

# Analysis on the Status Quo of Postgraduates' Physical Exercises

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## Abstract

The postgraduate group is the main force to promote the future social development, which requires the comprehensive improvement of the physical and psychological quality of postgraduates. At present, the problem of postgraduate physical exercise in major universities needs to be solved urgently. Most postgraduates ignore the importance of physical exercise and cannot do it independently. Physical exercise has not formed a good physical exercise habit, so that the various machines of the body have not been fully exercised. This article first explains the importance of postgraduate physical exercise, then analyzes the status quo of postgraduate physical exercise, and finally gives 4 countermeasures to strengthen postgraduate physical exercise.

## Keywords

Postgraduate Student; Physical Exercise; Status Quo; Countermeasures.

## 1. Introduction

With the rapid development of social economy, sports has become a new social culture. As the main force of social builders, physical education plays a key role in the overall development of graduate students, not only affecting physical health, but also related to the development of mental health and spiritual quality. As far as graduate students are concerned, the school's many disciplinary tasks, academic research and other curriculum arrangements have caused graduate students to neglect physical exercise, lack a strong awareness of physical exercise, and have no reasonable allocation of time for physical exercise, and their consumption concepts in sports are not strong. Lack of reasonable physical exercise motivation, these factors all lead to a decline in the physical quality and mental health of graduate students, which does not match the requirements of all-round talents in the society of the new era. Therefore, major colleges and universities should strengthen the construction of sports culture, continuously innovate and explore sports teaching programs, timely grasp the actual situation of students and their perception and evaluation of sports courses, improve the sports curriculum system, and create a rich and diverse sports classroom. Let students have a correct understanding of physical exercise, stimulate students' interest in physical exercise, and become a new type of talent that meets the requirements of the development of the times in the future.

## 2. Significance of Physical Exercise

On the one hand, physical exercise can provide a good physical guarantee for graduate students' employment; on the other hand, physical exercise can also lay a good foundation for the life-long health of graduate students. In addition, physical exercise can also promote the mental health of graduate students. These all have positive significance and effect for the follow-up of graduate students to enter the society.

### 2.1. Provide Physical Protection for Graduate Students

Healthy physical fitness and excellent physical conditions can enable students to better deal with emergencies in actual work. It can be said that physical fitness is the most basic requirement of the school and society for students. Graduate students will start to work after

graduation and enter the society. Having a good physical fitness is the basic condition for students to adapt to higher work intensity, and it can help students quickly adapt to the pace of the job after entering the job.

## **2.2. Lay the Foundation for the Lifelong Physical Health of Graduate Students**

Graduate students sit in front of the computer for a long time every day and are busy with heavy learning and research tasks. Sitting for a long time will have an impact on the cardiovascular and cerebrovascular systems. Researchers in the United States once analyzed 2,000 adults. The study found that for every additional hour of sedentary time, the burden on the coronary arteries increased by 14%. And the effect of sitting for a long time on the coronary arteries is difficult to erase. Sitting for a long time will affect the blood circulation, leading to poor blood circulation and increasing the burden on the cardiovascular and cerebrovascular vessels. Sitting for a long time will cause a great burden on the cervical spine, lumbar spine, and spine, and it is easy to cause cervical spondylosis and lumbar spine problems. Sitting for a long time will accelerate aging. Sitting for a long time will affect the body's blood circulation, affect the body's metabolism, and accelerate the speed of aging. Studies have shown that sitting for a long time will accelerate the shortening of the body's telomerase and accelerate the body's aging rate.

## **2.3. Promote the Mental Health of Graduate Students**

The academic pressure of university graduate students is relatively high, and most of the graduate students who have just entered the society also have a lot of mental pressure. Many newly graduated graduate students feel confused about the future instability, and even gradually become anxious under the influence of long-term stress. Long-term depressed mental state will undoubtedly affect the mental health of graduates, and physical exercise has a good effect on promoting people's mental health, and regular physical exercise is a good medicine to help alleviate mental health diseases such as depression and anxiety. Exercise can treat mild to moderate depression as effectively as antidepressant drugs without side effects. In addition, appropriate physical activity also helps to break the negative thought cycle of some graduate students, and has a subtle impact on the promotion of graduate students' mental health.

## **3. The Status Quo of Postgraduate Physical Exercise**

The current physical exercise situation of graduate students is not optimistic, and the phenomenon is concentrated in three aspects: weak awareness of sports, heavy academic pressure, and old sports facilities.

### **3.1. Postgraduates have Weak Awareness of Physical Exercise**

Most graduate students have very weak awareness of physical exercise. According to our survey, nearly half of the graduate students will only urgently strengthen the weak link exercise to cope with the physical test a few days before the physical test. In other words, although about 50% of graduate students are aware of their own weaknesses, they will not take the initiative to effectively carry out targeted exercises. It can be seen that most graduate students have very weak exercise awareness. They do not have a deep and thorough understanding of the meaning of physical exercise. They believe that physical exercise is just a single exercise, which makes the body strong and lacks the correct motivation for physical exercise. Ignore the core meaning of physical exercise. Physical exercise can strengthen the body and effectively regulate emotions. When the mood is low, it can be resolved and released through sports events, which can temper the will, and cultivate students' perseverance, hardworking and enterprising spirit. At the same time, physical exercise is one of the activities that provide communication needs and entertainment.

### **3.2. Heavy Academic Pressure Affects Physical Exercise**

The academic pressure of graduate students is greater. Due to the increasingly fierce employment competition in recent years, some graduate students will choose to work hard to obtain high credit scores or obtain scholarships in order to gain an advantageous position in the employment competition after entering the society. This part of graduate students often spend more of their spare time Review and consolidate. Through the survey, it can be understood that nearly half of graduate students believe that physical exercise will make them more tired and affect their own learning efficiency; at the same time, they believe that physical exercise will take up their spare time and affect their academic progress. It can be seen that the increasing pressure of study is also one of the important reasons why graduate students are gradually neglecting exercise.

### **3.3. Insufficient Attention from Universities**

Some colleges and universities do not have much publicity on sports events such as sports events, and many graduate students do not even know the development of sports activities on campus for the first time. On this basis, students' participation in sports activities on campus is not high. In addition, some colleges and universities do not pay much attention to the setting of physical exercise-related lectures. The frequency of physical exercise-related lectures is not high, and students seldom improve their physical exercise situation through lectures. Many colleges and universities have been unable to introduce diversified physical education equipment and equipment, and offer a variety of physical exercise activities due to resource conservation, resulting in students not being able to choose sports according to their own preferences. Some colleges and universities have fewer indoor sports venues, and the cold winter weather has caused students to reject outdoor sports and lose their interest in sports.

## **4. Countermeasures to Strengthen Postgraduates' Physical Exercise**

According to the above-mentioned status quo, improvements can be made from three aspects: strengthening publicity and awareness guidance, optimizing sports facilities, and adjusting the relationship between learning and sports.

### **4.1. Strengthen Publicity and Awareness Guidance**

In terms of the organization of sports activities and competitions, college organizers can strengthen their publicity and promotion efforts, vigorously promote the sports spirit of "participation", and create an atmosphere of "sports for all". Sports themed activities such as "Fluorescence Night Run" can be actively held to attract more graduate students to participate in sports activities, thereby increasing the interest and enthusiasm of students' physical exercise. At the same time, in various college sports events, more competitive and interesting projects such as obstacle races can be set up to mobilize the enthusiasm of graduate students, so that more graduate students can participate in sports events, and their participation in sports activities can be improved. Reward athletes by donating sports equipment or fitness cards, and cultivate graduate students to establish good sports concepts. Colleges and universities can also carry out scientific popularization and correction of the meaning and purpose of students' sports through various forms such as special lectures on sports, helping them to adjust the starting point of sports from the conscious level and establish correct sports concepts.

### **4.2. Optimize Sports Facilities**

University sports facilities, venues, equipment, etc. are the basic conditions for physical education. At present, the construction of university sports facilities in China is not perfect, and even generally lags behind, which hinders college students' physical exercise. Colleges and

universities should combine the actual situation, learn from the sports construction cases of excellent schools, increase investment in sports construction, rationally expand sports teaching venues and activities, and introduce more advanced sports equipment to enable college students to learn about university physical exercise projects. Choices are more rich and diverse, improve the practicality of sports equipment, increase the use rate of sports equipment, so that students gradually gain a sense of joy and accomplishment during physical exercise, thereby increasing interest in physical exercise and developing lifelong sports Exercise awareness.

#### 4.3. Improve Learning Efficiency and Perform Efficient Operations

Properly handling the relationship between learning and exercise can not only effectively increase the intensity of postgraduate physical exercise, but also cultivate a positive awareness of exercise. The key is to improve the efficiency of both learning and exercise. In terms of learning, graduate students can use high-efficiency learning methods such as mind maps to study and consolidate, reducing inefficient learning time, thereby leaving more time for physical exercise; in terms of exercise, efficient and correct exercise is also improved The key to exercise quality and reduce meaningless exercise is to correct your exercise style by searching online tutorials, avoid using unhealthy and incorrect exercise methods to exercise, and remind yourself to actively strengthen exercise and stimulate by drawing up a clear exercise plan. One's own exercise awareness can increase the frequency and intensity of physical exercise, thereby enhancing exercise efficiency and strengthening exercise intensity. In addition, graduate students can also get to know some companions who love sports. Joint exercise can not only cultivate friendship, but also allow graduate students to participate in sports with a positive and optimistic attitude, improve their enthusiasm for physical exercise, and at the same time supervise each other. , Make progress together.

### 5. Conclusion

The postgraduate group is a young group full of vigor and vitality, and is the main source of future talents in society. Institutions of higher learning are important places for cultivating constructive talents in our country. On the one hand, it is necessary to enable the majority of graduate students to continuously equip their minds with knowledge through their studies at school. Awareness of physical exercise should also be implemented to ensure that it has a strong body, promotes the benign development of university physical education, and cultivates all-round talents with physical and mental health for the society.

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