

## The Study of Gymnasium Public Opening in Centre China Normal University

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### Abstract

This paper investigates and analyzes the research of gymnasium opening in Centre China Normal University through the methods of documents study, logical analysis, questionnaires, statistics, and so on, which shows the present conditions with rich gymnasium resources in various types, advanced grounds and facilities with fast upgrade, uneven quality of opening services and insufficient effective management of the gymnasiums in Centre China Normal University. Theoretical references is provided on gymnasium development and reasonable opening in key 211 institutions of higher learning in Hubei province, in order to promote the overall physical exercise development of our country.

### Keywords

Centre China Normal University; gymnasium; opening

### 1. Introduction

#### 1.1 Research Background

With the development of the socialism market economy, sports development of our country is booming. The fast development of sports promotes growing public awareness that more and more people have fueled their concern in health-building, which expanded the usage of the gymnasium resources. By the investigation of Chinese public sports in year 2000, the urban and rural residents' sports condition<sup>[1]</sup> showed an increasingly outstanding contradiction between people's huge demand and insufficient gymnasium amounts. According to the fifth national gymnasium investigation (by the end of December 31<sup>st</sup>,2003), education system's gymnasium takes the largest number which reaches 67.7%, it shows that the rate of college gymnasium opening up is rather small, not mention profit-making opening<sup>[2]</sup>. In education system, institutions of higher learning are in the highest position. Compared to other gymnasiums in middle schools and primary schools, the gymnasiums in institutions of higher learning are of large scale and equipped with complete facility, moreover, the convenient transportation and location as well as the advantage of utility, convenience and inexpensive price. At present, the contradiction between people's increasing demand for health-building and the lack of gymnasium resources is more and more protruding, integrating college gymnasiums in public health-building effectively and utilizing the resources will help resolve this contradiction and promote the development of public health-building activities and sports fair. Though with the rich resource of gymnasiums in institutions of higher learning, health-building and usage of gymnasium is still presence with many problems just as the coexistence of shortage and waste, fully development and utilization of present grounds and facility is a major channel for limited gymnasium resources.

#### 1.2 Study Significance

Wuhan owns multiple institutions of higher learning with comprehensive types, while "211 project" is the country's key institutions of higher learning with its typical representative, Huazhong Normal University is one of these key institutions. Through the investigation and research of the gymnasium resources in Huazhong Normal University, finding out the situation of its gymnasium opening and analyzing the existing problems as well as restricting factors, reasonable suggestions are given as a

reference to the gymnasiums opening in other key institutions of higher learning in Wuhan and colleges of other places.

### 1.3 Literature Review

#### Domestic Policy Research

According to the article 21 of *Constitution*, “China develops sports and expands public physical activities to build up people's physique”, which shows the constitution advocates public health-building. Under the guidance of the constitution spirit, governments of all levels should fully promote health-building activities of the masses and try to create useful conditions for people's sports activities such as to advocate colleges to open the gymnasiums to the public in order to cope with development and implement of public health-building.

*The National Physical Fitness Outline* of 1995 wrote that “all state-owned sports grounds and facilities should open to the public, reinforce management and improve utilization efficiency”.<sup>[3]</sup> The sports grounds and facilities mentioned in the outline includes those in colleges. Among series of sports policies made later in our country, the contents of opening college sports grounds and facilities have been gradually improved.

*Opinions on Further Strengthening and Improving sports in New Era*(2002) put forward that “the sports facilities in colleges, organizations and institutions should be shared by society.” *Rules of Public Culture and Sports Facilities* (2003) regulated that sports facilities should be opened to public and be fully used, while college sports facilities are also included. However, these policies did not fulfill the real function of opening primary and middle school sport facilities to the public. School sports facilities opening is still limited, only some schools with rather advanced sports facilities are opened to public, the situation is still grim that most primary and middle school sport facilities have been left idle. Mostly because these policies did not get support from relating education departments and colleges.

The *Experimental Working Plan of Opening National School Gymnasiums to the Public* in 2006 marked the beginning of opening primary and middle school sports grounds and facilities to the public, with contents that regulated the working target, experimental object chosen, working periods, main responsibilities and missions of management departments, financial assistance source and amount, etc.<sup>[4]</sup>

#### The Research of the Opening Gymnasium to the Public in Hubei Province

The higher education level of Hubei province is among the top of China with more than 1.3 million students, while the gymnasium resource of Wuhan is also quite abundant. Finding out the situation of college gymnasium opening in Wuhan will be of importance in guiding our research of college gymnasium opening. Since the strategy of opening college gymnasiums to the public in Wuhan is still at the first stage, its college gymnasium opening condition of recent years can play an exemplary role in order to better implement the future work in this field.

In the master's thesis *Research on the Present Circumstances, Development and Utilization of the Gymnasium Resource in Institutions of Higher Learning of Hubei Province*, a graduate student of Huazhong Normal University named Han Changsong<sup>[5]</sup> put forward the factors which affected the gymnasiums resource development and utilization in institutions of higher learning on the research of “the present circumstances, conditions, development and utilization situations of gymnasiums in institutions of higher learning of Hubei province”. He also appoint opening project and applicable plans which suit the management regulations of the gymnasiums in the institutions of higher learning in Hubei province, including different opening time periods and types: open to the old people in the morning; to students after classes and in weekends; to the consumer force in the evening and during holidays; to social groups, institutions and organizations in winter and summer holidays, etc.

A graduate student in Huazhong Normal University named Jiang Shan<sup>[6]</sup> learned the opening situation of the provincial model high schools in urban district of Wuhan through the study of ‘gymnasium public opening in part of provincial model high schools in urban district of Wuhan’ in her graduate

paper *the study and analysis of the public opening gymnasiums in some provincial model high schools in main city area of Wuhan*, and gave her comment on it. The reasonable suggestions put forwarded in this study is a reference, at some extent, for other gymnasiums in Wuhan and other areas in their progressive public opening.

Han Shengjie<sup>[7]</sup>, who is a graduate student in Wuhan Institute of Physical Education investigated 14 universities in Wuhan in the master's thesis of *present situation and methods of the gymnasiums opening and management among the institutions of higher learning in Wuhan*, the author found that there are 123 indoor gymnasiums in 14 universities, specifically 5 swimming pools, 22 basketball courts, 17 volleyball courts, 5 tennis courts, 21 badminton courts, 25 ping-pong courts, 27 gymnastic and physical training places, 1 climbing court and 16 comprehensive gyms. However, only three universities among them opening gymnasiums to the public, which shows the gymnasiums in institutions of higher learning opening is still budding.

## 2. Study Objects and Methods

### 2.1 Study Objects

The study objects of this paper is gymnasium supervisors in Huazhong Normal University, college students and the residents nearby according to the opening situation of the gymnasium resources in Huazhong Normal University.

### 2.2 Study Methods

#### Documents Study

According to the method of document study, first hand books, periodicals, magazines and others should be consulted in order to gain theoretical knowledge and inspirations by induction, arrangement and absorption with the help of related books and documents in Huazhong Normal University library and electronic documents such as CNKI, Wanfang data base, etc. Fully understood the situations and latest information at home and abroad by means of previous researching achievements to provide main theory foundation.

#### Logical Analysis, Questionnaire

Making questionnaires with the guidance of documents and the suggestion of teachers, then investigate the opening situation of the gymnasium in Huazhong Normal University. Taking gymnasium supervisors of Huazhong Normal University, students and nearby residents as questionnaire dispensing objects. 50 questionnaires were handed out for the gymnasium supervisors, 100 for students and 50 for nearby residents. The questionnaires were sending by random and recovered timely with the effect rate of 100%.

#### Mathematical Statistics

According to sports statistic principle, auditing and repeatedly inspecting the statistics of questionnaires and investigations through mathematical statistics. Microsoft Excel statistical software is used in statistic analysis.

#### Logical Analysis

Analyze statistics of the questionnaires and disclosure the existed gymnasium opening problems in Huazhong Normal University by related documents, then guidance and suggestions can be given on the basis of developed corresponding conclusions.

## 3. Results and Analysis

### 3.1 Overview of the College Gymnasium Resource in Huazhong Normal University

With the statistics provided by the office of fifth general survey of national sports ground, every ten thousand people own 6.58 gyms on average, a sport ground area of 1.03 square meters<sup>[8]</sup> per-capita, according to the answers of the questionnaires, Huazhong Normal University, which is investigated in this paper, owns 100 sport grounds in public sport area, among with 45 indoor gyms, 27 outdoor sport grounds and a large scale comprehensive stadium. Per-capita sport ground area reaches 1.27

square meter for outdoor ground and 0.24 square meter for indoor ground, 1.51 square meter per-capita in whole which attains national per-capita ground standard.

Table 3-1:college stadium and gymnasium resource amount of Huazhong Normal University

indoor sports ground	amount	outdoor sports ground	amount
indoor field tracks	2	outdoor fields	3
indoor tennis court	3	outdoor tennis court	6
indoor ping-pong court	20	outdoor ping-pong court	1
indoor badminton court	10	outdoor badminton court	0
indoor basketball court	4	outdoor basketball court	27
indoor volleyball court	1	outdoor volleyball court	8
indoor Taekwondo gym	1	outdoor football gym	3
indoor instrument gymnasium	2	outdoor swimming pool	1
indoor martial arts and gymnastic court	2	outdoor croquet court	1
		outdoor sport ground	4
total	45	total	54
large scale comprehensive stadium	1		

(Sports grounds are added by numbers, an extent of basketball courts is calculated by numbers of the courts, one gymnastic court or martial arts court is counted as one number)

### 3.2 College Gymnasium Types and Structures of Huazhong Normal University

Through the investigation of the gymnasium resources in Huazhong Normal University, rich sports ground resource is found at“three balls”items (basketball, badminton and ping-pong). Among them, there are 31 basketball courts, which occupies the biggest fraction: indoor basketball court takes 31%. Ping-pong court and badminton court resource takes a ration of 21% for indoors and 10% for outdoors.

### 3.3 Opening situation analysis of the gymnasiums in Huazhong Normal University

According to the investigation, the gymnasium resource in Huazhong Normal University opened to the public at different degrees. Within the opened gymnasiums, paying gymnasiums occupied 49% of the total, while free gymnasiums occupied 44% and gymnasiums not opened to the public covered 7%.

#### The Opening Time of Gymnasiums

According to this investigation,indoor gymnasiums in Huazhong Normal University will be opened by paying from 17 to 22, Monday to Friday, the whole day in weekends, holidays, summer vacation and winter vacation. Most of the outdoor grounds are opened to the public by free before 8 a.m. and after 17 in the evening from Monday to Friday, and the whole day in weekends. From Monday to Friday during 8 a.m. to 5p.m., the outdoor grounds will be used in teaching. The time before 8 a.m. and after 5p.m. is a good time for exercising and there are more people doing exercises, so this kind of arrangement is quite proper and humanized while to satisfy the needs of all the teachers, students and public sport.

#### The Ways of Gymnasium Opening and the Opened Sports Events Grounds

The investigation shows that Huazhong Normal University combines two ways in gymnasiums opening by paying and free. The sports events opened to the public mainly are basketball, football, gymnasium equipment, badminton, tennis, ping-pong, swimming, running, walking, takewondo, volleyball and so on, among them, basketball, badminton, tennis, ping-pong and running attracts most people. For seasonal sports events however, swimming is most people's choice in summer. Among all of these sports events, most outdoor grounds will be opened free such as athletic field, outdoor basketball, badminton, football and ping-pong grounds, but tennis court and swimming pool are not free. Indoor sports event grounds are opened by paying, such as takewondo, badminton, ping-pong and tennis gyms, but the price is relatively low which is within the acceptance of the residents. The opening of the gymnasiums can satisfy the residents' sports needs at a certain extent.

#### Exercise Participants and the Situation

The group of people who exercise in colleges are mainly students, staff members and retired staffs and residents who lived nearby. They usually exercise by individual, some sports meeting or races are also held in gymnasiums by sports groups and organizations.

According to the table below, most students and the residents do exercise twice or three times a week, and there are some students who do not exercise. During the investigation of people's exercise, it was found that most people spend 30mins to 1h each time in exercise, and most people take sports regularly and they are not demanding for sports grounds.

Table 3-3 statistics of weekly exercise

frequency	students		residents nearby	
	n	%	n	%
over three times a week	8	8	13	26
three times a week	22	22	17	34
twice a week	30	30	14	28
once a week	19	19	5	10
never exercise	21	21	1	2

### 3.4 Willingness and Attitudes of Different People on College Gymnasiums Opening

Table 3-4 different attitudes of gymnasium supervisor, students and nearby residents on gymnasium opening

attitude	gymnasium supervisor		students		residents nearby	
	n	%	n	%	n	%
agree	38	76	75	75	47	94
not agree	9	18	18	18	1	2
no idea	3	6	7	7	2	4

According to the table 3-4, 76% of gymnasium supervisors agree to open gymnasiums to the public, 18% of them believe it will affect the normal education of college so the teaching activities can not be developed properly. 75% of the students agree with college gymnasium opening which can let the residents to exercise; most students think that the opening will not affect normal education and exercising and will improve college social influence and reputation in addition which promotes gymnasium construction and improvement. But 18% of the students consider that gymnasium opening will bring out hidden danger to campus safety. For the investigation on nearby residents, 94% of them shows great support to gymnasium opening, they are very delighted to take exercise in

college gymnasiums, with the advantages of close distance, rich and comprehensive sports grounds, low price and so on, the residents all hope colleges can expand the gymnasium opening.

## 4. Conclusions and Suggestions

### 4.1 Conclusions

**Rich Gymnasium Resource with Various Types, Advanced Equipment with Fast Upgrade**

Huazhong Normal University owns more than 100 sports grounds of one large scale comprehensive stadium and 45 indoor gymnasiums, 54 outdoor sports grounds, it has relatively rich gymnasium resource compared with other institutions of higher learning. There are swimming pools, indoor and outdoor tennis courts and croquet court in Huazhong Normal University, which has relatively complete gymnasium types compared to other “211”key institutions. For the gymnasium equipment: the sports grounds have advanced equipment and upgrade quite fast. In these two years, Huazhong Normal University overhauled and renewed sports gymnasiums, many more sports equipment are added. For example: athletic field, basketball court and gym are all overhauled in large scale; there are new fitness equipment set at every athletic field and artificial grassy layer football field,etc.

**Imbalanced Quality of the Opening Gymnasiums Service, Free Opening Service Needs to be Improved.**

For the opened gymnasiums, paying gymnasiums have regulated opening time, specialized supervisors and professional instructors, and so on, which provides relatively high quality of service. Sports instructors are not available in free gymnasiums, though there are people who in charge of the place, their lacking of response leads to carefree management. It was found that a few people would smoke and litter around in the gymnasiums during the investigation, but nobody prevent them, nor education or punishment is conducted. The objects of the paying opening are mostly people out of college while free opening is mainly for students. college gymnasiums are principally served for students and the masses. During gymnasium opening, no matter paying or free opening, management should be strengthened on the one hand to control hidden safety danger; on the other hand, optimizing service constantly to improve the image of gymnasiums and building brand to promote further development of the gymnasiums to better realize economic efficiency and social efficiency.

**Small Scale of Paying Gymnasium Opening, Low Opening Rate of the Gymnasium, Inadequate Marketing and Publicity.**

The investigation showed that paying rate of the gymnasium opening in Huazhong Normal University is 49%, opened gymnasiums are a small part which contains tennis, badminton, ping-pong, swimming pools and so on, with other large part of idled gymnasiums without fully utilization. Low opening rate of gymnasiums has much to do with insufficient publicity and marketing. The managers and workers in Huazhong Normal University gymnasiums are mostly college staffs or their relatives which lack marketing experience. According to the investigation on residents and college gymnasium supervisors, 63% of the residents know the opening of the gymnasiums through talks of others. While 71% of the gymnasium supervisors indicate that no corresponding publicity and marketing methods are launched to expand the influence and recognition of college gymnasium opening.

**Hidden Safety Danger and Insufficient Safety Regulation and Prevention Exists during the Procedure of Gymnasium Opening**

The investigation revealed that the gymnasiums of Huazhong Normal University had not set up a complete evaluating system yet, and also lacks a standard assessment index and specific counter-measures of opening efficiency and potential risks. On the hand, the investigation reveals that there was no limitation for the people who entered into the gymnasiums, they can access freely without valid credentials or gym memberships. 63% of the students consider that the opening of college gymnasiums could bring about hidden danger to campus safety. On the other hand, the investigation showed that some of the gymnasiums are quite old with backward grounds facilities

where exercising safety danger exists, meanwhile old gymnasiums are not equipped with fire extinguishers or escape tunnels which means great potential safety hazard

#### Effective Management System Deficient during the Procedure of Gymnasium Opening

Through the investigation of college gymnasium supervisors, Huazhong Normal University is in a disordered situation on management during the procedure of gymnasium opening. The series of problems as management system and pattern, opening object, time and periods, safety of gymnasium opening, free and paying opening, the charging criteria for paying opening all lacks unified and complete standard of management system.

#### 4.2 Suggestions

College Gymnasiums should Insist the Guidelines of ‘Multiple Operation’, Positively Implement Public Opening Under the Premise of ‘Giving Priority to Teaching and Supplemented by Revenue’

‘Giving priority to teaching’ means teaching and training guarantee is the basic of gymnasium paying opening, college gymnasiums should positively carry out paying and free opening of gymnasiums according to the concrete situation of colleges. College gymnasiums conduct multiple management, undertake races and art performance of different types and levels, accept various social communities; meanwhile attract individuals to join in physical exercising positively. Call gymnasium resources into fully play effectively to raising revenue which can support other gymnasiums and promoting the masses sports.

#### Strengthen Gymnasium Management and Formulate a Unified and Standardized Administration System

Relational systems must be formulated in order to open college gymnasiums regularly and orderly. Compared to foreign countries, they have advanced sports legislation and comprehensive legislative regulations which is able to effectively ensure construction, development, management and public opening of school gymnasiums. Domestic legislation on school sports is rather undeveloped with comparatively late researches on gymnasium opening, complete relational policies and regulations are insufficient while big part of the gymnasium administration remains in disordered condition. China has formulated a series of policies, regulations for implementation in this regard with constant social development. However, after consulting related materials and documents, it was found that Wuhan lacks unified, standardized and effective regulations and systems. Huazhong Normal University should strengthen administration and formulate a series of unified and standardized public opening regulations and management with the integration of the practical situation in order to have a healthy, profound and sustainable fast development of the gymnasium public opening. Huazhong Normal University is one of the key institutions of higher learning among “211 project” in Wuhan, Hubei province, its effective public opening of the gymnasiums will provide theory and practical experience for other key institutions of higher learning.

#### Implement Safety and Strengthen Safety Precaution

In order to keep sustainable development, college gymnasium public opening should implement security precautions, prevent destruction and decrease safety accidents to gain social supports, especially from those who positively engaged in sports. Firstly, special persons must be assigned to supervise the opened gymnasiums, marks and warning labels need to be set at the sports equipment which injury is easily caused and some sports grounds. Secondly, professional workers are needed to be organized for examination, maintenance and repair to prevent accidents. At last, authorize identity for the people who enter into the gymnasiums, temporary certificate, membership or exercise card can be provided to them. Meanwhile, unworthy personnel who smoke, drinks and so on are strictly prohibited without permission.

#### Making Full Use of School Resources, Providing Practical Opportunities for Students and Improving the Quality of Public Opening Service

Exercising instructors can be recruited in the institute of physical education for gymnasium public opening, make full use of the present students who majored in sports. Certain amount of physical

education majored students should be arranged at free or paying public opened gymnasiums. On one hand, it offers practice opportunities for physical education majored students to improve their professional skills; on the other hand, it promotes public opening service quality. Students have strong responsibility and earnest working attitude as exercising instructors, at the same time, physical education majored students have comprehensive knowledge for exercising and adept professional skills which can better guide students or external people with exercising and to improve the quality of service.

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