

The influence of college sports club on the concept of lifelong sports and the inheritance of sports spirit

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Abstract

With the development of society and the improvement of people's living standards, the concept of lifelong sports has gradually been paid attention to. As an important form of students' sports activities, college sports club has an important influence on the formation of lifelong sports concept and the inheritance of sports spirit. This paper takes the university sports clubs as the research object, and discusses their influence on the life-long sports concept and the inheritance of the sports spirit, and provides theoretical support and practical guidance for the construction and development of the university sports clubs.

Keywords

Sichuan University of Light Industry Sports ; Club Lifelong Sports Concept Sports Spirit ; Inheritance Sports Activity Effect Evaluation ; Sports Club Management.

1. Foreword

Lifelong physical education refers to a person's lifelong physical exercise and physical education to maintain physical and mental health and all-round development. With the improvement of people's living standards and the enhancement of health awareness, the concept of lifelong sports is gradually paid attention to. As an important form of students' sports activities, college sports club has an important influence on the formation of lifelong sports concept and the inheritance of sports spirit.

2. Research technique:

This study will use literature data, questionnaire and case study. First of all, the influence of university sports clubs on the lifelong sports concept and the inheritance of sports spirit are analyzed and analyzed through the literature data method. Secondly, the questionnaire survey method was adopted to understand the research object with Sichuan University of Light Chemical Technology as the key object, supplemented by other universities, to investigate the situation of students' participating in sports club activities and their understanding and experience of lifelong sports concept and sports spirit. Finally, the construction and development of college sports clubs are deeply discussed and analyzed. their influence on the influence of lifelong sports concept and the inheritance effect of sports spirit are explored.

3. Influence of college sports club on lifelong sports concept

(1) Promote diversified sports activities

College sports clubs carry out various forms of sports activities to meet students' different sports needs and interests. Students can choose suitable sports projects according to their own interests, so as to better participate in sports activities. This is helpful to the formation of students' lifelong sports concept and improve their consciousness and enthusiasm for physical exercise.

(2) Cultivate lifelong sports awareness

Through the systematic teaching and training, the college sports clubs can help the students to master the correct sports knowledge and skills, and improve their physical quality and sports ability. At the same time, by participating in sports club activities, students can better understand and understand the value and role of sports, and cultivate their lifelong awareness of physical education.

(3) Improve sports and cultural literacy

College sports club not only provide a platform for sports activities, but also are an important way to spread sports culture. By participating in sports club activities, students can understand and experience different sports culture and improve their sports cultural literacy. This helps students to better understand the meaning and value of lifelong sports, and promote the formation of their concept of lifelong sports.

4. The inheritance of sports spirit by university sports clubs

(1) The inheritance of teamwork spirit

College sports clubs usually organize various team activities, which helps to cultivate students' team spirit. In team activities, students need to cooperate with each other and cooperate with each other to complete the goals and tasks together. This teamwork spirit not only plays a role in sports activities, but also will have a positive impact on their future study and work.

(2) Challenge the inheritance of the spirit

College sports clubs will organize various competitions and challenging activities, which helps students to cultivate the spirit of challenge. In the competition, the students need to overcome the difficulties, challenge themselves, and strive for the best results. This spirit of brave challenge can encourage students to forge ahead and scale new heights in the future study and work.

(3) Inheritance of the spirit of fair competition

College sports clubs will follow the principle of fairness and justice when organizing various competitions and activities. This helps the students to cultivate the spirit of fair competition. In the competition, the students need to abide by the rules, respect the opponents, and compete fairly. This spirit of fair competition will not only play a role in sports activities, but also have a positive impact on their future social life.

5. Finding

Through the study of the influence of sports club of Sichuan Light Chemical University on the concept of lifelong sports and the inheritance of sports spirit, we draw the following conclusions:

(1) The influence of sports clubs on students' concept of lifelong sports

The sports club of Sichuan Light and Chemical Industry University has played a positive role in promoting students to form a lifelong sports concept. Most of the students who participated in club activities said that by participating in sports club activities, they not only mastered the correct sports knowledge and skills, but also improved their physical quality and sports ability, and had a deeper understanding and understanding of the value and role of sports. At the same time, participating in the club activities also let students experience the fun of diversified sports activities, and stimulates their consciousness and enthusiasm for physical exercise.

(2) The current situation of campus sports club development: the Sports Club at Sichuan University of Science and Engineering has received widespread attention and development in recent years. The school provides a rich variety of sports club activities, including football,

basketball, volleyball, table tennis, badminton, track and field, swimming, and more, meeting the different interests and needs of students. Each club is guided and trained by professional coaches, and regularly organizes various competitions and activities to provide students with a good platform for sports activities.

(3) The degree of student preference: through we found that most students are very fond of and recognize the campus sports club. They believe that participating in club activities can help them better develop their talents, experience the joy of sports, and also make more friends, enriching their college life. Especially for some students who are interested in a single sports event, the sports club provides a good learning and communication platform.

Third, changes in student health behavior: students who participate in campus sports club activities generally report that their health behavior has changed significantly through club activities. Firstly, participating in club activities allows students to develop the habit of regular exercise, improving their physical fitness and exercise capacity. Secondly, club activities also allow students to pay more attention to balanced nutrition and diet, thus helping to improve their physical condition. In addition, participating in club activities allows students to learn how to protect themselves during exercise and reduce the risk of sports injuries.

(4) Changes in student physical fitness: after a period of observation and research, we found that students who participate in campus sports club activities have significantly improved physical fitness. By comparing the body indicators and physical fitness test data before and after participating in club activities, it was found that the participants' physical quality and exercise capacity have been significantly improved. In addition, participating in club activities allows students to better understand and grasp their physical condition, helping them better manage and supervise themselves.

(5) The role of sports clubs in inheriting sports spirit

The sports club of Sichuan Light and Chemical Industry University also plays a positive role in inheriting the sports spirit. Students participating in the club activities generally believe that through teamwork, challenging themselves and fair competition, they have cultivated the spirit of teamwork, brave challenge spirit and fair competition spirit. These spirits not only play a role in sports activities, but also have a positive impact on their future study and work.

In summary, the Sports Club at Sichuan University of Science and Engineering has a positive impact on influencing lifelong sports concepts and inheriting the spirit of sports. Through participating in campus sports club activities, students can better develop their talents and interests, develop healthy lifestyles, improve physical fitness and exercise abilities, while also making more friends and enriching their life experiences. Therefore, we should continue to strengthen the construction and development of campus sports clubs to provide students with better platforms for sports activities and services.

6. Suggestions on the construction and development of sports clubs

According to the research results, in order to better play the influence of sports clubs on the lifelong sports concept and the inheritance role of sports spirit, suggestions and prospects

(1) Strengthen the construction and management of the club: the school should increase the investment and management of the sports clubs, improve the facilities and equipment, improve the level of teachers, strengthen the safety guarantee and other measures, to provide students with a better environment for sports activities and services.

(2) Strengthen the education and publicity of the concept of lifelong physical education: schools should strengthen the education and publicity of the concept of lifelong physical education, publicize the significance and value of lifelong sports to students through various ways and forms, and improve their understanding and understanding level.

(3) Pay attention to the combination of inheritance of sports spirit and educational practice: schools should combine the inheritance of sports spirit with educational practice, and let students deeply understand and experience the connotation of sports spirit of team spirit, challenge spirit and the spirit of fair competition through various forms of practical activities.

(4) Carry out diversified sports activities: Schools should actively carry out diversified sports activities to meet students' different sports needs and interests, encourage students to actively participate in sports club activities, and promote the formation of lifelong sports concept and inheritance of sports spirit.

To sum up, the sports club of Sichuan Light and Chemical Industry University has a positive effect on the influence of lifelong sports concept and the inheritance of sports spirit. In order to better play its role, schools should strengthen the construction and management of clubs, strengthen the education and publicity of lifelong sports concept, pay attention to the inheritance of sports spirit and educational practice, and actively carry out diversified sports activities.

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