

# Difficulties and Improvement Measures Faced by College Sports under the Current Epidemic Situation

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**Abstract:** Epidemic prevention and control work has put forward new requirements for people's social production, life activities and many other aspects. Undoubtedly, it also has a great impact on the daily fitness exercise or activity form of college students. The research is carried out by means of the literature method, investigation method, expert interviews and inductive analysis, and the data on the current situation of college sports and the impact of the epidemic on the physical health of college students are sorted out. It aims to explore the measures to improve sports or participate in sports behavior.

**Key words:** Epidemic, college students, sports, predicament, measures.

## 1. Introduction

Under the impact of the new coronavirus pneumonia raging around the world, human life, health and safety are being subjected to severe tests time and time again. The repeated outbreaks of major epidemic diseases have made the majority of people begin to increase their awareness of the prevention and treatment of infectious diseases by "strengthening physical fitness and fighting viruses", and constantly increase the emphasis on daily physical exercise. This is the positive impact of the epidemic on people's exercise behavior side. Based on this, this research adopts the methods of literature data, investigation, expert interviews and inductive analysis to conduct research, and to sort out the data on the current situation of college students' sports and the impact of the epidemic on their physical health. The elements of the puzzle are designed to explore measures to improve physical activity or participation in sports behavior.

## 2. Sorting Out the Data on the Impact of the Current Epidemic on College Students' Sports

### 2.1 Maintaining the Importance of Daily Sports

According to the data summary of physical health test in recent years, the vast majority of college students think that they are "relatively healthy"; some people think that they are "very healthy"; the remaining small number of people think that they are not healthy enough, and there are many behaviors that endanger their health. This means that the overall evaluation of college students' physical fitness is at a good level, but there are still a small number of college students who have weak self-health awareness during the epidemic, neglect to strengthen moderate and reasonable physical fitness activities, or have a certain awareness of their own health status. Health-related behaviors, and participation in sports were similarly low. During the epidemic, the main motivation for college students to participate in sports is to enhance their physical fitness and immunity, and to improve their athletic ability and sports level. Among them, about one-third of the boys and nearly half of the girls are motivated to enhance their physical fitness and immunity, and more than half of the boys participate. The main motivation of sports is to improve athletic ability and

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athletic level. A small number of college students participate in sports for the purpose of losing weight and bodybuilding, while the number of people who take soothing emotions as their main motivation is less than one tenth of the total number.

### *2.2 Changes in the Way of Daily Participation in Sports*

Other studies believe that relevant surveys have found that the exact time of the outbreak of the epidemic is positively and negatively correlated with preventive treatment methods and cognitive dimensions, and it is related to the public's perception of the new crown epidemic. The basic awareness of the pneumonia epidemic was positively and negatively correlated, and the public's response to the epidemic was also positively correlated with their exercise behavior. This shows that the epidemic has indeed had an impact on the public's movement. Wu Jing believes that people's movement has shown a new trend during the epidemic prevention and control period. The content of space, time, and methods involved in sports have undergone subtle changes to different degrees or degrees. The traditional sports mode has gradually changed from "social sports to individual sports", and the sports that most people participate in are forced to stop gradually, from the "revenge movement" to the "return movement", and from the fragmented time only used as a way of resisting the pressure of work, to the spiritual happiness of seeking one's own health, and as another micro-movement called "Exhibition and Ceremony" was presented online.

## **3. The Current Situation of College Students' Sports Behavior under the Current Epidemic Situation**

Physical health level shows a general downward trend. According to the data summary of physical health test in recent years, the vast majority of college students think that they are "relatively healthy"; some

people think that they are "very healthy"; the remaining small number of people think that they are not healthy enough, and there are many behaviors that endanger their health. This means that the overall evaluation of college students' physical fitness is at a good level, but there are still a small number of college students who have weak self-health awareness during the epidemic, neglect to strengthen moderate and reasonable physical fitness activities, or have a certain awareness of their own health status. Health-related behaviors and participation in sports were similarly low.

### *3.1 Motivation to Participate in Sports*

During the epidemic, the main motivation for college students to participate in sports is to enhance their physical fitness and immunity, and to improve their athletic ability and sports level. Among them, about one-third of the boys and nearly half of the girls are motivated to enhance their physical fitness and immunity, and more than half of the boys participate. The main motivation of sports is to improve athletic ability and athletic level. A small number of college students participate in sports for the purpose of losing weight and bodybuilding, while the number of people who take soothing emotions as their main motivation is less than one tenth of the total number.

### *3.2 Forms of Participation in Sports General Physical Education Class*

General physical education is a public compulsory course for college students. It takes physical exercise as the main means, and aims to enhance physical fitness, improve health and improve physical quality through reasonable physical education and scientific physical exercise process.

### *3.3 Special Physical Education Classes*

Physical education classes are related to the future development of China's sports cause, the development of national fitness, and the improvement of national

physique. Physical education classes are offered for college students who meet the “National Physical Exercise Standards”, have good physical fitness, and have a certain foundation for a certain sport.

### *3.4 Health Physical Education Class*

Physical education class is aimed at students with special physical conditions (disabled students, students with some abnormal, special types and diseases, disabilities, weakness and other special groups, or those diagnosed by doctors as suffering from various diseases that are not suitable for vigorous exercise). Adaptive physical education classes are for students who are not suitable for strenuous exercise in a short period of time due to physical trauma caused by emergencies.

### *3.5 Special Improvement Courses*

The purpose of this improvement course is to improve the students’ special competitiveness, so that the phenomenon of high scores and low abilities is common.

### *3.6 Physical Education, Elective Courses*

Physical education elective courses generally include badminton, table tennis, basketball, football, volleyball, aerobics, etc., which are selected according to the students’ own interests and hobbies.

### *3.7 The Frequency of Participating in Sports*

The latest urban sports population standard formulated in my country requires that the frequency of physical exercise time for urban residents should generally be as close as possible to adults. It should be no less than 3 times a week. According to a survey, only one third of college students of students met the requirements, with nearly half of the boys and one quarter of the girls meeting the criteria for physical exercise. Nearly half of college students play physical activity 1-2 times a week. One in ten boys and nearly one in five girls never play sports. In general, boys

have better exercise habits than girls, and college students’ physical exercise needs to be emphasized and strengthened.

### *3.8 The Length of Each Time Participating in Sports*

The second basic criterion for the height of the appropriate age sports population in our society is that the cumulative time of each physical preparation activity for adults must be at least half an hour or more. It is not difficult to see from the modern Internet that among the college students who were surveyed and exercised regularly several times a week, the average time for each regular exercise was 30 min per week. In 2019, the proportion of the number of people reached three-fifths; followed by the exercise time of half an hour to an hour, the proportion of the number of people was close to one-third; only a small number of college students exercised for more than one hour each time. This means that the current college students have less time to participate in sports as a whole, and it is necessary to increase the participation time to improve the level of sports. Most girls’ physical activity time is less than 30 min, and girls’ physical fitness level needs to be strengthened. On the whole, the duration of exercise during the epidemic is generally short, and it is necessary to make reasonable plans for the method and duration of exercise, and formulate corresponding plans to increase participation in sports and improve the physical quality of college students.

## **4. The Dilemma Faced by College Students in Participating in Sports under the Current Epidemic**

### *4.1 Reasons for College Students Themselves*

Although the sports space is small, the facilities are imperfect and restricted during the epidemic, the poor awareness of college students’ physical exercise and strong emotionality are still the most important one of the reasons. At the same time, the use of the Internet and smartphones is becoming more and more common.

Many college students are obsessed with playing games, reading Weibo, and browsing Moments. It seems like entertainment and leisure, but it is actually a waste of time. If things go on like this, students will become more and more lazy. Physical education in our country has been started since primary school, but most college students lack a systematic understanding of sports methods and contents, so it is difficult to pay enough attention to physical exercise. The long-term lack of effective exercise methods and exercise intensity suitable for individual students has led to a decrease in the enthusiasm for exercise. In addition, some college students have an incorrect understanding of sports and think that sports are just taking physical education classes and completing the tasks assigned by physical education teachers. This is also related to the lack of rich content of physical education classes in schools. The content of some modern public physical education courses currently being carried out by some schools still lacks the diversity of practical activities, which may directly lead to the lack of interest of college students in the modern teaching content and form of physical education and the way to carry out extracurricular physical exercises. Therefore, although college students have more free time during the epidemic, there are not many college students who actually engage in moderate and reasonable sports.

#### *4.2 Family Factors*

Contemporary college students mostly come from one-child families. Because these families have only one child, they will regard the child as a treasure. Many parents dote on or even spoil their children, and do not want their children to be affected and make them very delicate, causing children to lack in health, education, psychology, physiology, and moral cultivation. Some adults feel that they have not fulfilled their dreams before, and hope that the next generation can help them to fulfill their dreams in the future and fulfill their unfulfilled dreams. The requirements for children's learning are very high,

strict supervision is required, and children are rarely allowed to participate in other activities. Children do not need to care about anything except learning. Because of the doting in the family, children will not be willing to endure hardships when they encounter some troubles in the process of growing up. Without motivation, the emergence of this education method makes it difficult for them to persevere in the face of difficulties. Therefore, after going to college, the number of courses is reduced compared to high school, and it is more likely to have lazy thoughts and just want to hang around. This makes some college students not have the vitality that college students should have, and not have the initiative and enthusiasm to persist in exercising.

#### *4.3 Social Factors*

On the one hand, the employment pressure of college students is great, and the physical labor in the employment of modern society is decreasing day by day. Therefore, for college students, there is no special purpose exercise opportunity, so they can only rely on leisure time to participate in sports to strengthen their physique. When students are studying in junior high school and high school, they often encounter teachers occupying physical education class time because of the high test subjects. This situation reduces the opportunities for students to exercise, so that they have no chance to keep fit in school. At the same time, because our country's colleges and universities have continued to expand enrollment for many years, the number of college students has surged, and their employment pressure has increased unprecedentedly. Many college students are busy enriching themselves and improving their professional quality during the epidemic, but have no time to spend enough energy on physical exercise. On the other hand, the relevant national departments have not paid enough attention. In recent years, the national government has successively issued a series of policies on national fitness. The idea of "emphasizing intelligence and

neglecting physical education” makes schools at all stages pay too much attention to cultural intelligence education and lack attention to physical education. Most of the current college students have experienced school education for about 12 years, and they have received little time for systematic physical education. In addition, they have not received enough ideological attention, so it is difficult for them to exercise moderately and reasonably during the epidemic.

#### *4.4 School Factors*

Colleges and universities are one of the most critical influencing factors for college students' sports awareness, sports skills training or exercise. Under the epidemic, the level of college students' sports has had an important impact, which is embodied in two aspects: on the one hand, most colleges and universities. The physical education resources are not systematic and comprehensive. The relevant administrative departments of many high schools do not have sufficient understanding of sports fields and sports facilities. Under the circumstance of limited funds, they often give priority to improving classrooms, student canteens and student dormitories and ignore the renovation and upgrading of sports equipment and facilities. As the so-called professional things should be done by professional people, the construction, transformation and upgrading of sports equipment and facilities need to be put forward by high-level school personnel who have a certain understanding of them. In order to expand economic resources, colleges and universities open gymnasiums, tennis courts and indoor badminton courts to the outside world for a fee. During the epidemic period, most colleges and universities have carried out remote online teaching activities. Compared with cultural courses, physical education courses are more difficult and challenging to carry out, whether they are carried out in the form of live broadcast or physical education courses that are assessed by uploading sports videos. The effect is much lower than face-to-face teaching. It

does not have much positive impact on college students' home exercise and fitness.

## **5. Measures to Promote the Active Participation of College Students in Sports under the Current Epidemic Situation**

### *5.1 Create Your Own Training Environment*

Strengthen physical exercise at home, and take personal exercise as the main form. During the epidemic, family indoors, courtyards, and open spaces in residential areas are the main physical exercise venues, and are not suitable for basketball, football and other multi-person gathering sports. College students should also be able to scientifically choose daily sports and exercise fitness content according to their own and actual conditions, formulate exercise science health plans, step by step, plan to use their family space, and adopt more reasonable forms of scientific fitness and leisure; it is recommended that weekly doing physical exercise at least equal to exercise 3 times, each time more than 30 min of physical exercise. Pay attention to safety after exercising for more than 1 h to prevent injuries caused by fatigue. At the same time, college students should strengthen the learning and acquisition of scientific fitness knowledge.

Colleges and universities should strengthen the guidance of physical exercise for college students. In the modern school physical education technology teaching course, aiming at the motivation of college students' home physical exercise at this stage, to enrich the students' bare-hand exercise and improve the content of practice activities, the offline teaching process is adopted, and the instruction video is combined with the online teaching demonstration video demonstration. It is a new type of teaching form to give play to the leading role of school physical education in improving college students' cognition of physical exercise at home. At the same time, high schools should pay attention to the quality of physical

training of college students, achieve reasonable design of exercise volume and reasonable arrangement of exercise time, and implement these teaching methods into specific physical education teaching practice. Physical training must be combined with training techniques to make physical training fun. Encourage college students to better carry out physical training and ensure the continuous improvement of physical fitness professional quality.

### 5.2 Families Cultivate the Atmosphere of Physical Exercise

In the practice of physical exercise by college students at home, both parents should pay attention to strengthening the education of children's social cognition of their children's physical exercise situation, improve the social discrimination ability of college students' parents' cognition of children's online sports and fitness knowledge content, and improve their own. The frequency of families participating in fitness exercise behaviors plays a positive guiding and demonstrative role in further improving the knowledge, frequency and level of college students' home network physical exercise knowledge.

The state attaches great importance to physical exercise and promotes and guides. Relevant departments such as the state and society should attach importance to physical education, strengthen the construction of school sports facilities and venues, provide protection for college students to carry out physical exercise, improve the social insurance and accidental injury insurance system for accidental injuries engaged in physical exercise, and relieve the worries of students and parents. At the same time, strengthen the standardized management and control of the external dissemination of campus sports information by government departments, improve the policy, professional level and scientific work of publishing online home fitness knowledge content services, provide necessary reference for fitness

exercise related instructions, and propose healthy exercise life. Common related safety and security matters, give full play to the campus social sports media organization, promote the improvement of campus college students' home safety, actively promote and guide the demonstration role in the process of physical exercise health cognition, and establish and improve the health home, school, medical and social linkage promotion based on the mobile network platform mechanism to give full play to the demonstration and guiding role of campus network public opinion in students' home fitness and physical exercise health. Promote the coordinated and sustainable development of young college students' healthy home and physical and healthy exercise practices.

## 6. Conclusion

In a comprehensive comparison, college students should strengthen their health awareness of exercise at home and leisure fitness during the current epidemic, be more sober and clear, improve their physique and health, improve their immunity levels, and further comprehensively improve their professional sports skills and practice comprehensive abilities, to improve the comprehensive skill level of scientific fitness and sports, which is also the main social purpose of the school to promote their awareness of disease prevention in national sports and fitness.

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