

# Study on the Cultivation Path of Sports Population of College Students

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**Keywords:** College students; Sports population; Cultivating way.

**Abstract.** the main content of this paper is the cultivation path of college students' sports population. We discussed the present situation of college students' sports population. This paper clarifies the factors that cause less sports population and puts forward some measures to improve it. These measures can improve the cultivation effect of college students' sports population and provide a steady stream of high-quality talents with healthy physique for the construction and development of the country.

## 1. Introduction

The sports population is an important social sports index, which can fully reflect people's attention to sports. The sports population can reflect the proportion of people who like to participate in physical exercise and recreation. With the rapid development of social economy, people pay more attention to physical health. College students are special groups with high hopes, and they shoulder the responsibility of building the country. They should adopt the right way to exercise, exercise their physical and mental health, and thus become a new generation with great aspirations and health.

## 2. Basic Overview of Sports Population.

The concept of sports population derives from the sociology of sports in the 1960s by the Japanese sociologist Takeshi Hikari. Later, some scholars have carried out a detailed study on this subject. After the 1980s, China has published relevant papers and sports sociology books that proposed the relevant concepts of sports population [1]. Different scholars have different opinions on the interpretation of sports population and have not yet formed a relatively clear consensus. According to the Japanese Yiyuan Li, there is a broad and narrow sense of sports population. The sports population in a broad sense is the general name of people who participate in sports through various forms. In narrow sense, sports population refers to the number of people involved in sports. Sports population is a relatively scientific concept. If we want to have a more precise definition, we should grasp the scientific nature of this concept from the height of the epistemology for sports population on intensive analysis, thus clear connotation and extension of sports population.

## 3. Theoretical Framework Analysis of the Cultivation Path of Sports Population.

### 3.1 Cultural Quality.

According to the research and analysis of relevant scholars, cultural quality can exert a great restriction on the forming process of the physical quality and ideological morality of the population. People with high cultural quality usually receive a higher level of education, and they generally take the initiative to accept new knowledge and new ideas. So, they have a better understanding ability. The degree of education is closely related to social status and personal wealth, so the cultural quality has a certain influence on the formation of sports population. Therefore, it is a necessary factor for the comprehensive analysis of the cultivation path theory frame structure.

### 3.2 Population Structure.

The so-called population structure refers to the natural structure and social structure of the population, while the population structure in sports population is the former. The emphasis of natural structure refers to the basic constitution of gender and age, which belongs to the objective result of population reproduction [2]. Men have more energy, so they are more active in sports activities. Some

scholars believe that China's sports population age structure belongs to the young type structure, urban sports population age structure is Old type structure, the countryside sports population age structure belong to young type structure. Through this analysis, we can know that gender and age belong to the influencing factors of sports population formation.

### **3.3 Economic Conditions**

The economy is the key to the development of the country, and it is a major subject for the long-term progress of human beings. The situation of the economy will also affect the increase and decrease of the sports population. Economic conditions and economic conditions and sports consumption are closely related. Sports consumption is an important time for people to contact sports.

### **3.4 Career Choice**

The social areas where people live are closely related to their access to wealth and prestige. The higher social status has more wealth, and they have rich social resources. They are more likely to approach sports than people with fewer resources. People with higher social status tend to live in cities, so relatively rich environmental resources allow them to participate in more diverse sports activities.

## **4. The Significance of the Cultivation of College Students' Sports Population.**

Under the background of social economy and cultural development, people pay more attention to the improvement of health level. College students as a special group, their physical and mental health development is widely concerned. At this stage, to meet the personalized needs of students, we should set up a variety of sports programs. In this way, students can relax themselves after intense study, and make them more professional in understanding sports and fitness and learn to integrate physical fitness into daily life. In this way, they can show their own pursuit of the beautiful body and express their desire for healthy living [3]. At this stage, many students are wrong about sports. They regard sports as a method to lose weight, exercise blindly, ignore the real healthy body quality standard, and violate the meaning of physical fitness. Many students choose fitness programs, such as basketball, running and football, according to their hobbies and interests. This kind of sports and fitness program is easy to participate in, it is not easy to participate in, and it can invite more people to participate, and many students are more receptive to such activities. The cultivation of sports population is very important, which is an important goal of the national development to a certain stage. To provide more high-quality talents for the construction of the country, we should cultivate more and more excellent talents with healthy bodies. Schools need to create a good environment for the students, the construction of sports venues, the advantages of positive publicity and popularization of sports, sports fitness became rich interesting, and make the students feel the positive influence of sports fitness.

## **5. Factors Affecting the Cultivation of College Students' Sports Population.**

### **5.1 Study Pressure and Students' Own Factors.**

The students' learning pressure and their own influence will hinder the cultivation of sports population. In college campuses, students are under pressure from all sides, whether it be family, society or study, which is an important factor that causes stress to students. In colleges and universities, students are burdened with heavy workload and work so much that their mental pressure is doubled. Especially near the exam, many students form the habit of staying up late. It is this kind of problem that causes many students to have irregular schedules. With the popularity of smart phones, many students are accustomed to playing with their mobile phones late at night, which can affect their physical health and their awareness of physical fitness. This shows that the rapid development of society and the fast pace of life make students develop the habit of laziness, and universities should attach great importance to this issue [4].

### **5.2 Organizational Management Problems**

In colleges and universities, many sports fitness activities are affected by organizational management factors. Some are due to the lack of a relatively unified arrangement, which affects the students' participation and their own interests. In the spare period, students participate in sports

activities with varying degrees of organizational management. If many students have different degrees of recognition for sports, there are differences in the distribution of personnel. To solve this problem, the school should establish and improve the related management system, a comprehensive analysis of the students' interests and hobbies, guarantee to strengthen guidance and training students, make them in more active and relaxed atmosphere of participation in physical exercise [5].

### **5.3 The Maintenance Process of Sports Facilities**

Because of the influence of external environment, sports facilities need to be maintained regularly. Only in this way can they ensure their normal use, and sports and fitness activities can develop smoothly. We should build a good sports environment, actively maintain various sports facilities, and provide reliable guarantee for sports education and physical exercise. If we don't maintain the sports equipment for a long time, it will lead to their aging. If we lack scientific physical fitness facilities, to build a good fitness atmosphere, which will directly affect the students' participation, so that they are not interested in sports activities. According to related survey, according to the results of the students think the old campus public sports facilities, and some equipment has yet to reach the quality of the specific standards, which affect their initiative to participate in sports activities. At the same time, due to the large number of students, there will be a "shortage" situation. The setting of some facilities is unreasonable, and the distribution of time in class and after class is not scientific, which directly affects the students' participation enthusiasm.

## **6. The Cultivation Path of College Students' Sports Population**

Contemporary college students should have a healthy body and a determination to exercise for life. In college, students should take advantage of different opportunities to participate in sports. In this way, students can exercise themselves and stay healthy [6]. By analyzing the above-mentioned problems, we explain the existing problems in the cultivation of college students' sports population. Besides, we should analyze the causes of the problem and put forward some reasonable Suggestions.

### **6.1 Strengthen Students' Awareness of Sports**

College students should establish an active awareness of sports, which is the basic condition of sports population. We should mobilize students' enthusiasm to participate in sports in a variety of flexible ways, so that they have a more scientific sense of sports. At the same time, we should carry forward our own subjective energy, urge students to master the sports skills, actively cooperate with the school sports education cause. College sports education needs to help students build up the right sports awareness and work out a physical exercise program that is more suitable for their actual situation.

### **6.2 Gradually Enrich the Organization of Sports Activities**

University education has flexibility. In physical education, we can bring this flexibility into play. As a more active social group, college students prefer to conform to their own interests when choosing sports. Therefore, universities should actively seek students' favorite sports. High efficiency should strengthen the organization and management, ensure the coordination and cooperation of all parties, and achieve the ideal goal with the joint participation of students' union, teachers and multiple departments. The quantity and quality of college sports population need more reliable guarantee. The abundant sports activities organized by the school can ensure that the work of education of university sports is put in place gradually, thus giving a better play to the enthusiasm of the sports population cultivation path [7].

### **6.3 Steadily Promoting the Formation of Sports Interests**

In college physical education, students should be encouraged to actively participate in sports. We can increase the number of sports population by setting the sports programs that students like and ensure that the quality of sports population will be improved appropriately on this basis. We should pay more attention to the students' long-term interest in the project and urge students to develop a good habit of lifelong sports.

### **6.4 Increase Investment in Sports Facilities**

The facilities of the site are prerequisites for the development of school sports activities. In recent years, many colleges and universities have begun to build sports facilities. However, they should

combine the actual needs of students and gradually increase the investment in sports facilities to meet the students' basic sport's needs.

### **6.5 Study on the Improvement of Sports Population Quality**

To gradually improve the study mode of college students' sports population, we should carry out reasonable analysis according to the current situation and basic characteristics of college students' sports population. In this way, we can carry out more detailed research work. This is the real problem that the current education staff need to pay attention to [8]. We should build more professional research groups and build more scientific information sharing mechanism. By sharing scientific research results, we can implement basic research and ensure that we can make rational use of scientific research results.

## **7. Conclusion**

Heavy schoolwork pressure makes college students' rest and sleep disorder. At the same time, due to the influence of students' own factors, students cannot understand the sports activities correctly and ignore the practical significance of participating in sports activities. Colleges and universities should make full use of the characteristics of college students' growth and seek scientific sports population cultivation path based on comprehensive analysis of their basic situation. Colleges and universities should strengthen the construction of sports consciousness, pay attention to the development of construction methods, emphasis on extracurricular activities of active management, the implementation of various departments to communicate effectively, enhance the students' subjective initiative to participate in sports fitness activities. Only in this way can we steadily increase the proportion of college students' sports population so that every student can have the opportunity to participate in the sports and fitness sports.

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