

# The Influence of Emerging Sports on The Wellness Dimensions of The Public Middle School Students in China

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**Abstract:** The physical quality of our citizens is declining, especially among primary and secondary school students. The decline is particularly serious. This study aims to explore the level of influence of emerging sports on the Wellness dimensions of middle school students in selected middle schools in China. Emerging sports refer to sports that are relatively popular internationally, have recently been launched domestically or are newly created domestically, are popular among teenagers and are suitable for schools, such as rock climbing, roller skating, orienteering and wilderness survival, etc. This study preliminarily draws the above hypothesis based on a review of previous studies. Ho1: There is no significant difference in the influence of the emerging sports on the physical wellness dimension of the student-respondents when their profile is taken as test factor. Ho2: There is no significant difference in the influence of the emerging sports on the emotional wellness dimension of the student-respondents when their profile is taken as test factor. Ho3: There is no significant difference in the influence of the emerging sports on the mental wellness dimension of the student-respondents when their profile is taken as test factor. Ho4: There is no significant difference in the influence of the emerging sports on the social wellness dimension of the student-respondents when their profile is taken as test factor. Ho5: There is no significant relationship in the influence of the emerging sports on the physical, emotional, mental and social wellness dimension of the student-respondents when their profile is taken as test factor.

**Keywords:** Emerging Sports, Wellness Dimensions, Middle School Students.

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## 1. Introduction

With the rapid development of economy, politics, and culture, although the living standards of the people continue to improve, the physical fitness of our country's citizens is constantly declining, especially for primary and secondary school students, with a particularly severe decline in physical fitness (Ministry of Education of the People's Republic of China, 2022). Traditional sports projects can no longer fully meet the diverse development needs of students. Compared with some traditional sports, emerging sports such as rock climbing, cricket, roller skating, team sports like basketball, soccer, softball, baseball, tennis and extreme sports not only meet the diverse and stimulating needs of middle school students, but also have a certain degree of inclusiveness, allowing more students to participate. They have the characteristics of adapting to local conditions, varying from person to person, diverse forms of male and female physique, strong interest, simple organization, and in line with the comprehensive development of people (Zhao Xuguang, 2013), Gradually being loved and pursued by many students, emerging sports have unlimited prospects for development. Therefore, emerging sports projects will be the mainstream direction of future sports development (Shen Jianhua, 2022). However, there is currently a lack of systematic research on the impact of emerging sports on the wellness dimensions of middle school students. Therefore, this study aims to explore its influence on their wellness dimensions.

Sports have always been an integral part of human culture and society. They have played a significant role in shaping China's history, identity, and national pride. Over the years,

China has emerged as a sports powerhouse, excelling in several disciplines, including table tennis, gymnastics, diving, and badminton. Sports have profoundly impacted Chinese society, both socially and economically. Not only has it promoted a healthier lifestyle among the Chinese people, but it has also become a major source of national pride. Regarding the number of Olympic game medals won by country (as of 2023), China is fifth overall—an impressive achievement. China's success in the Olympics and other major international sports events has boosted its national identity and brought a sense of unity and pride among its people.

The development status of emerging sports in schools in China. Emerging sports provide students with the opportunity to learn about modern sports lifestyles and have always been loved by students. More and more primary and secondary schools are providing students with more emerging sports programs to meet their sports learning needs and shape their unique sports culture. In April 2022, the Chinese Ministry of Education released the “2022 Curriculum Standards for Physical Education and Health in Compulsory Education”, in which require schools to provide students with at least 18 lessons of learning opportunities in emerging sports projects. Ding Wu, Zhang Yu, and Zhao Hang, 2022 pointed out that emerging sports not only have common educational values and ability requirements with other sports, but also have unique educational value in enhancing students' understanding of sports culture in different countries and regions, stimulating students' curiosity and adventurous spirit. Among them, survival exploration

Projects are mainly conducted in natural sites, which have strong challenges, explosiveness, and unpredictability of

results, which is conducive to promoting students to apply interdisciplinary knowledge and skills, and improve their ability to respond to various unexpected events.

Emerging sports in schools around the world are also characterized by increased diversity, increased inclusion and more innovative educational approaches. The school gradually introduces more emerging sports, such as rock climbing, skateboarding, extreme sports, archery, cycling, etc., to meet the needs of students for diverse experiences. Emerging sports often have lower barriers to entry and wider participation groups, including students who are not good at traditional sports, thus promoting the inclusivity of sports activities. Emerging sports bring innovative educational methods, emphasizing cooperation, independent learning and problem-solving skills, which help to cultivate students' comprehensive qualities.

Although more and more schools are developing emerging sports, schools are also facing various challenges in the implementation. Many emerging sports require specific venues and facilities, which may be limited by school resources, limiting the development and large-scale promotion of these activities; some emerging sports come from unique cultural backgrounds, and different cultural cognition differences also lead to different Cultural acceptance of emerging sports is different, and some activities may be restricted or encounter difficulties due to cultural differences; schools are very concerned about safety issues, and many emerging sports are often more adventurous and challenging, involving higher risks, requiring schools to strengthen safety Measures and regulation, which have also raised concerns among schools, parents and students, limit the promotion of such campaigns. Many emerging sports lack dedicated project teachers, and school physical education teachers need to receive specialized training and guidance in order to effectively guide students to participate in emerging sports, which requires schools and teachers to invest time and resources. Some emerging sports may not have established lasting popularity among the general public, and it will take time to promote and popularize them to increase durability and popularity.

The development status and challenges faced by emerging sports in schools around the world vary depending on regional and cultural differences, but overall, they are gradually receiving attention and promotion in the field of school sports.

Emerging sports are gradually flourishing in schools around the world. Despite the challenges, their diversity, innovation and inclusiveness make them play an increasingly important role in physical education for middle school students. Schools, educational institutions, and relevant stakeholders need to collaborate to overcome challenges and provide students with a more enriching and rewarding physical education experience.

Considering the above challenges, there is a need to explain to schools and parents the impact of emerging sports on students' Wellness, so as to establish the rationality and possibility of schools developing emerging sports. students' Wellness is becoming an increasingly important area of concern in China. In the teaching reform of basic education courses in 2022, students' needs for sports have been given more consideration. But some people also question that this is only catering to students and not conducive to their education. Therefore, it needs evidence to prove that the implementation of a sport is indeed beneficial for students' sense of Wellness, in order to better assist schools in making curriculum

decisions and explain to society the scientific nature of school curriculum implementation.

The researcher delves in doing this study because he wants to determine the influence of the emerging sports to the overall well-being of the students so that this will be his guide in crafting his curriculum guide or teaching guides which could help improve the overall wellness status of the students.

## 1.1. Statement of the Problem

This study aims to explore the level of influence of emerging sports on the Wellness dimensions of middle school students in selected middle schools in China. Specifically, this study will seek answers to the following questions:

1. What is the profile of the student-respondents in terms of:
  - 1.1 sex
  - 1.2 age
  - 1.3 grade level
  - 1.4 school affiliation
  - 1.5 emerging sports engaged in
2. What is the level of influence of the emerging sports to the physical wellness dimension of the student-respondents?
3. Is there a significant difference in the influence of the emerging sports on the physical wellness dimension of the student-respondents when their profile is taken as test factor?
4. What is the level of influence of the emerging sports to the emotional wellness dimension of the student-respondents?
5. Is there a significant difference in the influence of the emerging sports on the emotional wellness dimension of the student-respondents when their profile is taken as test factor?
6. What is the level of influence of the emerging sports on the mental wellness dimension of the student-respondents?
7. Is there a significant difference in the influence of the emerging sports on the mental wellness dimension of the student-respondents when their profile is taken as test factor?
8. What is the level of influence of the emerging sports on the social wellness dimension of the student-respondents?
9. Is there a significant difference in the influence of the emerging sports on the social wellness dimension of the student-respondents when their profile is taken as test factor?
10. Is there a significant influence of the emerging sports on the physical, emotional, mental and social wellness dimensions of the student-respondents?
11. Based from the findings of the study, what wellness program can be proposed?

## 1.2. Research hypotheses

Ho1: There is no significant difference in the influence of the emerging sports on the physical wellness dimension of the student-respondents when their profile is taken as test factor.

Ho2: There is no significant difference in the influence of the emerging sports on the emotional wellness dimension of the student-respondents when their profile is taken as test factor.

Ho3: There is no significant difference in the influence of the emerging sports on the mental wellness dimension of the student-respondents when their profile is taken as test factor.

Ho4: There is no significant difference in the influence of the emerging sports on the social wellness dimension of the student-respondents when their profile is taken as test factor.

Ho5: There is no significant relationship in the influence of the emerging sports on the physical, emotional, mental and social wellness dimension of the student-respondents when their profile is taken as test factor.

### 1.3. Significance of the study

Studying the influence of emerging sports on the Wellness of middle school students not only has important theoretical significance, but also can provide useful reference for practical education and social development.

The results generated by this study may have the following impact to:

This study will be dedicated to exploring the impact of emerging sports on the wellness of middle school students from multiple dimensions. By exploring the relationship between participation in emerging sports and the physical and mental state of middle school students, it can enrich the theoretical system in the field of wellness research and provide a basis for the improvement of Wellness. More possible avenues. In addition, through the exploration of emerging sports, it will also help to improve the concept of physical education and provide middle school students with more diverse and personalized sports choices.

The results of this study will provide a scientific basis for curriculum developer to develop more targeted sports curriculum. Understanding the impact of emerging sports on the Wellness of middle school students can guide parents and guardians to pay more attention to their personality characteristics when cultivating their children's interests and hobbies, and provide support for their overall development. This study is also helpful to the teachers promote social awareness of sports diversity, promote the development of relevant policies and activities, and provide scientific basis and suggestions for the further promotion and application of emerging sports in physical education for middle school students. Future researchers may also benefit from this study especially those who will be doing similar researches.

### 1.4. Theoretical Framework



Wellness is not merely the absence of disease or infirmity. It is not a passive or static state but rather a dynamic and conscious development of the whole self. Wellness is associated with intentions, choices, and actions leading toward an optimal state of well-being so that instead of surviving, you're thriving. Wellness is commonly viewed as having seven dimensions: mental, physical, social, financial, spiritual, environmental, and vocational. These dimensions are interdependent and influence each other. When one dimension of our well-being is out of balance, the other dimensions are affected. To strive for wellness is to take a proactive approach by learning how to be well in each dimension and taking action to build wellness-affirming

habits, routines, and coping strategies. The researcher anchored only his study on the 4 wellness dimensions namely: physical, social, emotional and mental/intellectual. The theory presented about wellness as a dynamic and conscious development of the whole self, with interdependent dimensions, is highly relevant to the study. The study aims to determine the level of influence of the emerging sports on the physical, social, emotional, and intellectual well-being of the student-respondents enrolled in the course. The study acknowledges that these dimensions are interdependent and influence each other. Overall, the theory of wellness provides a valuable framework for understanding the importance of holistic well-being and its relevance to the study.

#### 1.4.1. Emerging Sports in Primary and Secondary Schools

Research on the current situation of emerging sports in primary and secondary schools. The Curriculum Standards for Physical Education and Health in Compulsory Education (2022 Edition) "(hereinafter referred to as the" New Curriculum Standards ") was promulgated on April 21, 2022, and the status of physical education and health courses has been improved, which is of great significance for the development of school physical education in China. The inclusion of emerging sports projects in the compulsory education physical education curriculum in the new curriculum standards is conducive to enriching the content of school physical education teaching and improving students' learning enthusiasm (Ministry of Education of the People's Republic of China, 2022). This indicates that the status of emerging sports projects is constantly improving, and it is difficult for traditional sports projects to meet the diverse sports needs of students. So emerging sports projects will be the mainstream direction of physical education in primary and secondary schools in the future. Research by Wu Qi and Yang Yuanfei (2019) shows that shooting, as a popular sport, not only provides students with the sports skills of the event itself, but also allows them to be exposed to popular and emerging sports beyond traditional events, increasing the learning of national military theory among primary and secondary school students, and cultivating comprehensive competitive sports talents.

Research on emerging sports projects in primary and secondary schools. In the research on the development of emerging sports projects in primary and secondary schools, Yang Hongjun (2023) believes that due to the influence of geography, teachers' ideological solidification is difficult to implement, and some emerging sports projects lack teaching conditions and guidance from professional physical education teachers. Chen Congbao and Xiao Lei (2005) found that the development policies of emerging sports are scattered and lack targeted, followed by insufficient student participation and lack of effective coordination. Peng Yanfang's study (2005) showed that the cost of roller-skating equipment is relatively high compared to traditional sports projects, and is influenced by traditional concepts, resulting in higher sports risks and difficulty in ca Liu Wei's (2018) study indicates that emerging sports refer to sports that are relatively popular in other countries, but are not well developed domestically or are highly sought after by young people through simplification and innovation.

Emerging sports refers to a kind of sports activities that gradually emerge in recent years and get more and more attention and participation compared with traditional sports. These sports are highly innovative, integrating different

elements, and more challenging and stimulating at the same time. The new sports are usually innovative, and they are not limited to the rules and forms of traditional sports. They may combine different sports and non-sports elements, create new sports forms, attract the participation of the young generation, and provide participants with different experiences from traditional sports. These sports may emphasize exploration, adventure, self-transcendence, etc., so that participants can experience unique challenges and a sense of achievement.

Emerging sports may not only be sports activities, but also include elements such as social responsibility and environmental awareness. These movements may encourage participants to pay attention to social problems and have a positive impact through movement actions. Emerging sports may be more diverse and inclusive, attracting participants from different backgrounds and cultures. This makes the movement a platform for communication and understanding. Some emerging sports may be related to digital technology and may be realized in the virtual world. These sports may bring unique experience to the participants with the help of technological elements.

Research on influencing factors of emerging sports' development. Candice Howard Shaughnessy & J. Brandon Sluder (2015) conducted a study on factors related to student interests and hobbies, indicating that students should be encouraged to participate in age appropriate, enjoyable, and diverse activities. Not every child will find all sports enjoyable, but when physical education teachers provide a variety of activities, every child should find their favorite activity. If children are not interested in the sports activities they are required to participate in, they will hardly continue to engage in sports activities after graduation. All activities in the school are student-centered, so it is necessary to meet the interests and hobbies of students as much as possible, which is more conducive to the implementation of the classroom, the improvement of teaching quality, and the improvement of learning effectiveness. Joshua Woods (2022) believes that corporate sponsors, media, and advertising companies are not the only sources of material resources based on their research on material factors. The social and material infrastructure of some emerging sports projects heavily relies on public resources. So, it can be said that material conditions are one of the influencing factors for the development of emerging sports. Xiang Jiang (2009) believes from the study of teachers' professional abilities that the development and dissemination of emerging sports in schools is not yet sufficient, mainly due to the constraints of teachers' abilities. Most schools face a lack of textbooks and materials, and some individuals who learn through self-learning lack relevant identities and channels to enter schools for teaching.

Research on strategies for emerging sports projects. Zong Jijun (2010) conducted a study on school strategies and believed that the school's sports department should do a good job in preliminary research work, and carry out innovative sports projects according to the specific situation of the school's venue, equipment, and students' interests. Schools should strengthen in-service training for teachers and continuously improve the professional literacy of physical education teachers. Schools should strengthen the organization and management of after-school delays. Wen Jiandang (2021) believes that schools should choose emerging sports that meet teaching needs and students' physical and mental development based on their actual situation, to ensure that the emerging sports carried out are

recognized by students and supported by teachers. Miao Shize (2013) conducted a study on student strategies and found that the vast majority of primary and secondary school students are very interested in emerging sports and willing to accept them. However, the effectiveness of emerging sports projects on campus is not ideal, such as the majority of students' interest projects not being satisfied, the poor learning effect of students, and students developing resistance towards teachers. Cao Yongyue (2023) conducted research on teacher strategies. Teachers should master the basic knowledge and laws of professional teaching, and understand the cognitive development laws of students. Master the key points and laws of physical education teaching.

The above research points out the direction for the development of emerging sports in school sports. There is a lot of research on emerging sports in universities, and there is almost no research on the current situation of emerging sports on primary and secondary school campuses. There are more individual events related to emerging sports, and there is less research on the integration of emerging sports. There are only speculative articles on the development direction of emerging sports, without field survey data and research on field investigations. There is currently a lack of systematic research on the impact of emerging sports on the wellness of middle school students. Therefore, this study aims to explore this relationship.

## 1.5. Scope and Delimitation

This study aims to explore the level of influence of emerging sports on the Wellness dimensions of middle school students in selected middle schools in China for the second semester of school year 2023-2024. The study will be conducted in four middle schools in Ganzhou City, Jiangxi Province. The total population is 13,277 and the total respondents is 622. The researcher will utilize the descriptive comparative-correlational research design to gather data relevant to the study.

## 2. Methodology

### 2.1. Research Design

This study will utilize the Quantitative method focusing on the Descriptive comparative-correlational research design. This is the most suited design because it aims to explore and compare whether there is a correlation between middle school students' participation in emerging sports and their wellness dimensions. The study aims to identify how students gain positive experiences from emerging sports and how these experiences affect their sense of well-being. This can provide deeper insights and help schools and educational institutions better understand how to support students' over-all wellness particularly in offering varied and suited physical activities and sports. This research approach incorporates an appropriate research design to address research questions in an appropriate and principled manner (Bryman, 2020; Creswell, 2017), which involves collecting, analyzing, interpreting and reporting quantitative data.

### 2.2. Sampling Method

#### 2.2.1. Sampling Locale

This study will be conducted at four secondary schools in Ganzhou City, Jiangxi Province. Choose schools of different types and geographical locations to ensure diversity. It examines the development of emerging sports events, school

venues and equipment, types of competitions organized by schools, forms of activities, and students' attitudes and effects in class. In order to ensure the authenticity of the inspection data, the content of the inspection is recorded through self-media methods such as photography, video, and audio recording during the inspection process.

### 2.2.2. Respondents of the study

Choose a certain number of middle school students in different schools to participate in emerging sports as participants, to ensure that it covers students of different sex, age, grade level and emerging sports participated in.

### 2.2.3. Sample Technique

From different grades of 4 middle schools, randomly selected middle school students who participated in emerging sports as samples. Ensure that the samples have a certain degree of diversity, including sex, age, grade level, and emerging sports participate in.

SCHOOL NAME	students	population	SAMPLE
Jiangxi Ningdu Middle School	200	3556	
Jiangxi Nankang Middle School	300	8391	
Ganzhou Third Middle School	520	50	
G NC Affiliated Middle School	810	70	
TOTAL	13,277	620	

### 2.2.4. Inclusion and Exclusion Criteria

Inclusion criteria: Students who have participated have prior participation in emerging sports courses, extracurricular activities, or clubs organized by the school.

Exclusion criteria: those who have participated in emerging sports but have not participated in any school organized emerging activities.

## 2.3. Research Instrument (Validations, tool)

### 2.3.1. Validation of the research

The adapted and modified questionnaire will still be subjected to content validation by the adviser and at least three experts in the field of physical education and sports. After the content validation, it will be subjected to reliability test. The data that will be collected to at least 30 similar respondents will be validated utilizing Cronbach alpha to test its level of reliability.

### 2.3.2. Statistical Treatment of Data

The following statistical tools will be utilized in this study.

1. Frequency and percentage – it will be used to get the total number of respondents to answer statement of the problem number 1.

2. Weighted Mean

The researcher will utilize this in analyzing the level of influence of the emerging sports on the physical, emotional, social and mental dimensions as perceived by the students.

For the perceived influences of the emerging sports to the four wellness dimensions of the students, the results will be interpreted as follows:

Weight	Scale/Range	Description/Interpretation
4	3.51 – 4.00	Strongly agree/Very high level
3	2.51 – 3.50	Agree/High level
2	1.51 – 2.50	Disagree/Low level
1	1.0 – 1.50	Strongly disagree/Very low level

3. t-test and Analysis of Variance (ANOVA)

Analysis of Variance and t-test will be utilized by the

researcher to determine if there is significant difference in the perceived influences of the emerging sports to the four wellness dimensions of the middle school students when their profiles will be taken as test factors.

### 4. Pearson's r Correlation Analysis

The researcher will use Pearson r correlation analysis in determining the relationship among the main variables of the study. The following metrics for the interpretation of the Pearson r values will be used:

- +0.91 to +0.99 - Very high positive correlation
- +0.71 to +0.90 - High positive correlation
- +0.51 to +0.70 - Moderate positive correlation
- +0.31 to +0.50 - Low positive correlation
- +0.01 to +0.30 - Negligible positive correlation
- 0 - No correlation

### Decision Criteria

The analysis of the hypothesis was carried out using the 0.05 level of significance. The null hypotheses would be accepted if the computed significance value is greater than the set value at 0.05.

## 2.4. Ethical Considerations

The researcher constructively considered and carefully followed the ethical considerations that must be met to protect the rights of all the respondents. The following are the Ethical considerations:

### 2.5. Conflict of Interest

The researcher of this study will ensure that there would be no conflict of interest in conducting this study. He will elaborate and clearly state the purpose of his research study to the chosen respondents. All gathered data must not be used solely for the purpose of his study and not in any form be a form exploitation against the respondents.

### 2.6. Privacy and Confidentiality

Before conducting this research, the respondents will ensure that whatever information would be gathered would be confidential, and the survey results cannot be given to anyone aside from the researcher himself and the students who will answer the survey – questionnaire. The researcher must not mention the respondents' names in presenting the data gathered to protect their privacy. The identity of the respondents would remain anonymous or free from any clues and suggestions that would lead others to connect or relate with the respondents.

### 2.7. Informed Consent Process

Before conducting the survey questionnaire, the researcher will secure a consent form that gives confirmation and consent from the respondents that they understand the purpose and objective of this study and agreed that the data gathered would strengthen the researcher's study. The researcher will make sure that he explains thoroughly and clearly everything to the respondents without any deception. The process and the possible risks in participating in this study will also be discussed.

## 3. Vulnerability

The researcher will only gather the data from the student-respondents through survey questionnaire. The statements in the questionnaire does not pose any harm on their physical fitness as well as other wellness dimensions.

### Recruitment

The student-respondents will be selected based on their own free will and they are free to withdraw when they felt uncomfortable answering the survey questionnaire. The statistician who will compute the data will be chosen based on his knowledge and statistics and must be an expert in this field.

The researcher will closely communicate and collaborate with the ethics committee and communicate with the reviewers to ensure the compliance of the study.

The researcher will not utilize any facility or equipment in conducting his study.

Lastly, the researcher will observe ethical principles and regulations to ensure that the rights and interests of all participants are protected.

### **3.1. Assent**

Before conducting the data gathering, the researcher will ensure that the consent form was signed by the parents/guardians of the student-respondents already. He will orient them about the details of the study before answering the survey questionnaire. He will ensure that the consent is voluntary, explicit, and based on a full understanding of the student-respondents. The consent form is written in clear and understandable language so that the respondents could easily understand its content. Further, he will clearly indicate that consent can be withdrawn at any time without any adverse consequences. No audio-recording or video recording will be used in gathering the data because he will utilize only the questionnaire.

### **3.2. Risk**

The researcher of this study will ensure that there would be no risk in participating in this study. The respondents will be ensured that whatever data and information that would be gathered would not harm the respondents' life and name. The respondents have all the rights to freely stop the conduct of questions at any given time if they felt harassed, questions were too personal, and or violated.

### **3.3. Benefits**

The study on the influence of implementing emerging sports on the four wellness dimensions of Chinese public middle school students may bring many benefits. For example:

1. Personalized learning: Emerging sports learning allows students to learn according to their own preferences, choose learning materials based on personal needs and interests, and provide more personalized learning opportunities.

2. Flexibility: Students can choose when and where to learn, which allows them to better balance academic and personal life.

3. Multimedia resources: The learning of emerging sports allows the use of multimedia resources, such as videos, simulations, and online exercises, to enhance the learning experience and provide additional teaching resources.

4. Interactivity: Through the Internet, interactive exchanges between clubs and schools, students can communicate with each other, between schools and clubs, so that students can interact, discuss and collaborate in real time, facilitating learning and exchange.

5. Tracking learning progress: By using a sports watch, students can record their exercise performance, help them monitor their health status at all times, and more effectively promote learning outcomes. It can help teachers better understand the needs of students and provide personalized

services. Save time and costs.

6. Cross regional collaboration: Emerging sports can enable students and teachers to collaborate and communicate across regions, promoting international exchange.

7. Sustainability: Emerging sports have an impact on the health of Chinese public middle school students, which can better respond to emergencies such as epidemics, thereby ensuring the sustainability of education.

In summary, research on the impact of emerging sports on the health dimensions of Chinese public middle school students has many potential benefits, which can enhance learning experience, improve teaching effectiveness, and provide greater flexibility and diversity. However, successful implementation of emerging sports requires careful planning, training, and technical support to ensure that these benefits are maximized.

### **3.4. Incentives or compensation**

The researcher will adhere to the ethical principles and legal regulations when providing rewards or compensation, ensuring that rewards or compensation do not excessively affect the decisions of participants or lead to potential ethical issues. In addition, rewards or compensation should be appropriate to the nature and quantity of the research, and should be provided within the framework approved by the research ethics review.

### **3.5. Community Considerations**

Community resource sharing refers to the educational community that promotes emerging sports, which can provide the necessary resources for learning, such as textbooks, venues, or equipment. Researchers need to negotiate with the community on resource sharing plans;

Community education and promotion, where the researcher can collaborate with the community to promote the benefits of emerging sports on the health dimensions of middle school students, so that more schools or educational institutions can adopt this approach.

The consideration of culture and values, that is, when conducting research in the field of physical education, it is necessary to respect and consider different cultures and values to ensure that the research methods and results do not conflict with the values of the community.

Community feedback response refers to timely responding to community feedback and issues, establishing positive collaborative relationships, in order to better apply research results to practical education.

Integrating community factors is crucial for ensuring the legitimacy of research, community participation and support, and sustainable application of research results. Active community participation can improve the quality of research and promote the impact of emerging sports on the health of Chinese public middle school students.

#### **Collaborative Study terms of reference**

This study does not involve collaboration with other individuals or groups.

## **4. Conclusion**

The above hypotheses are derived based on a review of previous studies. Ho1: There is no significant difference in the impact of emerging sports on physical health dimensions of student respondents when student profile is used as a test factor. Ho2: When student profiles are used as test factors, there is no significant difference in the impact of emerging

sports on students' emotional health dimensions. Ho3: There is no significant difference in the impact of emerging sports on mental health dimensions. health dimensions of student respondents when their profiles were considered as test factors. Ho4: There is no significant difference in the impact of emerging sports on social health dimensions of student respondents when student profile is used as a test factor. Ho5: There is no significant relationship between the impact of emerging sports on physical, emotional, mental and social health dimensions of student respondents when student profile is used as a factor tested.

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