

# **Chongzhou city middle school students to participate in extracurricular sports activities Research on internal causes, current situation and countermeasures**

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## **Abstract**

Extracurricular sports activities play an important role in enriching students' extracurricular life. It not only helps to the healthy growth of students, but also plays a positive role in promoting the construction of campus culture. In the process of gradually transforming from modern education to comprehensive quality education in China, extracurricular sports activities play a vital role. This paper uses the literature data method, interview method, questionnaire survey method and mathematical statistics method to study the internal causes and current situation of Chongzhou middle school students participating in extracurricular sports activities. Through research, it is found that extracurricular sports activities have a positive impact on students' physical and mental health, social skills and teamwork spirit. However, in the actual process, there are still some problems in the development of extracurricular sports activities due to the pressure of college education, aging site equipment and single type of activities. In view of these problems, the paper puts forward the time of arranging students to participate in extracurricular sports activities, regularly check and update sports venues and equipment, and establish diversified extracurricular sports activities.

## **Keywords**

Chongzhou City; Middle school students; Extracurricular sports activities; Current situation; Analysis.

## **1. Contents**

### **1.1. Rationale for Topic Selection**

In today's society, the concept of comprehensive development in education has been widely advocated, and the development model of "moral, intellectual, physical, aesthetic, and labor education" has received much attention. Sports, as an important component of students' comprehensive development, are increasingly prominent in their status. The extracurricular sports activities carried out by schools have a direct impact on students' physical development. These activities are of great significance for improving students' physical fitness, cultivating exercise habits, and promoting the better development of physical education teaching.

In July 2021, the General Office of the Communist Party of China Central Committee and the General Office of the State Council jointly issued the "Opinions on Further Reducing the Homework Burden and Extracurricular Training Burden of Students in Compulsory Education", which is known as the "double reduction" policy. Under this policy guidance, China's education department is committed to reducing students' academic burden, allowing them to better enjoy the learning process during compulsory education, while also paying attention to students' physical and mental health. Against the backdrop of actively promoting the "double reduction" policy in our country, the education industry has ushered in new changes. The so-called 'double

reduction' refers to reducing students' academic burden and decreasing off campus training classes. The implementation of this policy aims to comprehensively improve the quality of education, promote the all-round development of students, and provide them with more time and space to participate in extracurricular activities, thereby enhancing their physical fitness and cultivating their interests and hobbies. Among them, extracurricular sports activities have undoubtedly become one of the most eye-catching fields, as they play a crucial role in children's growth process.

The importance of extracurricular sports activities in the context of the "double reduction" policy is self-evident. Firstly, sports activities help improve students' physical fitness. In addition to intense study, students can exercise and enhance their physical fitness by participating in sports activities, thus better coping with challenges in learning and life. In addition, sports activities can cultivate students' teamwork spirit and competitive awareness, enabling them to better adapt to society. Against the backdrop of the "double reduction" policy, extracurricular sports activities have ushered in unprecedented opportunities. We need to seize this opportunity and fully utilize the important role of sports activities in students' growth process, so that children can grow up in a healthy and happy environment. Only in this way can we cultivate a new generation of young people with comprehensive development in morality, intelligence, physical fitness, and aesthetics, laying a solid foundation for the future development of our country.

## **1.2. Research purpose and significance**

The physical fitness of adolescents is not only related to their own development, but also to their families and the future of the nation. With the concept of "health first" gaining popularity, the state has placed greater emphasis on the physical health of adolescents [4]. To improve the physical fitness of adolescents, physical exercise is indispensable. Merely relying on the content learned and duration of exercise in physical education classes is far from sufficient. It is necessary to grasp students' extracurricular physical activity time in order to effectively enhance their physical fitness and help them achieve comprehensive development.

Extracurricular sports activities, as a crucial path for promoting students' physical health, play a pivotal role in junior high school campus life. As the future hope of the country and the nation, junior high school students in China are highly expected to grow up robustly and develop comprehensively [5]. This study aims to conduct an in-depth exploration of the current situation of middle school students' participation in extracurricular sports activities in Chongzhou City, and propose practical and feasible rectification plans based on the local actual situation, so as to promote the better development of extracurricular sports activities in the region and achieve the rational allocation of teaching resources.

## **2. Research Objectives and Methods**

### **2.1. Research object**

Taking the current situation of extracurricular sports activities in Chongzhou Middle School as the research object, and Chongqing Middle School, Shucheng Middle School, Sanjiang Middle School, Huaiyuan Middle School, Chongqing Middle School Experimental School, and Minghu Middle School as the survey subjects.

### **2.2. Research Method**

#### **2.2.1. literature review method**

Through the Internet plus, relevant literature on extracurricular sports activities, school sports, and sports teachers was consulted on CNKI, drawing on corresponding theoretical knowledge.

2.2.2. Interview method

Through interviews conducted in person and online, we primarily interviewed physical education teachers and persons in charge of sports work from six schools in Chongzhou City, discussing the current status and issues related to the implementation of extracurricular sports activities in these schools.

2.2.3. Questionnaire survey method

Based on research needs and following the principles of questionnaire survey, a questionnaire survey form for students' participation in extracurricular sports activities was designed. A total of 500 questionnaires were distributed to the selected 6 middle schools, with an average of 83 questionnaires per school. The final number of questionnaires collected was 489, with a recovery rate of 97.8%. Among them, 479 questionnaires were valid, with a valid recovery rate of 95.8%.

Table 1. Distribution and Collection of Questionnaires (N=479)

| QUESTIONNAIRE DISTRIBUTION RECIPIENTS | DISTRIBUTE QUESTIONNAIRES (COPIES) | COLLECTION OF QUESTIONNAIRES (COPIES) | RATE OF RECOVERY (%) | EFFECTIVE QUESTIONNAIRE (份) | EFFICIENT (%) |
|---------------------------------------|------------------------------------|---------------------------------------|----------------------|-----------------------------|---------------|
| STUDENTS                              | 500                                | 489                                   | 97.8                 | 479                         | 95.8          |

2.2.4. Mathematical statistics

Through experiments and information collection, the obtained data are effectively organized, analyzed, and inferred, in order to scientifically estimate and judge the nature and statistical patterns of the research subjects

3. Analysis and Discussion

3.1. An Analysis of the Internal Factors Influencing Middle School Students' Participation in Extracurricular Sports Activities in Chongzhou City

3.1.1. Analysis of students' motivation to participate in extracurricular sports activities

Table 2. Motivation for Students to Participate in Extracurricular Sports Activities (N=479, Multiple choice)

| REASON                                          | NUMBER OF MALE STUDENTS | NUMBER OF FEMALE STUDENTS |
|-------------------------------------------------|-------------------------|---------------------------|
| PERSONAL HOBBIES                                | 361                     | 328                       |
| MAKE FRIENDS                                    | 239                     | 253                       |
| STRENGTHEN THE BODY AND ENHANCE PHYSICAL HEALTH | 311                     | 274                       |
| ENHANCE SKILLS                                  | 289                     | 113                       |
| PHYSICAL AND MENTAL PLEASURE                    | 254                     | 258                       |

When exploring the motivations of students participating in extracurricular sports activities, it is necessary to not only focus on the superficial reasons, but also to deeply explore the underlying psychological and social factors [6]. Table 2 provides us with statistical data

regarding the motivations of students participating in extracurricular sports activities. Through the analysis of these data, some conclusions can be drawn.

Personal interest is the primary motivation for students to participate in extracurricular sports activities. Among boys, 361 chose personal interest as the reason for participating in sports activities, and among girls, 328 did the same. This indicates that regardless of gender, students are more willing to participate in sports activities they are interested in, enjoying the fun brought by sports. This reflects students' autonomy and personalized needs, and is also in line with the student-centered teaching philosophy emphasized in modern educational concepts.

Secondly, making friends is also one of the important motivations for students to participate in extracurricular sports activities. Among boys, 239 chose to make friends, while among girls, 253 did so. This indicates that students not only focus on personal interests and skill improvement during their participation in sports activities, but also emphasize communication and interaction with others, which helps cultivate students' social skills and teamwork spirit. Physical fitness is also an important motivation for students to participate in extracurricular sports activities. Among boys, 311 chose physical fitness, while among girls, 274 did so. This reflects students' concern and emphasis on their own health. Additionally, improving skills is also one of the reasons for students to participate in extracurricular sports activities. Among boys, 289 chose to improve skills, while among girls, only 113 did so. This may be related to gender differences, as boys pay more attention to skill improvement and competitive challenges, while girls focus more on participation and experience.

Lastly, physical and mental pleasure is also a significant reason for students to participate in extracurricular sports activities. Among the male students, 254 chose physical and mental pleasure, while 258 female students did so. This indicates that students not only focus on physical exercise and skill improvement during sports activities, but also prioritize mental pleasure and relaxation. Sports activities can help students release stress, regulate emotions, and maintain a positive mindset and emotional state.

### 3.1.2. Analysis of students' cognition towards participating in extracurricular sports activities

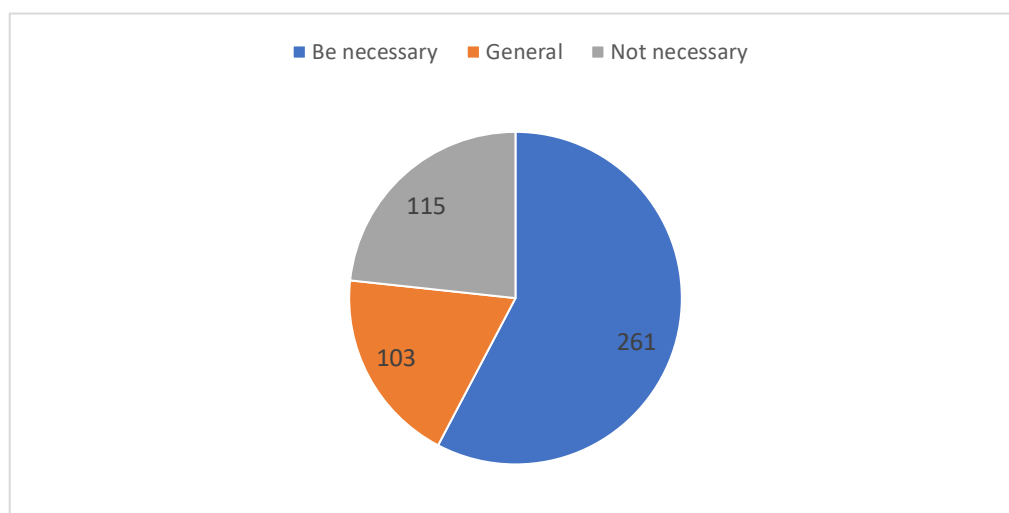


Figure 1 Survey on Students' Understanding of the Necessity of Carrying out Extracurricular Sports Activities

In this survey, a total of 261 students believed that it was very necessary to carry out extracurricular sports activities. They believed that extracurricular sports activities could not only enrich students' extracurricular life and improve their physical fitness, but also cultivate team spirit and enhance students' social interaction skills. However, the survey also found that

115 students considered extracurricular sports activities dispensable. These students believed that the existing courses were sufficient to meet their thirst for knowledge, and that carrying out sports activities would occupy their valuable study time. At the same time, 103 students believed that it was unnecessary to carry out extracurricular sports activities. They believed that sports activities did not have much help for their academic performance and future development.

In summary, the vast majority of students believe that it is necessary to carry out extracurricular sports activities. This indicates that sports activities can largely meet the diverse needs of students. However, there are also some students who question the necessity of sports activities. This also reminds us that when promoting extracurricular sports activities, we must fully consider the needs and opinions of different students to ensure that the activities can truly benefit every student.

### 3.1.3. Analysis of students' attitudes towards participating in extracurricular sports activities

Table 3. Attitude Statistics of Students towards Participating in Extracurricular Sports Activities (N=479)

| GENDER                | LIKE IT VERY MUCH | LIKE | GENERAL | DISLIKE |
|-----------------------|-------------------|------|---------|---------|
| <b>BOY</b>            | 107               | 63   | 37      | 46      |
| <b>GIRL</b>           | 75                | 47   | 45      | 59      |
| <b>TOTAL</b>          | 182               | 110  | 82      | 105     |
| <b>PERCENTAGE (%)</b> | 37.9              | 22.9 | 17.1    | 21.9    |

In Chongzhou City, the statistical data on the attitudes of middle school students towards participating in extracurricular sports activities is presented in Table 3 (with a sample size of N=279). From a gender perspective, there are certain differences in attitudes between boys and girls in this regard [7].

First, let's analyze the attitudes of boys towards participating in extracurricular sports activities. The table shows that 107 boys expressed a strong liking for participating in extracurricular sports activities; 63 boys expressed a liking; 37 boys had a neutral attitude; and 46 boys expressed dislike. Overall, a significant number of boys in Chongzhou City hold a positive attitude towards extracurricular sports activities. Next, let's analyze the attitudes of girls towards participating in extracurricular sports activities. The table shows that 75 girls expressed a strong liking for participating in extracurricular sports activities; 47 girls expressed a liking; 45 girls had a neutral attitude; and 59 girls expressed dislike. Overall, among girls, those who hold a positive attitude towards extracurricular sports activities outnumber those with other attitudes.

By combining data from both boys and girls, we can gain an overall understanding of the attitudes of middle school students in Chongzhou City towards participating in extracurricular sports activities. Among all the surveyed students, 182 students (37.9%) strongly enjoy participating in extracurricular sports activities; 110 students (22.9%) express a liking for it; 82 students (17.1%) hold a neutral attitude towards it; and 105 students (21.9%) express dislike for it.

Based on the above data analysis, it can be observed that the attitude of middle school students in Chongzhou towards participating in extracurricular sports activities is closely related to their gender. The number of boys with a positive attitude is significantly higher than that of girls, indicating that in Chongzhou, China, boys have a relatively higher enthusiasm and participation

in extracurricular sports activities. On the other hand, girls tend to have a more conservative attitude in this regard, which may be related to gender differences in interests, hobbies, and physiological characteristics. Therefore, when organizing extracurricular sports activities, schools and teachers should fully consider gender differences and formulate and implement targeted activity plans to enhance students' overall participation and enthusiasm. At the same time, encouraging and supporting girls to participate in sports activities can help cultivate their health awareness and sports literacy, promoting their all-round development.

3.2. Analysis of the Current Situation of Middle School Students Participating in Extracurricular Sports Activities in Chongzhou City

3.2.1. Students' choice of extracurricular sports activities

Table 4. Analysis of Students' Interest in Participating in Extracurricular Sports Activities (N=479, Multiple choice )

|                    | TRACK<br>AND<br>FIELD | BASKETBALL | FOOTBAL<br>L | VOLLEYBAL<br>L | TABLE<br>TENNIS | BADMINTON |
|--------------------|-----------------------|------------|--------------|----------------|-----------------|-----------|
| NUMBER OF PERSONS  | 283                   | 349        | 298          | 289            | 323             | 331       |
| PROPORTION RANKING | 6                     | 1          | 4            | 5              | 3               | 2         |
| ACCOUNT FOR(%)     | 59                    | 72.8       | 62.2         | 60.3           | 67.2            | 69.1      |

In the survey, 479 students participated in the voting, and six sports, namely athletics, basketball, football, volleyball, table tennis, and badminton, stood out in the survey results.

Among the 479 students, 283 chose athletics; 349 students opted for basketball, which ranks first in popularity among all sports, demonstrating its influence among students; volleyball ranks fourth, with 289 students choosing it; table tennis, as China's national sport, enjoys high popularity among students. In this survey, 323 students chose table tennis, ranking third; badminton ranks second, with 131 students choosing it. Its popularity is second only to basketball, highlighting its charm among students.

In summary, in this survey, students exhibit varying levels of interest in six sports: track and field, basketball, football, volleyball, table tennis, and badminton. Among these, basketball and badminton are particularly popular and are expected to become the main extracurricular sports activities for students in the future. Sports such as track and field, football, volleyball, and table tennis also possess a certain level of appeal, offering students more exercise options. In China, schools and parents should attach great importance to students' extracurricular sports activities, encouraging them to actively participate, thereby cultivating their interests and promoting their comprehensive development.

3.2.2. The frequency of students participating in extracurricular sports activities

Table 5. Analysis of Students' Participation in Extracurricular Sports Activities per Week (N=479 )

| NUMBER OF TIMES  | LESS THAN 5<br>TIMES | 5-10 TIMES | MORE THAN 10 TIMES |
|------------------|----------------------|------------|--------------------|
| NUMBER OF PEOPLE | 130                  | 205        | 143                |
| PERCENTAGE (%)   | 27.1                 | 42.8       | 29.8               |

We conducted a survey on the basic situation of students' participation in extracurricular sports activities every week, and analyzed the survey results in detail. The above table (Table 5) shows

the distribution of the number of times students participate in extracurricular sports activities every week.

This survey collected data from 479 students, covering their participation in extracurricular sports activities with different frequencies. As can be seen from the table, among the students who participate in extracurricular sports activities every week, 27.1% participate less than 5 times, 42.8% participate 5-10 times, and 29.8% participate more than 10 times.

First, let's analyze the students who participate in extracurricular sports activities less than 5 times. This group accounts for 27.1% of the total, indicating that there are still some students who participate in extracurricular sports activities less frequently per week. This may be related to their heavy academic pressure and lack of time, as well as factors such as insufficient sports facilities and lack of attraction of sports projects. In order to enhance the enthusiasm of this group of students for physical exercise, we need to start with curriculum arrangements, campus sports facility construction, and enriching sports projects. Secondly, the group of students who participate in extracurricular sports activities 5-10 times accounts for the highest proportion, reaching 42.8%. These students already have good habits of physical exercise, but there is still room for improvement. Schools and parents should encourage these students to maintain their exercise habits, while paying attention to their exercise volume and intensity to ensure they achieve better results in physical exercise. Finally, the group of students who participate in extracurricular sports activities more than 10 times accounts for 29.8%. These students have a high enthusiasm for physical exercise, and their active participation helps cultivate good physical fitness and sports skills. For this group of students, schools can consider organizing more diversified sports activities to improve their sports level and cultivate a group of sports talents with competitive skills.

In summary, through analyzing the frequency of students' participation in extracurricular sports activities each week, it can be observed that most students have developed good habits of physical exercise. However, there are still some students who participate in physical exercise less frequently, and concerted efforts from all parties are needed to enhance their enthusiasm for physical exercise. Meanwhile, schools and parents should tailor their approach to students based on their different exercise frequencies, paying attention to their exercise volume and intensity, in order to promote the healthy growth of all students.

3.2.3. The condition of hardware facilities such as sports venues and equipment in schools

Table 6. Whether the hardware facilities of the school meet the needs of students (N=479 )

|                  | VERY GOOD | BASICALLY CAN | GENERAL | NO   |
|------------------|-----------|---------------|---------|------|
| NUMBER OF PEOPLE | 126       | 112           | 143     | 98   |
| PERCENTAGE (%)   | 26.3      | 23.3          | 30.3    | 20.4 |

In China, the hardware facilities of school sports venues and equipment are crucial for students' physical exercise and growth [9]. To gain a deeper understanding of whether the school hardware facilities can meet the needs of students, we conducted a detailed survey analysis. The survey results are divided into four levels: very good, basically adequate, average, and inadequate. The following is a detailed interpretation of these four levels.

Regarding the rating of "very good", 126 people believe that the school's hardware facilities meet their needs. This group accounts for 26.3% of the total surveyed population. This means that some students believe that the quality of the sports venues and equipment provided by the school is excellent and can meet their needs in terms of physical exercise. The number of people

in the "basically can" category is 112, accounting for 23.3% of the total surveyed population. These students believe that the sports facilities provided by the school barely meet their needs, but there are still deficiencies in some aspects. The number of people in the "general" category is 143, accounting for 30.3% of the total surveyed population. These students have a relatively general evaluation of the school's hardware facilities, indicating that there is still much room for improvement in terms of sports venues and equipment. The number of people in the "cannot" category is 98, accounting for 20.4% of the total surveyed population. These students believe that the sports venues and equipment provided by the school cannot meet their needs and need to be improved as soon as possible.

In summary, regarding the hardware facilities of school sports venues and equipment in China, 50.7% of students believe that the school's hardware facilities cannot fully meet their needs. This indicates that there is still significant room for improvement in school sports facilities in China, which urgently needs strengthening and enhancement. Education departments in various regions should pay attention to the construction and improvement of school sports facilities, create better conditions for students to engage in physical exercise, and promote the comprehensive development of young people.

### **3.3. Problems in the Development of Extracurricular Sports Activities for Middle School Students in Chongzhou City**

#### **3.3.1. Students lack sufficient time to participate in extracurricular sports activities**

In contemporary society, the escalating pressure to advance in school has made it challenging for middle school students to allocate sufficient time and energy to extracurricular sports activities beyond their academic pursuits [10]. The issues faced by middle school students in Chongzhou City regarding extracurricular sports activities have become increasingly prominent, garnering widespread attention from parents and various sectors of society. It is widely recognized that physical exercise holds significant importance for the physical and mental development of adolescents. It not only strengthens the body and boosts immunity but also cultivates teamwork spirit and a sense of competition. However, due to the pressure of academic advancement, students often devote most of their time and energy to academic studies, significantly reducing the time allocated for extracurricular sports activities. This, to a large extent, restricts their overall physical and mental health development [11].

#### **3.3.2. The school's facilities and equipment are aging**

The issue of aging school facilities and equipment has become increasingly prominent, not only affecting the development of China's education sector but also posing a potential threat to students' physical and mental health [12]. In recent years, with the continuous increase in education investment, school infrastructure has been improved to some extent. However, the problem of aging facilities and equipment remains severe. The outdated sports facilities and equipment in schools cannot meet the current demand for extracurricular sports activities. This situation can also lead to students' low interest in participating in sports activities.

#### **3.3.3. The types of extracurricular sports activities are limited, and the content is monotonous**

The types of extracurricular sports activities are overly limited, and the content lacks innovation, failing to stimulate students' enthusiasm. Under the current educational system, many schools overly focus on academic performance, neglecting the importance of physical exercise [13]. Consequently, sports activities are often regarded as a "sideline," with schools and parents investing significantly insufficiently in them. This phenomenon has led to a gradual decrease in students' interest in sports activities and a diminishing enthusiasm for participation.

### **3.4. Countermeasures for middle school students in Chongzhou City to carry out extracurricular sports activities**

#### **3.4.1. Reasonably arrange the time for students to participate in extracurricular sports activities**

In light of the extracurricular sports activities that China is currently vigorously advocating, parents need to abandon outdated concepts and no longer regard exams as the sole criterion for measuring academic achievements [14]. Instead, we should truly recognize that sports activities play an irreplaceable and significant role in students' growth compared to other subjects. The development of extracurricular sports activities not only helps students release pressure and maintain an optimistic and positive mindset, but also brings more positive impacts during their critical period of growth.

With the increasingly fierce competition in education, students are facing immense pressure. Extracurricular sports activities allow them to exercise and relieve stress amidst their busy study schedules, thereby enabling them to better immerse themselves in their studies. Furthermore, sports activities cultivate students' teamwork spirit and sense of competition, preparing them to better adapt to society. Extracurricular sports activities also help cultivate good living habits, laying a solid foundation for future study and life.

#### **3.4.2. Regularly inspect and update sports venues and equipment**

The education department and schools should attach great importance to this issue and take effective measures to address it [15]. Firstly, increase investment in updating and improving school venues and equipment. This includes renovating outdated sports venues and purchasing new sports equipment to meet the needs of teaching and extracurricular activities. Secondly, improve relevant policies, encourage and support schools to introduce advanced venue and equipment management technology, and enhance the service life and efficiency of venues and equipment.

In addition, schools can collaborate with social forces to jointly promote the upgrading of school venues and equipment. For instance, they can collaborate with sports manufacturers to purchase high-quality sports equipment at preferential prices, and partner with volunteer organizations to carry out venue maintenance work, ensuring the normal operation of venue facilities.

While addressing the issues of outdated venues and equipment, schools also need to strengthen physical education for students and enhance their interest and participation in sports activities. This can be achieved by enriching the physical education curriculum, organizing diverse sports activities, and stimulating students' interest in sports; furthermore, hosting sports festivals, games, and other events can allow students to experience the joy of sports through competition, thereby improving their physical literacy.

#### **3.4.3. Establish diversified extracurricular sports activities**

In order to help students discover their interests in sports activities, schools should offer a diverse range of sports programs based on students' age, gender, physical fitness, and interests. These include traditional sports such as basketball, football, volleyball, and table tennis, as well as emerging sports such as yoga, dance, fencing, and swimming. By providing a rich and diverse range of sports activities, students' enthusiasm for participating in sports can be stimulated.

Meanwhile, schools should regularly organize various sports competitions to encourage students to actively participate. Through inter-school friendly matches, leagues, and other forms, students can improve their skill levels through competition. Additionally, students can be organized to participate in national and even international sports competitions to broaden their horizons and cultivate a group of sports talents with competitive skills [16]. Furthermore, sports clubs serve as excellent platforms for students to exchange sports hobbies and cultivate

team spirit. Schools should increase their support for sports clubs, providing necessary venues, equipment, and instructors. Encourage sports clubs to organize a variety of activities, such as fun sports games and sports knowledge lectures, allowing students to gain happiness in sports activities and cultivate team collaboration skills.

Through diversified extracurricular sports activities, we can stimulate students' interest in participating in sports, cultivate their good sports qualities, and lay a solid foundation for their healthy growth. Let us work together to build a vibrant campus sports culture!

## 4. Conclusions and Recommendations

### 4.1. Conclusion

The main reasons for students to participate in extracurricular activities include personal hobbies, making friends, improving physical health, enhancing sports skills, relaxing the mind and body, and reducing learning pressure.

More than half of the students believe that it is very necessary to carry out extracurricular sports activities.

Most students have developed good habits of physical exercise. The vast majority of students can ensure to exercise 5 times a week.

More than half of the students believe that the current sports facilities cannot meet their own exercise needs.

Due to the pressure of academic advancement, students lack sufficient time to participate in extracurricular sports activities.

### 4.2. Suggestion

It is necessary to reasonably arrange the time for students to participate in extracurricular sports activities, so as to alleviate their academic pressure.

Regularly inspect and update sports facilities and equipment to meet the diverse needs of students for physical exercise.

Establish diversified extracurricular sports activities to enhance students' interest in participating in extracurricular sports activities.

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