classmates. It shows that most students are still not well integrated into the collective, and the college should take advantage of the morning exercise time to actively organize some collective sports activities.

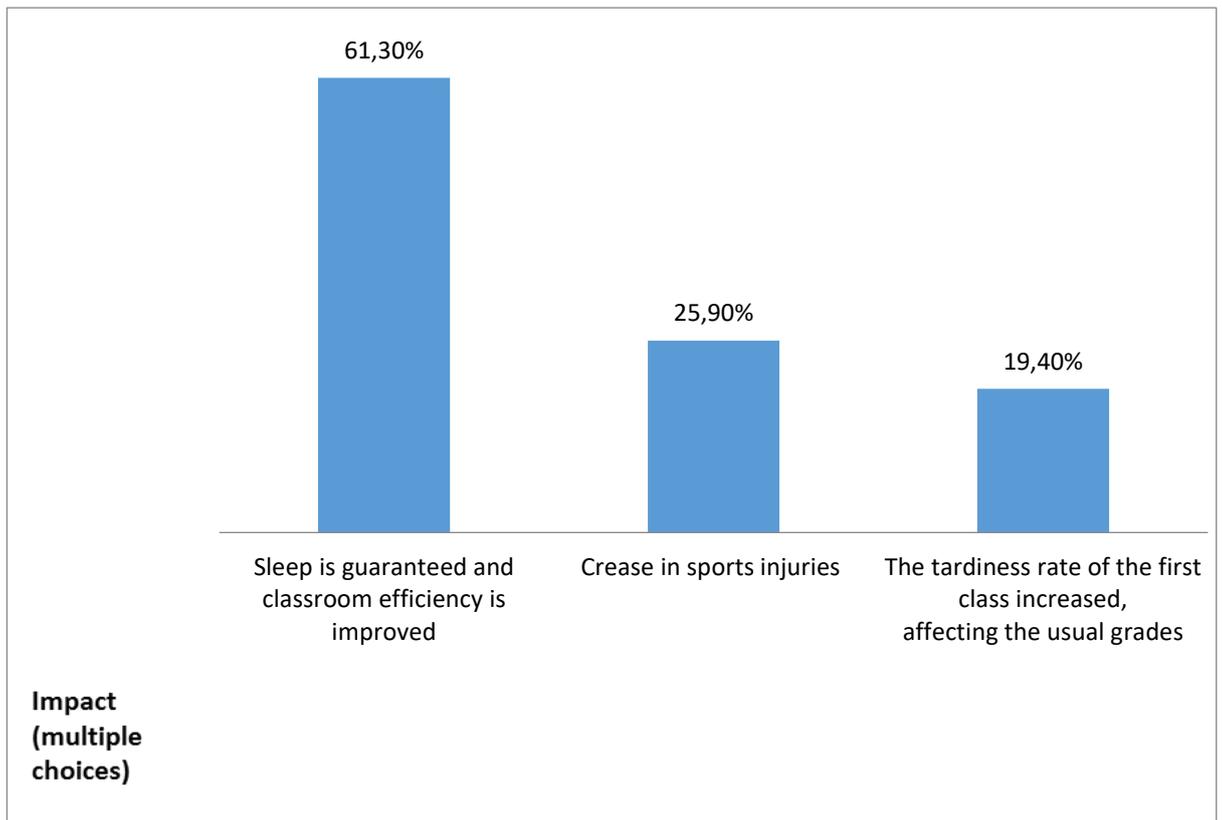


Figure 14 Influence of morning exercise students who never do

See the figure 14, it can be seen from the survey of students who never do morning exercise. 61.3% of the students think that not doing morning exercise can guarantee their sleep time and improve their learning efficiency in class. However, only 19.4% of students did not think that the tardiness rate of the first class of morning exercise increased and affected their usual scores. It can be seen that the college should encourage students to improve their physical quality through morning exercise, so as to avoid sports injuries and some sports accidents.

6.6 The view of the teacher who manages students' morning exercise

Through the interviews with several management teachers, it has a certain understanding of the management measures and measures adopted by the college, the effect of morning exercise and the existing problems.

The college adopts the method of fingerprint sign in and sign out every day to improve the attendance rate of students. Those who do not sign in will be recorded, and the penalty will be criticized at the conference, which will be seriously linked to their test scores. Class counselors are required to be present every day during morning exercise, which is mandatory for the college.

Some teachers through this compulsive morning exercise, morning exercise to the students from Monday to Friday showed a gradual decline in the trend. However, the students' PE scores have been significantly improved, and the attendance rate of the first class is also relatively high. What's bad is that the number of students sleeping in the class is large, and some measures should be taken. On whether morning exercise can be replaced, two teachers pointed out that morning exercise is not only the professional demand, but also the internal need of physical exercise. Therefore, there is no substitute for any other form of physical exercise in Physical Education College. However, some teachers think that physical fitness test every semester can be replaced. He pointed out that the college should let go of the supervision of students' morning exercise and restrict students' physical exercise with the final physical fitness test.

One teacher also put forward a suggestion for students to do morning exercise: First, the leadership attaches great importance to the formulation of plans, personally for the key arrangements deployment. Second, the counselor team to implement a good morning exercise program. Third, class and league cadres should be good role models. Fourth, students should strengthen self-discipline consciousness. Fifth, teachers should strengthen guidance to ensure the scientific and normative nature of physical exercise. In a word, efforts need to be made to jointly promote and cooperate. It can be seen that the management teachers are in favor of the students' morning exercise and hope that the college can continue to improve and encourage students to take morning exercise.

7 Discussion

7.1 Suggestion

In conclusion, the study shows that although the attendance rate of morning exercise is relatively high, the students who disapprove of morning exercise are nearly half of the total number. As it illustrates, students are not really aware of the benefits of exercise, and certainly do not get the positive feedback from morning workouts. In addition, the response of teachers and administrators of the college further reflects the mandatory morning exercise for students.

Students can't make full use of the time of morning exercise. On the whole, the students who take part in morning exercise have rich and colorful activities. However, most students' activities are relatively limited, just limited to running and walking. While half of the students who did not do morning exercise did not participate in other meaningful activities, but still slept in, it will cause a vicious cycle of staying up late at night and not getting up in the morning, getting up early in the morning and going to bed early in the evening. This will lead them to stay up late at night, cannot get up early in the morning and thus forming a vicious circle that getting up late in the morning again.

More than half of the students, whether morning exercise or not, focused on sleep quality and classroom efficiency on the influence of morning exercise on students. This conclusion reminds the college of paying more attention to the students' sleep schedule and help them form a good habit of going to bed early and getting up early.

The management teachers are all in favor of the early morning exercise in the physical education institute, and even think that there is no substitute for morning exercise in any form, and suggest that the college constantly adopt new ways to encourage students to do morning exercise, such as enriching the form

of morning exercise, increasing the content of activities, innovative ways of check-in and so on.

School can increase the ways and forms of early morning exercise, for example, guiding the students to exercise consciously and spread the knowledge related to physical health to the students through meetings and classes.

The school can properly carry out the theme class meeting, such as discussing the physical and mental impact of physical exercise, students out of the morning exercise results exchange meeting, in a word, let students understand the important role of physical exercise on physical health, so consciously participate in physical exercise.

Interested group: The college can try to group students according to their interests and hobbies, and make weekly tasks for them according to the group situation. It is better to have the guidance of professional teachers, so as to develop students' hobbies and specialties, so that students can not only actively participate in it but also won't feel boring or have nothing to do.

Sport Game: The leader teacher organizes the student to do sports game regularly, pass the form of group competition, take part in a few similar jump rope, go back and forth to run wait for a few relay game, let each student participate in it, achieve the goal that already is recreational exercise, it is necessary to be able to set a few corresponding rewards and punishments measure.

These two forms of activities can not only promote active participation of students, but also enable students to integrate deeper into the collective, strengthen the communication between students, and cultivate their collectivism spirit.

Exercise Distance: Students could be asked to download a pedometer like software on their mobile phone to specify the number of steps they need to take each morning, or to prepare a device like an exercise bracelet that can be connected to their mobile phone to achieve their goal of exercising.

Monitor students' sleep: The regulation student's sleep time, guarantees the sleep quality. Do not get up in the morning, go out early exercise physical and mental exhaustion, attend class to be tired wait for a few phenomena because the student's morning time cannot get assure, encourage students to supervise consciously between the student, go to bed early get up early, can form a good life habit, strengthen the willpower of the student.

Sign in way: Checking in can be done in groups. In order to be able to quickly determine which group members did not arrive, make each group smaller than ten people, the group members can do morning exercises when they all arrive, the group whose members are not all present, the group members who have arrived quickly contact the students who have not arrived. This method can strengthen the supervision and supervision among team members, and indirectly form competition between groups.

Interaction: The college regularly organizes sports competitions between groups and morning exercise results exchange meeting of all members, indirectly urges students to carry out sports exercise, improves students' physical education performance, and allows students who think morning exercise has nothing to do to find something to do for themselves.

Plan morning exercise for different seasons: The college should plan the exercise time and time according to different seasons. Since the sunrise time in summer is earlier and the sunrise time in winter is later, the college should adjust the students' exercise time according to the sunrise time of four seasons in north China and the outdoor temperature in the morning, so as to obtain the

best exercise effect. This is based on official data from the China Meteorological Administration, is an authoritative and highly reliable survey of long-term weather observations by experts.

7.1.1 Suggestions mainly aimed at the mandatory requirements of Chinese university

In terms of ideology, change the concept and promote students to form a scientific concept of physical education through the thematic class meeting, media publicity, physical education theory class and the demonstration role of physical education teachers. To improve students understanding of morning exercise exercise important significance, the purpose of the exercise and set up the correct outlook on life, the law of the human life activities and the status of physical exercise in modern life, causes the student to the morning exercise as a learning exercise, life need to challenge, arouse initiative and enthusiasm of the exercise. At the same time, must let the student understand the role of morning exercise is not only limited in the campus, to have breakfast every day, to not be late for class every day, but to make its role from a student to young and middle-aged and old age, guide students to actively participate in improving morning exercise value of the event, actually exercise the body, into their own lifelong benefit.

The current situation of morning exercise shows a vicious circle. The content of morning exercise is single and boring, which causes students' resistance. Morning exercise should pay attention to actual exercise effect, cannot become merely formal, because this can differ from person to person, outstanding individual character principle. On the basis of keeping 1-2 times a week, break up into groups according to students' interests and hobbies, set up interest groups such as martial arts, dance, aerobics, yoga, roller skating, basketball and football, so as to develop their habit of getting up early for exercise consciously. As long as a variety of activities that students are interested in, it is bound to

lead a large number of students who like to sleep in and get up early to form a good morning exercise atmosphere. In this way, it not only promotes the development of students' physique and health, but also promotes the development and development of campus culture construction, as well as the formation of a good school spirit and style of study.

In the morning exercise time can also be appropriate to introduce such as rope skipping, shuttlecock kicking, tug-of-war traditional Chinese interesting sport, let them feel fresh in the morning exercise of exercise, happy, happy, happy to shift from dry type, eliminate the previous dull from the students' memory, with pleasant laugh instead of full of complaints, so as to improve the students' interest, enhance the morning exercise the effect of exercise.

In terms of organization and management, improve students' sense of self-management. In the past, students' exercise was mainly managed by student cadres, counselors and the student affairs office at three levels. Students are the subject of morning exercise. While strengthening the supervision of the department and the student office, we should guide students to participate in independent management, improve their enthusiasm for morning exercise, and develop students' awareness of self-management, self-restraint and self-service. So that students on the morning exercise become active, from passive to conscious change, change the students were forced to exercise the vicious development.

In terms of management method, punch system can be introduced because even if it creates good exercise conditions for students, it provides them with various forms of exercise. It still have individual student, cannot overcome his be fond of sleeping lazy habit, do not attend the exercise of morning exercise. Therefore, in the attendance method can be used in the manual check-in and scientific and reasonable electronic punch system, so as to facilitate

management, statistics, but also to eliminate students' fraud, promote students to overcome their own inertia, consciously participate in morning exercise. They can also be taught the concept of time, for their future work to lay a solid foundation. The punching system can also be designed to be similar to orienteering in the form of punching, in several key points, such as running in the winter when the canteen, the south door, the library and other places can be set up a few points. They are required to run according to the prescribed route and time, instead of cutting corners, so as to achieve the purpose of mandatory exercise. As far as the author knows, orienteering is developing vigorously in various colleges and universities. Not only students but also teachers like this form of physical exercise, which can exercise their brains as well as their physical strength. Therefore, orienteering and morning exercise can be combined organically to change the single form of morning exercise, so as to attract the interests of the majority of students.

To improve sports facilities and provide good hardware conditions for students to take part in exercise is the material basis of morning exercise. The school should open sports venues, facilities and equipment to students adequately, continue to increase the construction of infrastructure, and allocate venues reasonably.

Only in this way can be conducive to the healthy development of students' morning exercise activities.

In order to continue improving the management system, paying close attention to the implementation, and mobilizing the enthusiasm of teachers and students without rules instead of a radius, morning exercise should be managed by system. According to the problems existing in the process of morning exercise, the revision and improvement of the management system, the students' attendance rate and morning exercise quality and comprehensive evaluation, evaluation, sports performance, sports up to the standard combined. The work

result of the counselor is connected with the workload treatment coefficient and the work performance appraisal, and the appropriate compensation is given according to the class hour allowance, so as to achieve the management according to the regulations and clear rewards and punishments, so as to fully mobilize the enthusiasm of the majority of teachers and students to participate in morning exercise.

In a word, morning exercise is an important part of school physical education. Schools should pay attention to students' physical condition and incorporate early morning exercise into the curriculum. Of course, there will always be various difficulties in the process of reform. As long as we take it seriously and keep working tirelessly, we will carry out our work effectively and coordinate with relevant departments. Subjectively, students should understand the importance and significance of physical exercise. Objectively, compulsory measures should be adopted. In terms of means, flexible and diversified scientific forms should be adopted based on students' interests and hobbies. In terms of equipment and conditions, students are guaranteed to have adequate use of venues, equipment and facilities. Multi-pronged approaches, to encourage students to overcome their own inertia, cultivate physical health awareness, so that students can maintain a healthy body, vigorous energy into learning.

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Appendices

Appendix 1

A questionnaire on students' behavior of taking morning exercise in Southeast University

Dear students,

Hello ! I am carrying out a survey on the status quo of morning exercise for students, in order to strengthen the effective implementation of early exercise for students in various schools. This questionnaire is the main basis of the study, but it is anonymous, so it will not affect you personally. There is no right or wrong answer, as long as it is your true meaning, I hope you can answer truthfully to cooperate with me to complete this survey.

Thank you very much!

Name: Cai Jia Nan

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1. What's your gender? ()

A Male

B Female

2. What grade are you in? ()

A A freshman

B A sophomore student

C A junior student

3. What do you think of the college's requirement that students take part in morning exercise? ()

A Approve

B Disapprove

C Not care a scrap

4. Reasons why you approve morning exercise? ()

A Enhance physical fitness and health.

B Strengthen willpower and relieve study pressure.

C The improvement of athletic ability and the cultivation of personal hobby and specialty

- D The formation of good living habits and lifelong sports consciousness
 - E Strengthen interpersonal communication and cultivate the spirit of collectivism.
 - F Basic obligations of students.
 - G Other reasons
-

5. Reason why you disapprove of for morning exercise? ()
- A Morning exercise are formalized without meaning.
 - B Affect sleep quality.
 - C Winter is easy to catch a cold or sports injury.
 - D The hardware facilities of morning exercise in school are not satisfactory.
 - E Other reasons
-

6. The reason why you do not care about morning exercise is ()
- A Follow the school's instructions.
 - B Daily routine
 - C Other reasons
-

7. Do you take part in morning exercise? ()
- A Yes
 - B No

8. The reason why you take part in morning exercise ? ()
- A Enhance physical fitness and health.
 - B Develop a hobby.
 - C Be able to attend the first class on time.
 - D Cope with physical examination.
 - E Forced institutional punishment.
 - F Other reasons
-

9. The reason why you do not do morning exercise? ()
- A Difficulty getting up in the morning.

- B The playground is too cold in winter.
 - C Blind and think nothing can be done.
 - D Think it has no effect.
 - E Affect the efficiency of lectures.
 - F Other reasons
-

10. What form do you participating in morning exercise? ()

- A Class
 - B Personage
 - C Clubs (interest groups)
 - D Others
-

11. Are you alone or in company when you don't take part in morning exercise?

()

- A Oneself
- B With classmates

12. What do you do in morning exercise? ()

- A Run / Walk
 - B Ball games
 - C Martial arts
 - E Sports games
 - F Rope skipping / Shuttlecock kicking
 - G Sports Equipment
 - H Doing gymnastics and practice dancing
 - I Stood staring blankly
 - J Others
-

13. What are you doing when you are not doing morning exercise? ()

- A Sleeping
 - B Joining in association activity
 - C Morning reading
 - D Others
-

14. The influence of morning exercise on you? ()

- A Physical fitness has improved.
 - B Developed a sports specialty.
 - C Improved P. E. Test scores.
 - D You were never late for first class.
 - E Be sleepy in class.
 - F Have more close relationship with classmates.
-

15. What effect does not take part in morning exercise have on you? ()

- A Sleep is guaranteed and classroom efficiency is improved.
 - B The tardiness rate of the first class increased, affecting the usual grades.
 - C You passed the morning reading exam and got a useful certificate.
 - D You developed my interests and hobbies in club activities and gained friendship.
 - E Increase in sports injuries.
 - F Others
-

16. After the morning exercise your relevant behavior choice? ()

- A Sleeping up
 - B Having breakfast
 - C Morning reading
 - D Having a class on an empty stomach
 - E Others
-

17. What do you think is a better substitute for morning exercise? Please write it down.

18. Do you have any good suggestions and opinions about the implementation of morning exercise in the college? Please write it down.

This is the end of the questionnaire, thank you for your cooperation!

Appendix 2

Interview outline of behavior research on morning exercise of Southeast University students

Dear Teacher:

Hello! I am carrying out an investigation on the current situation of morning exercise for students, in order to strengthen the effective implementation of early exercise for college students. I hope you can answer the following questions according to the actual situation.

Thank you very much!

Name: Cai Jia Nan

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1. What's your gender? ()

A Male

B Female

2. What is your, job title? ()

A Teaching assistant

B Lecturer

C Associate professor

D Professor

E Others

3. What is your attitude towards morning exercise for students in institute? ()

A Agree

B Disagree

4. Why are you in favor of morning exercise?

A It can enhance students' physique and improve health.

B It can enhance students' willpower, relieve their study pressure and improve their academic performance.

C It can strengthen students' interpersonal communication and cultivate collectivism spirit, which is beneficial to class management.

D It can stimulate the enthusiasm of college students' physical exercise.

E Basic obligations of students.

F Others

5. Do not agree with the reasons for morning exercise? ()

A Morning exercise is formalized without meaning.

B Winter is easy to catch a cold or sports injury, affecting the classroom to the attendance rate.

C Asking the teacher to be present increases the burden on the teacher.

D Other reasons

6. As far as you know, how about the attendance rate of morning exercise and the attendance rate after the first class of morning exercise? Please write it down.

7. What do you think should be done when students are late for morning exercise, leave early or don't come? Please write it down.

8. Are you required to be present? How many days a week? Please write it down.

9. As far as you know, does morning exercise improve students' final physical education exam? Please write it down.

10. Do you think there is any better form to replace morning exercise? Please write it down.

11. Do you have any good suggestions and opinions about the implementation of morning exercise in the college? Please write it down.

This is the end of the questionnaire, thank you for your cooperation!