

Analysis of the Important Role of Jilin Sports Association in College Extracurricular Sports Activities Based on the Theory of Autonomous Organization

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Keywords: Sports associations; Colleges and universities; Courses; Campus culture

Abstract: College sports associations are important carriers of College Students' extracurricular sports activities. They are an organizational group for students to improve their comprehensive quality and spread campus culture through sports activities. Social progress and sports reform provide opportunities and broad prospects for the development of sports associations in Colleges and universities. Different experts and scholars have different views on the concept of sports associations in Colleges and universities, but generally speaking, they think that sports associations in Colleges and universities are social sports associations with students as the main body. Sports associations in colleges and universities are one of the important forms of extracurricular sports in colleges and universities, and are also the second class of physical education courses in colleges and universities. As a part of sports associations, sports associations in colleges and universities are showing vigorous vitality. It is of great social and practical significance to take the college students' sports associations in ordinary colleges and universities as a research object and to study their current development features, existing problems and countermeasures.

1. Introduction

Physical education and extracurricular sports activities are the basic ways to realize the overall goal of school physical education, and sports association activities are one of the manifestations of extracurricular sports activities [1]. Sports associations in major universities in Jilin have developed rapidly in recent years. As an extension of sports classroom teaching, sports associations are, to a certain extent, a continuation of students' physical exercises. The sTable common pursuit, ideals and beliefs accumulated through the long-term efforts of teachers, students and employees of the university are the essence and soul of university culture [2]. The vigorous development of higher education and the gradual growth of sports associations have shown their role in the process of socialization. All these provide good opportunities and space for the development of sports associations in colleges and universities. College sports associations are mainly composed of college students, who are the future of the motherland. With the development of college sports associations, more and more college students can be interested in sports [3]. Social organization has become an important indicator of the degree of socialization and civilization of a country, and it has also become a "lubricant" for promoting social stability [4]. As an extension of physical education, college students' extracurricular sports activities are an important part of college physical education. They play an important role in further enhancing students' physical fitness and improving students' health.

As a student organization, the number of college student sports organizations is increasing in colleges and universities, and the forms of activities are increasingly rich. This is not an accidental phenomenon but has its historical inevitability. Colleges and universities are an important part of society. The development of college sports can effectively promote the development of social sports and is conducive to the implementation of the national construction plan [5]. As an important type of social group, sports associations are also an important organizational form of sports activities, which has become the basis of the development of modern sports and an important part of the reform and development of sports in China [6]. As a student body that integrates sports,

competitions and training, the student sports associations carry out campus sports club activities as an effective way to improve the physical and mental health of college students, enhance their physical fitness and promote the development of students' personality [7]. Students can participate in their own sports activities by joining different sports clubs, thereby increasing their interest in sports activities, and achieving the effect of strengthening physical fitness and cultivating sentiment [8]. College student sports associations have emerged along with the development of social progress and campus culture and the reform of school sports, and are the products of the development of school sports in the new era [9]. It is of great social and practical significance to study the sports associations of ordinary colleges and universities as a research object, and to study its current status characteristics, existing problems and countermeasures.

2. Analysis on the Characteristics of Sports Associations in Colleges and Universities

2.1 The Plasticity of Participating Community Members

Sports associations in Colleges and universities are generally organized by fans of a certain sport. The participation of members of sports associations is based on their own interests. Societies are different from government organizations, which is an important basis for defining sports associations. Sports associations in Colleges and universities are mass organizations where students with common interests come together. They are spontaneous and voluntary. Sports associations in Colleges and universities are very popular, and so are colleges and universities. Social organizations refer to non-profit social organizations formed by Chinese citizens voluntarily to carry out activities in accordance with their statutes in order to realize the common wishes of their members. The quality of a person is a multi-faceted and multi-level main structure. Any lack of quality in this structure will weaken the overall structural function and affect the overall level of quality. Carrying out campus sports activities is actually a process in which college students learn from each other, communicate with each other, promote themselves, educate themselves and develop themselves by means of sports activities.

Most of the articles of association of sports associations are formulated and revised by the members of the associations, and the funds of the associations are paid voluntarily by the members of the associations, or are funded by schools or sponsored by the society. This paper analyzes the ways of participating in sports associations in Jilin city. for example, Table 1 is a survey of the ways of participating in sports associations by college students in Jilin city.

Table 1 Investigation on the ways of college students participating in sports associations

	Introduction of friends	Physical education teacher introduction	School newspaper	Leaflet	Radio	Network	Total
Number of people	317	131	98	81	32	15	674
Proportion (%)	47.03	19.43	14.54	12.02	4.75	2.22	100

2.2 Complementarity between Sports Associations and Sports Teaching

As an extension of daily physical education and a continuation of extracurricular physical exercise, college sports associations are an important form of extracurricular physical activities in colleges and universities. Members of sports associations can greatly improve their special level of sports on the basis of their original sports. A survey of the motivation of college students in Jilin to participate in sports associations is shown in Table 2.

Table 2 Motivation of college students to participate in sports associations

Motivation of participating in sports associations	Frequency	Proportion (%)
Experience sports fun	532	78.93
High level sports technology	431	63.95
Expand the scope of communication	469	69.58
Ease tension learning	419	62.17
Show good health	376	55.79
Invigorate health effectively	438	64.99

According to Table 2, Jilin university students' motivation to participate in sports associations is mainly in two aspects: on the one hand, it is entertaining. through participating in sports associations, they can enjoy their body and mind, and exchange skills with each other in the associations to improve each other, so that their spirit and mood can be joyful and relaxed. In colleges and universities, there may be a high-level sports team jointly managed and trained by the school administration department in addition to the school representative team formed spontaneously by students. Jilin's colleges and universities sports associations recruit members in a simplified and traditional way, but they have not made full use of the convenient and widely used campus broadcasting and network. Compared with political, economic, religious and other social groups, sports associations have fewer social backgrounds, less use of social resources, and a wider coverage of members [10]. Physical fitness is also the physiological basis for the composition and development of other qualities of human beings. At present, physical education in schools is far from satisfying the need to improve the physical quality of students. Most of the physical fitness exercises are mainly carried out in extracurricular activities and after-school competitions. Students in the sports club can improve their level of exercise, thereby improving the overall level of school sports, and the enthusiasm of the school's physical education teachers can also be stimulated.

3. Functions of College Sports Associations

3.1 Educational Function of College Sports Associations

Members learn from each other, promote each other and improve each other. Through the experience of community sports activities, the main body consciousness and participation creation of community members are brought into play, which has a positive educational effect on college students. Spontaneous sports organizations are subordinate to the Communist Youth League Committee and its subordinate associations, but are only guided by the sports functional departments in their business and cannot get the real and effective support from the sports departments. In essence, student organizations in colleges and universities are not forcibly formed by external forces, but are based on the common interests, interests and aspirations of college students. Sports associations have similar social functions as science and technology, health and hygiene, culture and art, but there are no special industry requirements and special requirements for members. The role of self-education is particularly evident, and the educational role of members is gradually formed in subtle, harmonious membership and a relaxed atmosphere and environment. From the perspective of the corresponding members of the community, most of the students are voluntarily participating in the activities of the sports clubs. There is no compulsion, and the students are more motivated to learn, so that the teachers and students communicate more smoothly.

3.2 The Guiding Function of Sports Associations

It is very important for enriching students'spiritual and cultural life, cultivating noble moral sentiment and improving their comprehensive quality to do well in the cultural construction of sports associations and give full play to their functions. Jilin College Sports Associations are single and traditional, with friends'introductions and posters as the main contents. College students'motivation to participate in the community is mainly to expand the circle of

communication, enhance their physique, relieve the stress of study and show their physique. College sports associations exist in the form of non-profit organizations, not for profit, and are based on the basic sports needs of the members of the associations. Because all kinds of daily activities organized by spontaneous sports associations are carried out in the university life movement center or other places where sports resources are scarce, the scope and content of sports activities are greatly limited. Organizational control skills are the technical basis for autonomy. Judging from the organizational control skills of college students, the operation of associations can be autonomous. Members of the community to participate in sports community's harvest is mainly to cultivate lifelong sports awareness, develop the habit of lifelong physical exercise, improve their social skills, enrich college students' amateur life.

With the rapid transformation of society, people will have a strong sense of relative deprivation in their life, and the uncertainty of the future makes them have a kind of anxious social psychological pressure. In order for college students to give full play to their intelligence, they must have good social ability, which can only be developed through interpersonal activities. Students participating in sports associations can not only improve their own sports ability, but also enrich the team of school sports teams for students with strong sports ability. The main requirements of community members for the leaders are affinity, management ability, organizational ability and sports skills. The needs of community members are also what the current community leaders should have. This system structure of sports associations hinders the development of College Students' sports associations, limits the time and space of sports associations' activities, and needs to construct a new system structure to meet the development needs of sports associations. Only when any subject feels that he is autonomous and the master of his own activities can he generate enthusiasm for his activities and give full play to his enthusiasm and creativity.

4. Conclusion

Sports associations in Colleges and universities play an active role in the formation of lifelong sports habits of college students in terms of sports skills, physical and mental effects and sports attitudes. They can cultivate lifelong sports habits of College students. Sports associations have fewer activities and shorter time. The main forms of activities are sports activities within the associations, such as physical exercise, communication, improving the level of sports, organizing propaganda and developing members. In terms of the composition of community members, the gender ratio and grade composition of college students are in an unbalanced state of development. The number of boys and girls in the total is not obvious, but the proportion of boys and girls in various sports is quite different. The rules and regulations and management system of sports associations in colleges and universities in Jilin city are relatively perfect. Sports associations are mainly subordinate to the Communist Youth League, the Student Union and the Federation of Associations. College students' sports associations generally have oral or established regulations, and a small number have written articles of association. Although the degree of democratization of sports associations still needs to be improved, there is already a certain democratic foundation. Sports associations should make full use of each other's resources with the sports departments of colleges and universities. Sports teachers, venues and facilities, etc., should also give full play to the role of sports associations to truly realize teaching extension and make sports associations serve sports teaching.

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