Current Status of the College Counselors' Extracurricular Sports Activities under the Perspective of Three Complete Education

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Abstract: This paper investigates and analyzes the current situation of non-sports majors' participation in extracurricular sports in some undergraduate colleges and universities in Nanchang City and the extracurricular sports activities carried out by counselors by means of the literature method and the data statistics method. Colleges and universities are the main place to cultivate talents, and as the backbone of ideological and political education and management of college students, how to make full use of the important bonding power of counselors to realize all-embracing, whole process of cultivation, all-round cultivation of people, manage the extracurricular time of students, cultivate the moral cultivation of students, and develop a new way for the enhancement of the effectiveness of education in colleges and universities, and at the same time, provide a new platform for college and university sports cultivation mode.

Keywords: Three Complete Educations; Higher Education Students; New Approach; New Platform.

1. Introduction

Extracurricular sports activities, as a useful supplement to college physical education and physical education teaching and physical education teaching organic combination, in the participation of students in sports activities, sports learning interest, the cultivation of sports quality and sportsmanship and moral education penetration and so on play an important role, the need for full, full, all-round educating the power of the joint participation. Therefore, it is of great practical significance and value for college counselors to study and explore the current situation of extracurricular sports activities under the threshold of "three complete education".


2.1. Analysis of the Basic Situation of University Students Interviewed

The number of students who participated in this research study was 567. 88.54% were aged 19 years and above and 11.46% were aged 18 years and below. Gender was mainly male at 62.79% and female at 37.21%. And the extracurricular sports activities engaged in among the surveyed students 567 students chose individual/dual sports, such as badminton, tennis, and swimming 66.84%; team sports 24.34%; orienteering, hiking, and mountaineering 2.12%; indoor games, such as chess 3.7%; combat sports, such as wushu, combat sports, such as martial arts 3%.

2.2. Analysis of the Status of Extracurricular Sports Activities of the Interviewed College Students

This section of the questionnaire will measure the extent to which students are motivated to engage in extracurricular physical activity: 4 - Strongly Agree 3 - Agree 2 - Disagree 1 - Strongly Disagree

Thus, in order to better to the whole student participation in after-school sports activities, the school all-round understanding of students, attention to students, all-round conditions for students to participate in sports activities.

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<tbody>
<tr>
<td>It is easy for me to choose the sports activities I participate in</td>
<td>305(53.79%)</td>
<td>190(33.51%)</td>
<td>52(9.17%)</td>
<td>20(3.53%)</td>
</tr>
<tr>
<td>I participate in sports activities that I like to do in my free time</td>
<td>273(48.15%)</td>
<td>218(38.45%)</td>
<td>56(9.88%)</td>
<td>20(3.53%)</td>
</tr>
<tr>
<td>I participate in sports because of my classmates and friends</td>
<td>179(31.57%)</td>
<td>214(37.74%)</td>
<td>129(22.75%)</td>
<td>45(7.94%)</td>
</tr>
<tr>
<td> my parents or family members are involved in the same thing</td>
<td>210(37.04%)</td>
<td>198(34.92%)</td>
<td>115(20.28%)</td>
<td>44(7.76%)</td>
</tr>
<tr>
<td>I participate in specific sports because my parents or family members are involved in the same thing</td>
<td>154(27.16%)</td>
<td>146(25.75%)</td>
<td>149(26.28%)</td>
<td>118(20.81%)</td>
</tr>
<tr>
<td>I participated in the physical activities recommended by my teacher</td>
<td>185(32.63%)</td>
<td>200(35.27%)</td>
<td>114(20.11%)</td>
<td>68(11.99%)</td>
</tr>
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</table>
Table 2. Degree of implementation of sports activities

<table>
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<tbody>
<tr>
<td>I participate in easy-to-do sports</td>
<td>236(41.62%)</td>
<td>225(39.68%)</td>
<td>81(14.29%)</td>
<td>25(4.41%)</td>
</tr>
<tr>
<td>I like to do sports, even if I put in a lot of energy and effort</td>
<td>258(45.5%)</td>
<td>192(33.86%)</td>
<td>91(16.05%)</td>
<td>26(4.59%)</td>
</tr>
<tr>
<td>Even if it's challenging and difficult sports, I do it</td>
<td>236(41.62%)</td>
<td>198(34.92%)</td>
<td>106(18.69%)</td>
<td>27(4.76%)</td>
</tr>
<tr>
<td>I like to do challenging sports because it improves my self-discipline</td>
<td>235(41.45%)</td>
<td>200(35.27%)</td>
<td>100(17.64%)</td>
<td>32(5.64%)</td>
</tr>
<tr>
<td>When I participate in sports, I am eager to improve my skills, so when learning new skills, I believe in taking my time, but by all means.</td>
<td>254(44.8%)</td>
<td>230(40.56%)</td>
<td>66(11.64%)</td>
<td>17(3%)</td>
</tr>
<tr>
<td>I am motivated and do everything I can to improve my athletic performance</td>
<td>263(46.38%)</td>
<td>202(35.63%)</td>
<td>81(14.29%)</td>
<td>21(3.7%)</td>
</tr>
<tr>
<td>I make sure that my participation in sports is consistent</td>
<td>220(38.8%)</td>
<td>234(41.27%)</td>
<td>87(15.34%)</td>
<td>26(4.59%)</td>
</tr>
</tbody>
</table>

The above survey data shows that young college students with activities are challenging and need to ensure that extracurricular sports programs can not be too simple to set up and try to have the guidance of professional teachers in order to better enhance the enthusiasm of students for after-school sports activities. However, it is necessary to investigate the psychological needs of a small number of students, and try to achieve full participation in the whole process when carrying out after-school sports activities.

Table 3. Comprehensively cultivate a sense of comprehensive literacy

<table>
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<tr>
<td>Participate in extracurricular sports activities</td>
<td>259(45.68%)</td>
<td>226(39.86%)</td>
<td>63(11.11%)</td>
<td>19(3.35%)</td>
</tr>
<tr>
<td>Enhance physical fitness</td>
<td>293(51.68%)</td>
<td>204(35.98%)</td>
<td>56(9.88%)</td>
<td>14(2.47%)</td>
</tr>
<tr>
<td>It meets the needs of students' physical activities</td>
<td>259(45.68%)</td>
<td>216(38.1%)</td>
<td>68(11.99%)</td>
<td>24(4.23%)</td>
</tr>
<tr>
<td>Improve the ability to exercise yourself</td>
<td>300(52.91%)</td>
<td>200(35.27%)</td>
<td>48(8.47%)</td>
<td>19(3.35%)</td>
</tr>
<tr>
<td>Promote the all-round development of students' personality</td>
<td>294(51.85%)</td>
<td>206(36.33%)</td>
<td>53(9.35%)</td>
<td>14(2.47%)</td>
</tr>
<tr>
<td>Promotes the growth and development of the body</td>
<td>307(54.14%)</td>
<td>201(35.45%)</td>
<td>44(7.76%)</td>
<td>15(2.65%)</td>
</tr>
<tr>
<td>Reduce the time spent using your phone/computer, as excessive use can harm your health</td>
<td>279(49.21%)</td>
<td>215(37.92%)</td>
<td>56(9.88%)</td>
<td>17(3%)</td>
</tr>
<tr>
<td>Relieve the stress of schoolwork and life</td>
<td>281(49.56%)</td>
<td>203(35.8%)</td>
<td>60(10.58%)</td>
<td>23(4.06%)</td>
</tr>
</tbody>
</table>

Through the above survey data, this shows that students have a strong will for extracurricular sports activities. There are still a small number of students who are relatively weak in their willingness and time to participate in sports activities outside the classroom, which also needs attention.

School scheduling time as far as possible on weekends, the time can be controlled within 2 hours, physical activity program settings as far as possible have a certain degree of difficulty, taking into account the arrangement of some easy, popular sports.

2.3. Analysis of the Comprehensive Educational Effect of Participation in Extracurricular Sports Activities by Interviewed College Students
Table 4. Comprehensively cultivate a sense of comprehensive literacy

<table>
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<td>48(8.47%)</td>
<td>19(3.35%)</td>
</tr>
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<td>53(9.35%)</td>
<td>14(2.47%)</td>
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<td>Promotes the growth and development of the body</td>
<td>307(54.14%)</td>
<td>201(35.45%)</td>
<td>44(7.76%)</td>
<td>15(2.65%)</td>
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<tr>
<td>Reduce the time spent using your phone/computer, as excessive use can harm your health</td>
<td>279(49.21%)</td>
<td>215(37.92%)</td>
<td>56(9.88%)</td>
<td>17(3%)</td>
</tr>
<tr>
<td>Relieve the stress of schoolwork and life</td>
<td>281(49.56%)</td>
<td>203(35.8%)</td>
<td>60(10.58%)</td>
<td>23(4.06%)</td>
</tr>
</tbody>
</table>

Through the above survey data, extracurricular sports helps to college students in the cultivation of sportsmanship and sportsmanship, but at the same time, it is necessary to investigate a small portion of the constraints of the students in the participation of extracurricular sports activities can not reach the goal of the development of a combination of extracurricular sports activities and the participation of the way.

Table 5. Skills development

<table>
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</thead>
<tbody>
<tr>
<td>Improve self-confidence and overcome timidity</td>
<td>315(55.56%)</td>
<td>190(33.51%)</td>
<td>48(8.47%)</td>
<td>14(2.47%)</td>
</tr>
<tr>
<td>Develop life management skills</td>
<td>266(46.91%)</td>
<td>223(39.33%)</td>
<td>63(11.11%)</td>
<td>15(2.65%)</td>
</tr>
<tr>
<td>Provide opportunities for independent learning ability</td>
<td>280(49.38%)</td>
<td>200(35.27%)</td>
<td>67(11.82%)</td>
<td>20(3.53%)</td>
</tr>
<tr>
<td>Develop students' interest and hobby in sports</td>
<td>294(51.85%)</td>
<td>200(35.27%)</td>
<td>55(9.7%)</td>
<td>18(3.17%)</td>
</tr>
<tr>
<td>Develop students' talents and interests for well-rounded development</td>
<td>290(51.15%)</td>
<td>213(37.57%)</td>
<td>49(8.64%)</td>
<td>15(2.65%)</td>
</tr>
<tr>
<td>Develop students' autonomy and independence</td>
<td>293(51.68%)</td>
<td>210(37.04%)</td>
<td>50(8.82%)</td>
<td>14(2.47%)</td>
</tr>
<tr>
<td>Students are encouraged to constantly strive for excellence</td>
<td>299(52.73%)</td>
<td>205(36.16%)</td>
<td>45(7.94%)</td>
<td>18(3.17%)</td>
</tr>
</tbody>
</table>

It can be seen from the above survey data that extracurricular sports contribute to the development of healthy personality and moral character of college students.

Table 6. Social and cultural development

<table>
<thead>
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</thead>
<tbody>
<tr>
<td>Promote communication between people</td>
<td>314(55.38%)</td>
<td>200(35.27%)</td>
<td>41(7.23%)</td>
<td>12(2.12%)</td>
</tr>
<tr>
<td>Cultivate students' civility and polite behavior</td>
<td>271(47.8%)</td>
<td>219(38.62%)</td>
<td>59(10.41%)</td>
<td>18(3.17%)</td>
</tr>
<tr>
<td>Maintain students' sense of community</td>
<td>292(51.5%)</td>
<td>222(39.15%)</td>
<td>40(7.05%)</td>
<td>13(2.29%)</td>
</tr>
<tr>
<td>Form a good campus cultural environment</td>
<td>290(51.15%)</td>
<td>205(36.16%)</td>
<td>51(8.99%)</td>
<td>21(3.7%)</td>
</tr>
<tr>
<td>Promote a healthy sense of competition</td>
<td>301(53.09%)</td>
<td>206(36.33%)</td>
<td>45(7.94%)</td>
<td>15(2.65%)</td>
</tr>
<tr>
<td>Opportunities for cooperative action are provided</td>
<td>300(52.91%)</td>
<td>216(38.1%)</td>
<td>42(7.41%)</td>
<td>9(1.59%)</td>
</tr>
<tr>
<td>Provide an important carrier for ideological and political education</td>
<td>291(51.32%)</td>
<td>205(36.16%)</td>
<td>54(9.52%)</td>
<td>17(3%)</td>
</tr>
</tbody>
</table>

Through the above survey data that extracurricular sports help to stimulate the cultivation of college students’ belief in
3. Survey and Analysis of the Current Situation of Extracurricular Sports Activities Organized by the Interviewed Counselors

3.1. Basic Situation of Respondents' Counselors

There are 70 counselors participating in the survey, 65 valid questionnaires, male counselors accounted for 51.56%, female counselors accounted for 48.44%; full-time counseling accounted for 51.56%, and part-time accounted for 48.44%; the age of 20-30 years old accounted for 51.56%, 30-35 years old accounted for 28.13%, 35-40 years old accounted for 7.81%, and 40-50 years old accounted for 7.81%; counselor education Master's degree accounted for 46.88%, bachelor's degree accounted for 45.31%, college accounted for 4.69% and other accounted for 3.13%; 1-2 years of counseling accounted for 50%, 2-4 years accounted for 28.13%, and more than 4 years accounted for about 7% respectively.

3.2. Survey and Analysis of the Current Situation of Extracurricular Sports Activities Organized by the Interviewed Counselors under the Perspective of "Three Complete Education"

3.3. Basic Information on the Impact of the "Three Complete Education" on the Work of Counselors

Through the above data survey, It shows that extracurricular sports activities bring students various aspects of enhancement and exercise.

Through the above data survey, This shows that extracurricular sports activities are welcomed by students, and counselors can carry out extracurricular sports activities in multiple ways to enrich the extracurricular activities of college students.

Through the above data survey, This shows that extracurricular sports activities give students a variety of influences.

Through the above data survey, It shows that the concept of "three complete education" has been infiltrated in colleges and universities, and counselors have a certain degree of understanding of the concept of "three complete education", although a few counselors do not understand it, and there is a need to increase the popularization of the concept of "three complete education" among all the counselors.

The above data show that counselors have implemented the
national teaching concept of "three complete education" on
the whole, but they still need to strengthen the popularization of
"three complete education" in all aspects.

Through the above data survey, It shows that most of the
extracurricular sports activities in colleges and universities
get very good cooperation, and also to a certain extent there
are some difficulties.

4. Conclusion and Analysis

4.1. Extracurricular Sports Contribute to the
Cultivation of College Students' Qualities

Colleges and universities carry out a variety of
extracurricular sports activities according to the age
characteristics of students, but also letting students It not only
enriches the leisure life of college students, makes them
establish correct values under the guidance of harmonious and
healthy campus sports culture, but also makes students get
emotional and spiritual satisfaction, motivates them to
actively fight and forge ahead in the sense of competition,
cultivates the collective honor and sense of responsibility, let
the students have an understanding of the history of the
development of China's sports, and then inspire their love for
sports, sports and the country, enhance their patriotic feelings
and implantation of sports and strong country in the
ideological beliefs of students.

4.2. Implementation of the "Three Complete
Education" in Colleges and Universities

The concept of "three complete education" has been fully
implemented and carried out in colleges and universities, and
has received the attention of college and university leaders,
implemented and carried out in colleges and universities, and
through the effective integration of the two, create a cultural atmosphere
of physical education to nurture people, and then build a
pattern of "classroom nurturing, extracurricular physical
education practice nurturing, campus physical education
culture nurturing, and athletic training nurturing". The pattern
of "classroom education, extracurricular sports practice
education, campus sports culture education and sports
training education" is constructed to carry out the ideological
education for college students in an all-round way.

5. Countermeasures and Suggestions

5.1. Build a Big Pattern of Sports Ideological
and Political Education Through Effective
Integration with Classroom Sports

They should fully recognize the nurturing elements of the
physical education classroom and extracurricular physical
education practice, pay attention to the important role of
extracurricular physical education practice in the cultivation of
talents in colleges and universities, and through the
effective integration of the two, create a cultural atmosphere
of physical education to nurture people, and then build a
pattern of "classroom nurturing, extracurricular physical
education practice nurturing, campus physical education
culture nurturing, and athletic training nurturing". The pattern
of "classroom education, extracurricular sports practice
education, campus sports culture education and sports
training education" is constructed to carry out the ideological
education for college students in an all-round way.

5.2. Creating a Practical Platform for
Ideological and Political Education in
Sports

First of all, it can build a practical platform for on-campus
ducating people, and put the activities of sports clubs and
college students' vocational skills exhibition,
entrepreneurship competition and so on in the same important
position. Secondly, actively build off-campus sports practice
network, encourage college students to actively participate in
the community and off-campus practice bases to carry out
social surveys and sports services, Finally, we should fully
develop and utilize the sports with national characteristics in
the region, and make use of extracurricular practical activities
to let the college students have a better understanding of the
traditional sports of their hometowns as well as the history of
sports development, so as to stimulate their love for the
traditional sports of their hometowns, and then cultivate their
love for their hometowns and their sense of responsibility[4].

5.3. Develop Incentive Mechanisms to
Strengthen Teacher-Student Cooperation

Formulate relevant supporting assessment standards and
incentive mechanisms, increase the implementation of the
concept of "three comprehensive education", conduct regular
training, strengthen, and deepen the ideological education of
counselors throughout the process, develop online and offline
step by step, and achieve all-round implementation, with the
cooperation and participation of college leaders, teachers, and
students, so that all staff participate.

6. Conclusion

Under the perspective of "three complete education",
college counselors carry out extracurricular sports to play an
important role in the comprehensive development of college
students, and must pay attention to the development of
extracurricular sports practice, analyze the function of
extracurricular sports practice to educate people and explore
the elements of educating people contained therein, so as to
build a model of extracurricular sports practice to promote the
comprehensive development of college students. The program should analyze the nurturing function of

Figure 7. What is the biggest difficulty you have in organizing an
extracurricular sports event? (Multiple Choice)

Through the above data survey, indicating that the
implementation of extracurricular sports activities is affected
by many aspects.
extracurricular sports practice, explore the nurturing elements contained therein, and then build a model of extracurricular sports practice to promote the comprehensive development of college students.

References


