

Influence of Moderate Movement and Training on the Physical and Mental Health of College Students

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Abstract: College students are the future of China as they shoulder the responsibility of national construction and prosperity. Therefore, moderate exercise is the best way to keep physical and mental health of college students. On one hand, it exercises students' wills and increases their adaptability to society. On the other hand, it helps them form good habits and strong bodies. Thus, it sets excellent condition for future work. The work analyzes the importance of moderate exercise in college students' physical and mental health. Meanwhile, it offers solutions to the problems under the present situation.

1 INTRODUCTION

With the economic development and social progressing, there have been great improvements in people's lives and continuing changes in thoughts. Obviously, people pay more attention to self health in life quality. Therefore, there have been great increases in daily exercise. It is a great transition in ideology as well as a great achievement in pushing construction of spiritual civilization and national body-building movement. Health comes before everything. Life lies in motion and sports are good to health, which is the premise and guarantee of creating and connotation of modern civilization. As college students are the most important talents in building China, their mental conditions are greatly concerned by society. Recently, the frequent occurrence of sudden death in college students draws concerns to students' health conditions. The physical and mental health has always been the focus point which is greatly concerned by society and parents. Therefore, it is essential to let students have moderate exercise for their social development and family happiness.

2 CURRENT SITUATION AND CAUSES OF COLLEGE STUDENTS' TRAINING AND MENTAL HEALTH

2.1 Problems of Physical Aspects and Reasons

It is an important period of body growth in college. The good health and eating habits help to shape strong bodies and cultivate excellent psychological qualities. However, nowadays college students just exercise one to two times a week, which is greatly harmful to students' health. Longtime lack of exercise greatly decreases body functions and immunity, which will result in diseases. The main problems of bodies concentrate in visual acuity, too fat and too thin. In the recent college marathons, it is common that too many athletes quit races due to ligaments. The main reasons that contribute to the alarming in college students' health include:

2.1.1 Increasing Pressure in College Employment and Attending to School Work with No Time Left

With the economic development and heated competitiveness in society, college students are in the weak position of work competitiveness due to the lack of work experience and unfamiliarity with society. To increase comprehensive strength and competitiveness, many college students work hard in

professional courses. Meanwhile, they also conduct expansion of part-time courses, development of personal hobbies and preparation of postgraduate entrance examination and textual research. Thus, they do not have enough time to train themselves, which has become main reason of health problems in college students.

2.1.2 Time of Surfing Is Far More than That of Movement Due to Development of Internet

In recent years, mobile phones, computers and tablet pc have been updated faster and wireless network have been widely promoted. Especially, in college campus network have been more advanced. Thus, students are provided a better platform for computer games as China Railcom, China Mobile and China Unicom enter the school. Nowadays, more than 70% of the students play Internet games according to the study. Thus, it has greatly influenced their daily lives and school work, which results in frequent truancy and school work devastation. The addiction to Internet games occupy most of students' free time and make them less willing to participate in training.

2.2 Psychological Problems and Present Situation

The psychological problems come with the decrease in body health. Psychological quality of nowadays students is much worse than before. It is counted that incidence of psychological obstacle in modern students is 20% to 30%, which clearly shows the challenges students face in psychological qualities. The obstacles include social phobia, inferiority, stress, repression and anxiety. However, actions endangering themselves, families and friends are likely to occur without good psychological quality in the college time. Besides, it will also cause great negative impacts on future study, work and life. The reasons are as follows:

2.2.1 Decrease in Body Quality

The unfitness and decrease in body quality is the main reason contributing to the going down of students' psychological quality. Sports also influence development of psychological quality while strengthening body. Therefore, moderate training not only strengthens body, but also removes their inferiority and horror during the joyful movement.

2.2.2 Unable to Solve Psychological Problems Immediately

The complex campus environment will result in psychological problems in the students with not so strong mental qualities. Therefore, the problems will be more serious after long time accumulation without appropriate expression.

2.2.3 Lack of Basic Training Facilities and Fields

The main factor resulting in the mental and psychological problems of college students is lack of moderate training. Apart from students themselves, schools also neglect to provide appropriate fields to students. Firstly, there is only one playground in many colleges despite various school districts. Therefore, many students can only train themselves around teaching building or along the roads. It not only influences others' studies but also endangers others. Secondly, the incomplete infrastructure cannot inspire students. Thirdly, with the end of PE classes in sophomore year, so is students' exercise career.

2.2.4 Most Students' Lack of Knowledge on Movement

Most students prepare to play games in dormitories rather than train themselves. It is mainly because that they have not found the benefits and necessities of movement. Therefore, they do not realize to which extent their functions have dropped, which has aroused social concerns on students' body conditions.

3 IMPORTANCE OF MODERATE EXERCISE ON HEALTHY DEVELOPMENT OF STUDENTS' PHYSICAL AND MENTAL HEALTH

3.1 Improving Students' Physical Qualities and Set Healthy Conditions for Future

Life lies in motion and motion is good for health. The most direct understanding on movement and health clearly shows importance of them. Firstly, college students are the backbone of society. They will not push forward unless they have healthier

body confronting heavy work and life burdens. Secondly, the society is cruel and full of competitiveness. Healthier body enables them to better finish work and pursue dreams. Thirdly, college students are also hopes of families. As they shoulder the wishes of their eldership, schools and society should pay more attention to students' training. The frequent occurrence of students' sudden death reminds people of the necessity and emergency of students' training.

3.2 Exercising Students' Strong Wills and Qualities

Apart from improving bodies' comprehensive qualities, body movement also strengthens their psychological qualities. Thus, it exercises strong minds and forms good habits. It is not only a process of strengthening body, but also it is a way of forming steadfast psychological qualities. Movement lies in adherence, three days of fishing and two days of exercise will not form good habits. The body quality will not be influenced unless longtime persistence. Therefore, longtime training is the best way to exercise wills in students and helps them form strong qualities. Thus, it provides better psychological support for their future life and work and helps them adapt to social development.

3.3 Enhancing Confidence, Overcoming Barriers of Social Intercourse, Expanding Interpersonal Relationship

Some college students, especially those from poor families and districts, some have strong sense of inferiority. It results in serious interpersonal barriers and preventing them from expressing their opinions. The depression of thoughts and emotions is of great harm to their body health. However, moderate exercise enables them to go out of dormitories and connect all kind of people in college. During the process, they gradually overcome the barriers of social intercourse and improve social abilities. Besides, moderate exercise helps them shape fine figures and strengthen confidence in social intercourse, which overcomes psychological obstacles and broadens interpersonal relationships. Thus, they will be happier and make more friends in the colorful college life.

3.4 Developing Intelligence and Tapping Potentials

The preparation of post-graduate entrance examination, textual research and civil servant examination brings heavy burdens on college life. According to the research, moderate exercise helps improve efficiency as moderate aerobic exercise enables brains with better rest, vitality and accelerated speed. Meanwhile, eyes get some rest and outdoor sports protect eyes while watching far away. Therefore, moderate exercise brings infinite potentials of brains and develops intelligence while alleviating fatigue. Thus, it ensures longer time study and work.

3.5 Forming Fine Self Understanding and Psychology

Movement leaves time for students to reflect on themselves and to evaluate themselves. After witnessing their shortcomings and advantages, they can change themselves with good self understanding. Fine self-understanding is the beginning of psychology, which helps students to master pressure of all circles better. Once they stand every failure, they control emotions better to avoid psychological worries.

4 SOLUTIONS ON PUSHING MODERATE TRAINING IN COLLEGE STUDENTS

4.1 Forming Moderate and Scientific Rules and Positive Psychology

While promoting moderate exercise, it should be noted that training should be moderate and scientific. Excessive and unscientific sports endanger health and pose heavy burdens on psychology, which results in mental reliance. According to the research, negative mental reliance on exercise causes harmful impacts on exercisers. Some people even quit exercising in serious conditions. However, positive mental reliance on exercise helps trainers control movements and produce more positive energy with upward emotions. Thus, it is needed to form scientific and reasonable rules and positive psychology to ease tension and anxiety.

4.2 Balancing Diets

While exercising, it is needed to balance diets, which allows all body functions to keep pace with body development. However, it is noted that body absorbs all nutrition to a certain extent, over which will increase pressure of body and decrease the functions. For example, long time intake of foods of high sugar, high salt and high fat will cause the increase in blood sugar levels. Thus, fat increase leads to obesity, which is a serious state of sub health. Students should be reminded of balanced and reasonable diet.

4.3 Strengthening Construction of Infrastructures

Training requires permanent and enough places and infrastructures. Thus, it increases the enthusiasm and helps them keep training. Therefore, college should invest more money in expanding college playground and facility room, which allows students to have more choices. In curriculum, the college PE class should be extended to the second semester of junior year. Thus, students have more opportunities in choosing their favorite sports and increasing training efficiency with more professional knowledge. Meanwhile, faculties should combine body exercise with protection to contribute to healthy development with theories and practices.

5 CONCLUSIONS

Psychological and mental health is the basis of everything as well as the guarantee of continuing innovation. Meanwhile, it is emphasized in education reform as physical conditions have always been widely concerned. As we all know, the lack of knowledge and awareness is the main cause of decrease in physical health. As subjective awareness determines objective actions, when students want to train themselves subjectively, nothing stops them regardless of backward facilities, occupied fields or Internet games. However, if they are unwilling, they will not go outdoors no matter how advanced the sporting conditions are. Thus, it is the determination of internal cause. Therefore, college should change students' perspectives and improve all levels of sports to increase students' interests. More and more students will go outdoors and train for better physical and mental qualities.

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