

Exploring the Leisure Sports Service System of Private College Students

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Abstract. As the main training place of top talents in China, the development of physical education in private colleges and universities determines the physical state and mental health of college students in private universities, and plays a vital role in the cultivation of the overall quality of college students. In fact, the energy investment of major universities in sports is not as good as culture. Based on this, this paper takes the leisure sports service system of private colleges as the research object, combines the current situation of leisure sports in private colleges and universities, and explores how to optimize and improve the leisure sports service system of private college students. Through this research, it is expected to provide a useful reference for promoting the positive development of college students' mind and body and constructing a perfect leisure sports service system for private college students.

Introduction

Since the rise of leisure activities, sports have become an important part of people's leisure with its unparalleled participation value. Leisure sports activities are the inevitable outcome of social development. After 2002, the State Council promulgated the "Private Education Promotion Law", entered the stage of rapid development of private universities, statistical data from the Ministry of Education, 2003-- 2007 National private universities increased from 173 to 297, accounting for 7%. This can be seen by the importance of leisure and sports activities carried out in private high school. To this end, many research teams have conducted research. For example, Shi Xiang and Li Yak, in order to improve the development of sports in private colleges and universities, use the survey method to propose suggestions for promoting leisure sports teaching. Therefore, to carry out sports Private Colleges has very important significance for promoting physical and mental health of students, enhance the overall quality of students achieved [1-8].

At the same time, Chen Hua sheng and Chen Dingy found that the leisure sports service of colleges and universities as an objective existence of a series of measures including sports facilities, physical education courses and sports spirits through the literature method and mathematical statistics survey, the advanced leisure sports service system can be used for private college students. Lifelong sports awareness and other factors have a subtle influence [9-17].

Therefore, it is of great theoretical and practical value to increase the exploration of the construction of leisure sports service system in private colleges and universities. This paper takes the construction of leisure sports service system in private colleges as the research object, combines the current situation of the development of leisure sports in private colleges, and discusses how to construct the leisure sports service system of private colleges. It has carried out practical and theoretical discussions and achieved good results [18-21].

Research Object

In this paper, the object is private college students in 20 randomly drawn student Total 624 people for the survey through network communication.

Research Methods

Documentary Law.

HowNet collected by Chinese leisure sports, sports services and other related documents, to find the theoretical basis for the solution of the status quo research.

Expert Interviews.

Using interviews, e-mail, telephone interviews the way, on the part of university experts, government sports service managers, local college club managers were interviewed to collect relevant experience and advice.

Questionnaire Survey.

According to the requirements and implementation, student questionnaire covering both the leisure and sports service satisfaction, which uses Li Specter-type scale of five scores quantization table designed questionnaire designed for school recreation sports service satisfaction and student training situation, To: very satisfied with 5 points; satisfied with 4 points; basically satisfied with 3 points; not satisfied with 2 points; very dissatisfied with 1 point. Questionnaire design specifications at two levels, level indicators including the instructor, teaching content, events, venue management, all the weight is two clever; an index has five secondary indicators, out of value of 100 points. From the private sports service managers of private colleges and universities, two experts were randomly selected to test the validity of the questionnaire. The results showed that the experts believed that the design content of the questionnaire reached the research purpose, requirements and validity. Method using half the questionnaire reliability analysis, it is seen from the inter-item correlation matrix of 25 questions in the correlation coefficient between each two items of less than 0.092 questions, problems between the two items described Independence Very good, the questionnaire design is more reasonable. The document issuance is shown in Table 1 : Table 2 Questionnaire Distribution and Recycling Statistics 0 - 624)

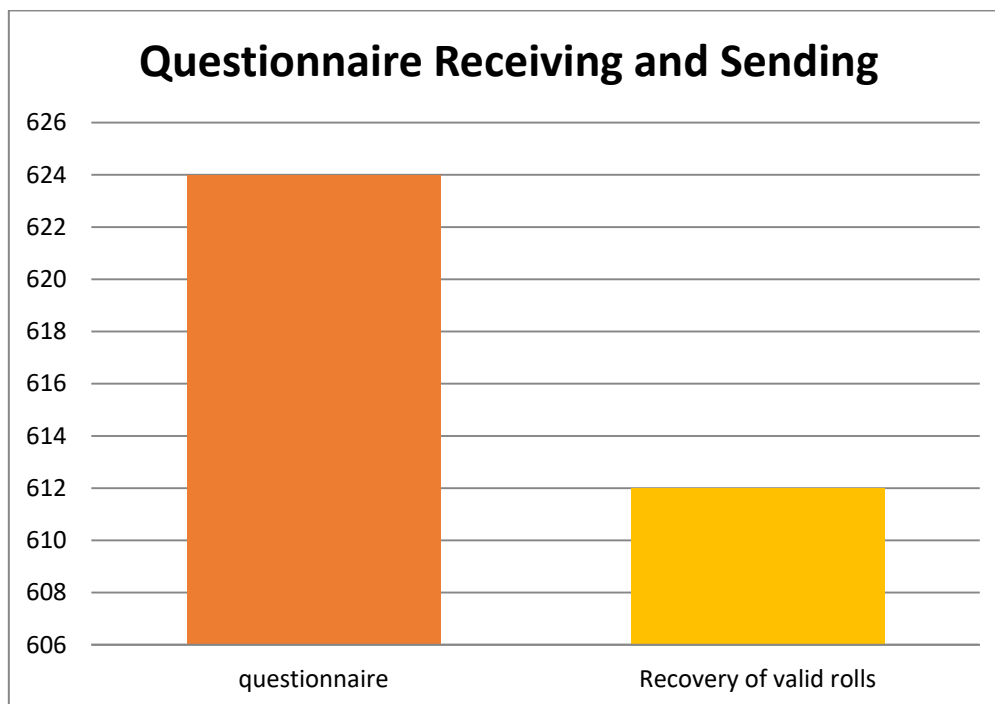


Figure. 1 Comparison of questionnaire data

Mathematical Statistics.

Using spss software to analyze and process relevant test data before and after the experiment

Experimental Method.

Data Source

Experiment Time: Students in the School Every Day

Experimental Design: experimental direct intervention and indirect interventions were combined, direct intervention (recreational sports services each set with a duty to guide extracurricular sports instructor in extra-curricular sports training and fitness experience, knowledge in health and safety Exercise habits are cultivated through lectures, creating an exercise atmosphere, and propaganda using indirect methods for intervention. The experimental results are tested using self-control methods before and after the experiment.

Experimental Test Indicators: direct intervention test indicators: "2014 National Student Physical Health Standard"; indirect intervention test indicators: student satisfaction, Sports theoretical knowledge to understand the situation, to participate in extra-curricular sports weekly exercise times and every time between.

Results of Analysis

Morphological Function Indicators Comparative Analysis of Students.

Table 1 Paired t-test of male body shape and function indicators (n = 624)

	testing time	X	S	T	Sig.(2-tailed)	P
B MI	Pre-intervention	19.87	2.79	-- 5.14	. 000	<0.05
	test	20.49	2.36			
Vital capacity	Post-intervention			- 9.127	. 000	<< 0.05
	Pre-intervention	3340	712.15			
Vital capacity	test	4180	654.21	- 4.047	000	< 0.05
	Post-intervention	62.48	10.42			
Vital capacity	Pre-intervention	69.52	12.54			
	test					
Vital capacity	Post-intervention					
	Pre-intervention					

Table 2 Paired t-test of male body shape and function indicators (n = 624)

	testing time	X	S	T	Sig.(2-tailed)	P
B MI	Pre-intervention	18.45	2.39	- 3.428	000	<0.05
	test	20.76	2.54			
Vital capacity	Post-intervention			- 5.524	. 000	< 0.05
	Pre-intervention	2237	614.17			
Vital capacity	test	2945	672.46	- 3.571	000	< 0.05
	Post-intervention	53.24	9.36			
Vital capacity	Pre-intervention	58.35	11.49			
	test					
Vital capacity	Post-intervention					
	Pre-intervention					

Analysis of the reasons: after the promotion of sports services, due to the lack of exercise in women's life, the effect of physical function intervention of girls with positive ten prognosis is more obvious than that of boys. According to the test results of the pre-test and post-physical indicators of the students in Table 3 and Table 4, there is a significant difference between the mean values of the 50m, long jump, and sitting body flexion before and after the intervention. A group of students, their speed, lower limb strength, flexibility and ten prognosis mean better than the mean before intervention ; endurance quality boys are more effective than girls; males pull-up test indicators paired. There was no difference between the mean values of the test results of male and female students before and after the intervention, and there was no statistical significance.

Analysis of the reasons: sports service promotion includes fitness, basketball, greenway bicycles, table tennis, badminton, pulleys, football and so on. There is no specific planning for the promotion of the temporary technology, so the relatively weak physical strength of students is difficult to improve without special training. At present, there are many male students, especially basketball, football, and fitness programs. Moreover, these programs have more physical endurance quality training. Therefore, the intervention effect of male endurance quality after active

intervention is more significant than that of female students.

Comparative Analysis of Students' Physical Fitness.

Table 3 Paired t-test of physical fitness indicators of boys (n=624)

	testing time	X	S	T	Sig.(2-tailed)	P
1 000M	Pre-intervention	8.81	1.86	- 3.428	.000	<0.05
	test	7.53	1.05			
	Post-intervention			- 5.524	.000	< 0.05
	Pre-intervention	258.43	28.76			
long jump	test	239.35	16.32	- 3.571	.000	< 0.05
	Post-intervention					
	Pre-intervention	1.76	0.98	- 3.571	.000	< 0.05
	test	1.98	0.26			
Sitting body flexion	Post-intervention			4.371	.000	< 0.05
	Pre-intervention	1.73	8.21			
	test	9.34	5.14	- 1.781	.000	< 0.05
	Post-intervention					
Vital capacity	Pre-intervention	8.45	5.12	- 1.781	.000	< 0.05
	test	10.56	4.53			
	Post-intervention					

Table 4 Paired t-test of physical fitness indicators of girls (n=624)

	testing time	X	S	T	Sig.(2-tailed)	P
50M	Pre-intervention	9.84	1.86	2.479	.000	<0.05
	test	8.51	1.05			
	Post-intervention			- 4.382	.000	< 0.05
	Pre-intervention	266.45	28.76			
1 000M	test	252.76	16.32	- 6.432	.000	< 0.05
	Post-intervention					
	Pre-intervention	1.54	0.98	- 6.432	.000	< 0.05
	test	1.78	0.26			
Sitting body flexion	Post-intervention			2.652	.000	< 0.05
	Pre-intervention	10.45	8.21			
	test	17.36	5.14	- 5.149	.000	< 0.05
	Post-intervention					
Vital capacity	Pre-intervention	36.12	6.42	- 5.149	.000	< 0.05
	test	42.12	5.12			
	Post-intervention					

According to the matching test results of the satisfaction indicators before and after the student intervention in Table 5, there is a statistically significant difference between the comprehensive mean values of the results of the satisfaction test of the instructor's guidance, promotion content, event organization, and club venue management before and after the intervention. For a group of students, their combined mean after intervention was better than the combined mean before intervention.

According to Table 4, the basic theory and safety knowledge of physical exercise before and after the student Understanding the results of the test results paired with the T test results show that there is a significant difference between the students in the comprehensive mean of the test results before and after the intervention, for this group of students, their 0 prognosis synthesis. The mean is better than the combined mean of the pre- intervention.

Conclusion

Since 2005, the overall level of physical fitness of Chinese college students has been declining year by year. The Ministry of Education and the General Administration of Sport issued a series of documents such as "Sunshine Sports Campus Football" [2 2] to promote the physical fitness of students. At present, exploring, seeking and developing a scientific and effective leisure sports service system has become a college sports work. the emphasis.

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