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Research on Sunshine Sports Theories and Construction of Guiding Scheme for Extracurricular Activities

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Abstract

The implementation of the “sunshine sports” is to strengthen youth sports in the new period, increase young people's physique strategic measure, to carry out the “health first “guiding ideology, which is also the specific performance of forming a “life-long sports” behavioral habits. Under the sunshine sports background, the author investigates and analyzes and the structuring of guidance scheme of extra-curricular sports in secondary schools. The thesis is to provide theories reference for the construction of the guidance scheme of secondary schools extra-curricular sports activities, so students can truly guarantee for an hour's physical exercise every day to enhance the constitution and promote health.

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Keywords: Sunshine Sports, Physical Education; Extracurricular Sports Activities

1.The satus quo and the principal existing problems of extra-curricular sports activities

Here introduce the paper, and put a nomenclature if necessary, in a box with the same font size as the rest of the paper. The paragraphs continue from here and are only separated by headings, subheadings, images and formulae. The section headings are arranged by numbers, bold and 10 pt. Here follows further instructions for authors.

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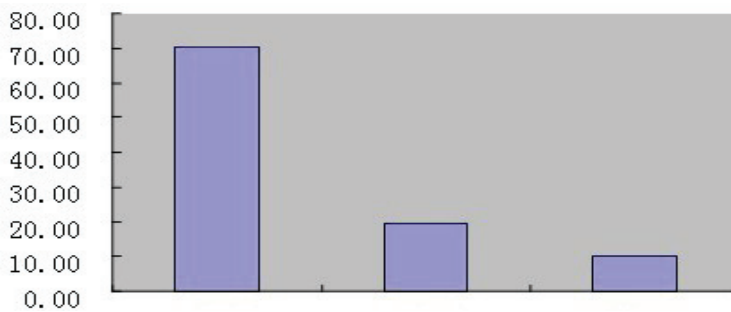
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1.1. The Analysis of Status Quo of Morning Exercises and Class-Break Setting-up Exercise

The results of the investigation on the status quo of morning exercises and class-break setting-up exercise in the 303 middle school are as following. The phenomenon is emphasizing class-break setting-up exercises and belittling morning exercises, and the ratio is very high to cancel morning exercises and class-break setting-up exercise when it is rainy. Based on the investigation data, it can be reasoned out that morning exercises and class-break setting-up exercise are not actually carried out in middle school every day, so there is no way to guarantee the quality of the two kinds of exercises. It still needs to strengthen the implementation of the two physical exercises in middle school , especially on the rainy day, physical education teachers or the head teacher have a weak mind to overcome difficulties, usually organize students to carry out the two physical exercises in the classroom, stairs, corridor space .

1.1.1. The analysis of content of morning exercises and class-break setting-up exercise in middle school

Table 1. Content of Morning Exercises and Class-Break Setting-up Exercise in Middle School



The eighth set of broadcast gymnastics eye exercises others

The key to affect the quality of students' two exercises, except the school organization and the weather, the contents of the two exercises are particularly important. Diagram 1 reflects the status of content settings of morning exercises and class-break setting-up exercise, as the above figure illustrates: in 303 secondary school survey, 70.3% of schools do the eighth set of broadcast gymnastics in morning exercise and class-break setting-up exercise; 19.5% of schools do eye exercises in morning exercise and class-break setting-up exercise, only 10.2% of the schools do other sports activities (including running, a traditional minority national sports event, rhythmic exercise, ball games, free activities, etc.) From the above investigation situation it can be found that middle school morning exercise, the contents of morning exercise and class-break setting-up exercise are too single.

1.2 .Analysis of extracurricular physical exercises in middle school

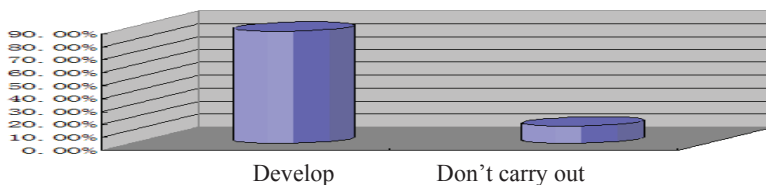


Figure 1. Survey form of the times and time of extracurricular physical exercises in middle school

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