
学生健身行为现状调查及对策研究

摘要

我国的经济在随着社会的进步而继续发展，国人的健康水平也受到越来越多的关注，健身行业快速发展，人们的健身行为日益增多，强健的体魄是国家蒸蒸日上的不竭动力。大学生是国家未来的重要枢纽，调查研究大学生的健身行为对培养现代人的素质具有重要的促进作用。本文采用专家访谈法、数理统计法、逻辑分析法、文献资料法、问卷调查法、对燕京理工学院学生参加体育锻炼的健身行为现状进行调查，对其中所制约学生参加体育锻炼的影响因素进行分析，然后对相对应的解决对策进行解决，并对学生参加体育锻炼进行积极正确合理的引导，将学生们参与体育锻炼的思想进行转变，被动转为主动，真正深层次的对体育锻炼的本质和功能进行认知了解，并逐渐将体育锻炼变成日常生活的一部分，进而将终生锻炼的思想贯彻已落实，同时还可以为本科院校体育的教育教学改革提供经验和理论依据进行推动，进而为具有德、智、体、美、劳，全面发展的高知识，高技能型的社会人才进行培养，对学生实施终身体育行动的能力基础惊醒良好的夯实，除此之外还可以对本科院校更加平稳顺利的开展学校体育工作提供一定的参考价值。

通过研究得到以下建议：1. 树立正确的健身观念 2. 提高对健身相关内容的认识 3. 完善燕京理工学院体育课程，根据学生需求融入更多体育健身知识与技巧

关键词：燕京理工学院；健身行为；健身动机；大学生

Abstract

Although China's economy continues to develop with the progress of society, but the health level of Chinese people continues to decline. It can be obtained by consulting various documents and investigating various data. As our country needs to carry out the physical health test for students every year, we can know that the physical fitness of students in various places is declining every year, accumulating with the country over time. The gap between the developed countries is growing. Among the domestic college students, the rate of myopia, obesity and overweight shows a trend of continuous growth. The rate of reaching the standard in vital capacity also shows a trend of gradual decline. Therefore, it is very important to improve the system health level of students. Through the investigation of the present situation of the students' physical exercise behavior in Yanqing Institute of technology. It also guides the students to take part in physical exercise actively, correctly and reasonably, and changes the students' thoughts of taking part in physical exercise from passive to active. We should have a deep understanding of the essence and function of physical exercise, and gradually turn physical exercise into a part of daily life, and then put the idea of lifelong exercise into practice. At the same time, we can also provide experience and theoretical basis for the reform of physical education and teaching in undergraduate colleges and Universities, and then promote the all-round development of high knowledge with morality, intelligence, body, beauty and labor, The cultivation of high skilled social talents can well consolidate the ability foundation of students' lifelong sports activities, and provide a certain reference value for colleges and universities to carry out the school sports work more smoothly and smoothly for the first time.

Key words: Yanjing Institute of Technology ; Fitness behavior ; Fitness motivation ; Undergraduate

目 录

摘 要.....	1
Abstract.....	11
前 言.....	1
第 1 章 研究课题背景与价值.....	2
1.1 课题背景.....	2
1.2 选题目的及意义.....	2
1.3 研究综述.....	3
第 2 章 研究对象与方法.....	5
2.1 研究对象.....	5
2.2 研究方法.....	5
2.2.1 文献资料法.....	5
2.2.2 问卷调查法.....	5
2.2.3 数理统计法.....	5
2.2.4 逻辑分析法.....	5
第 3 章 研究结果与分析.....	6
3.1 研究结果.....	6
3.1.1 生健身基本情况.....	6
3.1.2 学生健身动机分类.....	10
3.1.3 学生健身行为的认知.....	11
3.1.4 影响学生参与健身的因素.....	12
3.2 研究分析.....	12
3.2.1 健身动机分析.....	12
3.2.2 促进健身行为发展分析.....	13
第 4 章 结论与建议.....	14
4.1 结论.....	14
4.2 建议.....	14
参考文献.....	15
致 谢.....	17

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