



**Table 2.** Degree of implementation of sports activities

Title/Options	4	3	2	1
I participate in easy-to-do sports	236(41.62%)	225(39.68%)	81(14.29%)	25(4.41%)
I like to do sports, even if I put in a lot of energy and effort	258(45.5%)	192(33.86%)	91(16.05%)	26(4.59%)
Even if it's challenging and difficult sports, I do it	236(41.62%)	198(34.92%)	106(18.69%)	27(4.76%)
I like to do challenging sports because it improves my self-discipline	235(41.45%)	200(35.27%)	100(17.64%)	32(5.64%)
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.	254(44.8%)	230(40.56%)	66(11.64%)	17(3%)
I am motivated and do everything I can to improve my athletic performance	263(46.38%)	202(35.63%)	81(14.29%)	21(3.7%)
I make sure that my participation in sports is consistent	220(38.8%)	234(41.27%)	87(15.34%)	26(4.59%)

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

Title/Options	4	3	2	1
Participate in extracurricular sports activities	259(45.68%)	226(39.86%)	63(11.11%)	19(3.35%)
Enhance physical fitness	293(51.68%)	204(35.98%)	56(9.88%)	14(2.47%)
It meets the needs of students' physical activities	259(45.68%)	216(38.1%)	68(11.99%)	24(4.23%)
Improve the ability to exercise yourself	300(52.91%)	200(35.27%)	48(8.47%)	19(3.35%)
Promote the all-round development of students' personality	294(51.85%)	206(36.33%)	53(9.35%)	14(2.47%)
Promotes the growth and development of the body	307(54.14%)	201(35.45%)	44(7.76%)	15(2.65%)
Reduce the time spent using your phone/computer, as excessive use can harm your health	279(49.21%)	215(37.92%)	56(9.88%)	17(3%)
Relieve the stress of schoolwork and life	281(49.56%)	203(35.8%)	60(10.58%)	23(4.06%)

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

Title/Options	4	3	2	1
Participate in extracurricular sports activities	259(45.68%)	226(39.86%)	63(11.11%)	19(3.35%)
Enhance physical fitness	293(51.68%)	204(35.98%)	56(9.88%)	14(2.47%)
It meets the needs of students' physical activities	259(45.68%)	216(38.1%)	68(11.99%)	24(4.23%)
Improve the ability to exercise yourself	300(52.91%)	200(35.27%)	48(8.47%)	19(3.35%)
Promote the all-round development of students' personality	294(51.85%)	206(36.33%)	53(9.35%)	14(2.47%)
Promotes the growth and development of the body	307(54.14%)	201(35.45%)	44(7.76%)	15(2.65%)
Reduce the time spent using your phone/computer, as excessive use can harm your health	279(49.21%)	215(37.92%)	56(9.88%)	17(3%)
Relieve the stress of schoolwork and life	281(49.56%)	203(35.8%)	60(10.58%)	23(4.06%)

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

Title/Options	4	3	2	1
Improve self-confidence and overcome timidity	315(55.56%)	190(33.51%)	48(8.47%)	14(2.47%)
Develop life management skills	266(46.91%)	223(39.33%)	63(11.11%)	15(2.65%)
Provide opportunities for independent learning ability	280(49.38%)	200(35.27%)	67(11.82%)	20(3.53%)
Develop students' interest and hobby in sports	294(51.85%)	200(35.27%)	55(9.7%)	18(3.17%)
Develop students' talents and interests for well-rounded development	290(51.15%)	213(37.57%)	49(8.64%)	15(2.65%)
Develop students' autonomy and independence	293(51.68%)	210(37.04%)	50(8.82%)	14(2.47%)
Students are encouraged to constantly strive for excellence	299(52.73%)	205(36.16%)	45(7.94%)	18(3.17%)

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

Title/Options	4	3	2	1
Promote communication between people	314(55.38%)	200(35.27%)	41(7.23%)	12(2.12%)
Cultivate students' civility and polite behavior	271(47.8%)	219(38.62%)	59(10.41%)	18(3.17%)
Maintain students' sense of community	292(51.5%)	222(39.15%)	40(7.05%)	13(2.29%)
Form a good campus cultural environment	290(51.15%)	205(36.16%)	51(8.99%)	21(3.7%)
Promote a healthy sense of competition	301(53.09%)	206(36.33%)	45(7.94%)	15(2.65%)
Opportunities for cooperative action are provided	300(52.91%)	216(38.1%)	42(7.41%)	9(1.59%)
Provide an important carrier for ideological and political education	291(51.32%)	205(36.16%)	54(9.52%)	17(3%)

Through the above survey data that extracurricular sports help to stimulate the cultivation of college students' belief in

sports and patriotic feelings.

### 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"

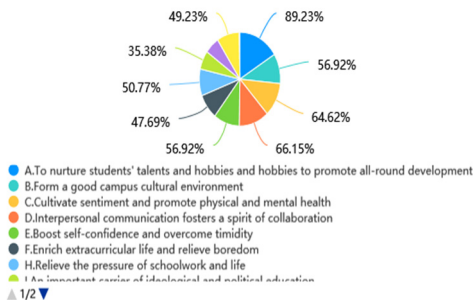


Figure 1. What is the significance of your extracurricular sports activities? (Multiple Choice)

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

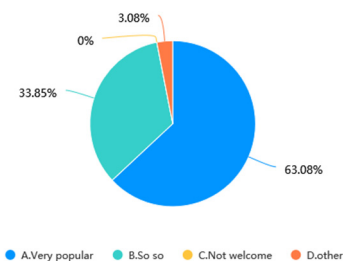


Figure 2. How effective are the after-school sports activities you organize?

Through the above data survey, It 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.

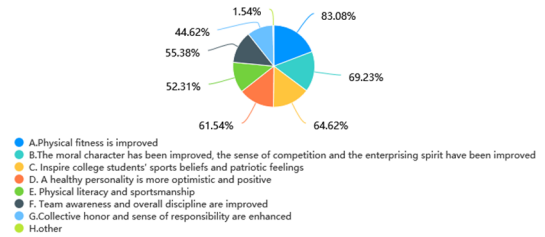


Figure 3. What is the biggest impact of a student's participation in extracurricular sports? (Multiple Choice)

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

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

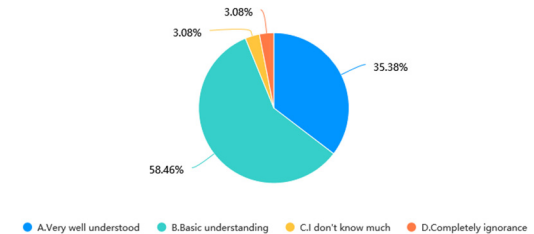


Figure 4. Do you understand the connotation of the concept of "three complete education"?

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.

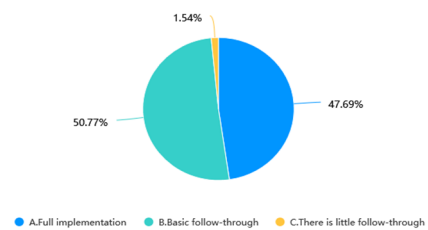


Figure 5. Does your university implement the concept of "three comprehensive education" in student work?

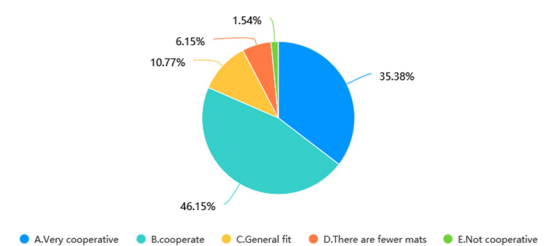


Figure 6. How well do you coordinate with your teachers in organizing extracurricular sports?

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.

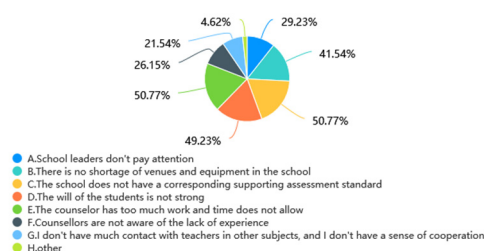


Figure 7. What is the biggest difficulty you have in organizing an extracurricular sports event? (Multiple Choice)

Through the above data survey, indicating that the implementation of extracurricular sports activities is affected by many aspects.

## 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, with most counselors integrating the concept of "three complete education" into their work, which has had a good effect, but there is concern about the comprehensiveness and depth of the implementation.

### 4.3. Extracurricular Sports Activities Organized by College Counselors under the Threshold of "Three Complete Education".

The concept of "three complete education" in college counselors to organize extracurricular activities by the students, but by the influence of various factors, the presentation of the effect is not the same, the need to increase more financial and material resources, to carry out extracurricular sports activities, to enrich the extracurricular sports activities of the students, students' physical and mental

health and the overall development of the students.

## 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 educating 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

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.

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