

# *Research on the Current Situation of College Students' Fitness Running Exercise-Take Nanyang Normal University as an Example*

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**Keywords:** Nanyang City, fitness running, physical fitness, to develop the status quo

**Abstract:** Running is one of the most basic ways of human sports. As a track and field competition event, track events also occupy a large proportion of track and field sports, and has high requirements for the functional level of various sports organs. In fact, according to the running distance and speed of different sports level participants have different effects, for the vast majority of people, daily running exercise is closer to the fitness running behavior, it can be used as our daily physical exercise, comprehensively develop our comprehensive physical quality. In recent years, the decline of college students' physique has almost become a "perennial" problem, in view of the comprehensive improvement of fitness running for college students' physique. This paper uses the research methods of literature data, questionnaire survey, mathematical statistics and expert interview to investigate the student fitness running status, including students' motivation, exercise time and exercise level, and summarizes the students' relevant opinions and put forward relevant opinions.

## **1. Introduction**

According to the report of "National Students' physique and Health Research Results", for a long time ago, many physical fitness indicators of Chinese urban and rural students have been declining for a long time. In recent years, this trend has been curbed to some extent, but overall, the physical condition of Chinese students is not optimistic.

Running is one of the most basic ways of sports for human beings. As a track and field competition event, track racing events also occupy a large proportion of track and field sports, which has high requirements for the functional level of various sports organs of athletes. In fact, according to the distance and speed of the people with different sports levels, for the vast majority of people, the daily running exercise is closer to the behavior of fitness running, as a way of daily physical exercise, comprehensively develop our comprehensive physical quality.

There is no specific definition of distance for daily fitness running, which usually refers to the physical exercise behavior of long-distance continuous running. The specific intensity and duration of exercise are determined by the physical fitness of the participants. Fitness running has a good exercise effect for promoting people's overall physical quality and psychological function, and cultivating positive and hardworking quality. It is also a fitness method adopted by the general public to enhance physical fitness, pleasure body and mind, and comprehensive development of basic sports

ability. In 2007, the Opinions of the CPC Central Committee and The State Council on Strengthening Youth Sports and Enhancing Youth Physical Fitness clearly stipulated that fitness running as a sport must be carried out by schools at all levels. This paper takes Nanyang Normal University as the research object to study the development status of fitness running, and strives to analyze the existing problems, and put forward suggestions for the development of fitness running in Nanyang Normal University.

## 2. Research objects and methods

### 2.1 Study subjects

The research subjects were college students from Nanyang Normal University.

### 2.2 Research methods

#### 2.2.1 Mathematical Statistics method

The recovered questionnaires were collated and the data were analyzed with the help of data analysis software. Excel was used to statisanalyze part of the data.

#### 2.2.2 Expert interview method

Visit the college leaders of the physical Education College of Nanyang Normal University and the teachers who have been engaged in physical education teaching and training for a long time and understand the theoretical knowledge of fitness running.

#### 2.2.3 Literature and data method

Through the library and sports reading room of Nanyang Normal University, the literature and periodicals related to track and field and fitness running were consulted, and the papers and literature were sorted and summarized to provide theoretical basis for the research of this paper.

#### 2.2.4 Questionnaire survey method

Questionnaire design: modify the questionnaire by consulting the literature about the development of fitness running in school and consulting experts from relevant parties. To assess the credibility of the questionnaire, the reliability was tested using the test-retest method. Within 21 days after the first questionnaire recall, 30 measured subjects were randomly selected and measured again with the same questionnaire. The test of the results of two tests, comprehensive reliability test  $r > 0.81$ , this questionnaire has high confidence[1].

Questionnaire distribution and recovery: Students from Nanyang Normal University were randomly sampled. A total of 500 questionnaires were distributed and 432 were recovered, with a recovery rate of 86.4%, among which 401 were valid questionnaires with an effective rate of 92.8% (Table 1).

Table 1: Questionnaire distribution and recovery

Issue questionnaires	collect the questionnaire	percent recovery	Effective questionnaire	effective percentage
500	432	86.4%	401	92.8%

### 3. Study results and analysis

#### 3.1 Characteristics of fitness running items

Running is one of the basic sports forms of human life, which can adapt to the running distance and intensity according to their own situation. Therefore, fitness running has the characteristics of simple method, not limited by the site, seasonal conditions, strong participation and so on. At the same time, fitness running has an individual, and has a wide range of mass. Single exercise or group exercise. Fitness running rarely receives site conditions. We can do a fitness run in the school playground, corridor, square and other relatively safe wide areas. It can also be adapted to local conditions, any strong, homogeneous, soft and flat ground can be used for this exercise. And we can choose from the running distance and movement intensity freely from the personal reality and characteristics[2].

#### 3.2 Analysis of the physiological characteristics of fitness running exercise

Fitness running is a comprehensive sport of speed and endurance, which can develop endurance quality and enhance the function of respiratory system and cardiovascular system, improve the level of aerobic metabolism, improve the body affordability, develop speed endurance, good fitness running ability is the basis for college students to have good physical quality.

Fitness running behaviors with high exercise intensity usually take 2-3 minutes (800 meters running) to more than 30 minutes (5000 meters running or above distance), and the duration of exercise is long. Therefore, the index of functional activity level of internal organs during exercise changes significantly. Therefore, medium-long exercise also has a significant improvement in respiratory system function, including the increase of pulmonary ventilation capacity, vital capacity and pulmonary ventilation function, and increasing the maximum oxygen intake. Long-term fitness running can make adaptive changes in heart morphology and function, mainly manifested as: motor cardiac hypertrophy, sinus bradycardia and cardiovascular regulation function improvement[3].

#### 3.3 Current status of fitness running of Nanyang normal university

##### 3.3.1 Basic information of students participating in fitness running in Nanyang Normal University

Table 2: Statistical Table of Fitness Running Scale of Nanyang Normal University (n=401)

Survey number	Sports number	proportion
401	215	53.6%

A questionnaire survey on fitness running in Nanyang Normal University (see Table 2) concluded that of 401 college students who participated in the survey, 215 college students participated in fitness running, accounting for 53.6% of the total, and the number of students who had not participated in fitness running accounted for 47.4%. In terms of the proportion of participants alone, the proportion of college students participating in fitness running is relatively low[4].

### 3.3.2 Investigation of the time of fitness running conducted by students of Nanyang Normal University

Table 3: Time distribution of fitness running activities in Nanyang Normal College

run duration	Number of people	proportion
Within 15 minutes	145	67.4%
From 15 to 30 minutes	45	20.9%
From 30 to 60 minutes	20	9.3%
More than 60 minutes	5	2.3%

Through the table 3 data analysis found that in all fitness running in Nanyang college students, exercise time within 15 minutes of students accounted for 67.4%, 15 to 30 minutes a day of college students accounted for 20.9%, participate in fitness running for 30 to 60 minutes a day students accounted for 9.3%, participate in fitness running for more than 60 minutes a day students accounted for only 2.3% of the total. Compared with 2007, there are clear regulations on the wide development of hundreds of millions of students' sunshine sports (sunshine sports) in all levels and schools of all kinds. In 3 years, more that 85% of the students can do one hour a day, physical health level has been effectively improved, the formation of lifelong physical exercise habits. However, the conclusion of the questionnaire shows that the students who participated in fitness running within 30 minutes a day accounted for 88.3% of the total students participating in fitness running, indicating that the basic idea of one hour of daily exercise in sunshine sports has not been thoroughly implemented and implemented in Nanyang Normal University[5].

### 3.3.3 Investigation of the importance of students in Nanyang Normal University

Table 4: Survey on the degree of students' attention to fitness running

	number of people	percentage (%)
attach importance to	80	19.9%
same as	237	59.1%
indifference	84	20.9%

The feedback on the results of the survey of Nanyang Normal University is the psychological tendency generated when individuals contact with things or activities, and the dynamic support for urging people to explore and carry out some behaviors. This psychological tendency continues to develop to become an individual hobby. Participation interest is the psychological state produced by an individual under the influence of fitness activities or the environment, and it is the reflection of the psychological tendency of the individual to participate in a specific activity. Random sampling survey of Nanyang normal college students, from the survey results (see table 4), 24.9% of students think for sports activities such as fitness running attitude as "attention", 54.6% of students think the participation of the fitness running is "general", 18.4% of students for the importance of fitness behavior think not seriously, therefore, more than half of the students surveyed that the attention to fitness running is general[6].

### 3.3.4 Survey and statistics of the theoretical knowledge level of fitness running sports by students of Nanyang Normal University

According to the results shown by the questionnaire, 210 students, 52.4% of students think their fitness running project theory need to improve, 32.1% of students think fitness running theory can meet daily participation in fitness running use, only 5.5% of students think their fitness running theory knowledge, can simple fitness running theoretical knowledge, and guide yourself to participate in

fitness running (see table 5).

Table 5: Survey on theoretical knowledge of fitness running in Nanyang Normal University (n=401)

	number of people	percentage
abundant	22	5.5%
same as	169	42.1%
need to improve	210	52.4%

## 4. Conclusions and suggestions

### 4.1 Conclusion

Nanyang Normal University covers a wide area, and has 3 pieces of IAAF standard track and field fields, and basically complete other sports equipment. More than half of the surveyed students participate in fitness running, indicating that the development of fitness running on campus basically meets the requirements.

Most of the surveyed students spend less time for fitness running every day, and most students exercise for less than 30 minutes a day. However, due to the characteristics of fitness running for comprehensive exercise, they can basically meet the requirements.

Most school students lack the relevant theoretical support of fitness running, and lack a sufficient understanding of the characteristics, classification, requirements and specific procedures of fitness running behavior.

### 4.2 Suggestions

#### 4.2.1 University leaders attach great importance to the development of fitness running

The importance of college leaders to the development of fitness running programs in schools is one of the important factors affecting the promotion of fitness running in schools. The attitude of university leaders directly or indirectly affects the working attitude and efficiency of physical education teachers to the sports teaching. If school leaders can pay enough attention to the promotion of fitness running, they will actively motivate students and guide students to study actively. Therefore, schools should pay more attention to and support the development of fitness running sports, and actively encourage and mobilize students to participate in the sports sports[7].

#### 4.2.2 Strengthen students' cognition and establish a good concept of fitness

Through the school publicity, with the reward mechanism in the activities, strengthen the theoretical knowledge of fitness running, so that students understand the movement characteristics of fitness running, energy metabolism characteristics, the improvement of body function, and establish students' good concept of fitness, develop the habit of lifelong exercise.

#### 4.2.3 Improve the enthusiasm of students to participate in fitness running

Combined with the actual situation of students in the school, make full use of spare time and holidays, appropriate cooperation with the reward mechanism, in line with the basic rules of sports on a variety of sports, recreational fitness running, to cultivate students' interest. So that students experience the pleasure of exercise from exercise, so that more students participate in fitness running. Promote the healthy and harmonious development of the body and mind.

## 5. Conclusion

To sum up, the fitness running exercise should be paid attention to and developed. On the one hand, universities should pay attention to fitness running, popularize the theoretical knowledge, and carry out relevant practical activities to form a strong sports culture; on the other hand, college students should also enhance their awareness of fitness running, and pay attention to physical health and mental health, so as to make their better comprehensive development.

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