

# Problems and Countermeasures of Sunshine Long Distance Running in Universities under the Background of the Five Major Actions of Moral, Intellectual, Physical, Artistic, and Labor Education

## -- Taking Chuzhou University as an Example

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### Abstract

Sunshine sports long-distance running aims to promote young students to enter the playground, nature, and the sunlight, forming a trend of physical exercise. Sports long-distance running is regarded as an important strategic plan to enhance the physical fitness of young people and promote their physical and mental health development. This project mainly conducts an in-depth and systematic analysis of the Sunshine Sports long-distance running at Chuzhou University. This article analyzes and elaborates on how to provide better long-distance running experiences and improve exercise effects for students from the perspectives of the interests and habits of participants, starting from the utility of sports and the characteristics of adolescents in the existing environment.

### Keywords

Sunshine Long-distance Running; Five Major Actions of Morality, Intelligence, Physical Fitness, Aesthetics, and Labor; Suggestions for Countermeasures.

### 1. Introduction

In 2007, the Ministry of Education and the General Administration of Sport of China implemented the spirit of the "Opinions of the Central Committee of the Communist Party of China and the State Council on Strengthening Youth Sports and Enhancing Youth Physical Fitness". In response to the decline in the level of physical health monitoring for Chinese students, the central government promoted the slogan "Health, Sports, Sunshine, and the Future" to attract a large number of young students to go to the playground, enter nature, and walk in the sunshine, proposing the "Sunshine Run". Campus extracurricular sunshine long-distance running is a key project in the recent reform and implementation of university sports in China. It is to implement the Opinions of the General Office of the State Council on Strengthening School Sports to Promote the Comprehensive Development of Students' Physical and Mental Health.

Sunshine sports long-distance running aims to promote young students to enter the playground, nature, and the sunlight, forming a trend of physical exercise. Sports long-distance running is regarded as an important strategic plan to enhance the physical fitness of young people and promote their physical and mental health development. This project mainly conducts an in-depth and systematic analysis of the Sunshine Sports long-distance running at Chuzhou University. Since the launch of sunshine sports long-distance running on campus, with the help of campus intelligent long-distance running terminals, students have significantly increased their frequency of long-distance running exercises and also formed a certain trend of exercise.

However, at the same time, when students engage in long-distance running through the "four autonomy" approach, they also encounter some problems, such as the hidden dangers of cheating, whether they can achieve the expected exercise results, cultivate a high enthusiasm for exercise, and whether they can truly develop good exercise habits to solve the problem of poor physical fitness that students have always had. Faced with these issues, this article analyzes and elaborates on how to provide better long-distance running experiences and improve exercise effects for students from the perspectives of the interests and habits of participants, starting from the utility of sports and the characteristics of adolescents in the existing environment.

## 2. Research Objects and Methods

### 2.1. Research Subjects

Research subjects are all students of Chuzhou University.

### 2.2. Research Methods

#### 2.2.1. Literature Review Method

The main sources of literature and materials include: logging into websites such as China National Knowledge Infrastructure (CNKI) and searching for information in the library, using keywords such as sunshine sports long-distance running and sunshine sports to search for over 80 related papers in the past decade.

#### 2.2.2. Questionnaire Survey Method

(1) Questionnaire design: Based on the research content, a combination of closed and open methods (with closed questions as the main focus) was adopted to design the "Current Situation and Countermeasures of Sunlight Sports Long Distance Running in Chuzhou University - Student Questionnaire".

(2) Reliability testing of the questionnaire: This study used a retesting method to test the reliability of the questionnaire, and the results showed a correlation coefficient of  $R=0.86$ . In order to ensure the validity of the questionnaire content, the thesis supervisor was asked to review and review relevant materials to test the questionnaire questions one by one.

(3) Questionnaire distribution and collection: In order to ensure the collection rate and efficiency of the questionnaire, formal questionnaires will be distributed and collected to all colleges of Chuzhou University from February 2023 to April 2023. After collection, filter the questionnaire, organize it and input it into a computer file for analysis. A total of 100 student questionnaires were distributed this time.

#### 2.2.3. Interview Method

We conducted telephone, email, or written interviews with relevant experts and professors regarding the issues in the "Sunshine Run" on campus. A comprehensive solicitation of relevant questions on the implementation of the "Sunshine Run" on campus has provided many constructive suggestions for the theoretical research in this article.

## 3. Research Results and Analysis

### 3.1. Advantages of Sunshine Run

Since its inception, Sunshine Run has become increasingly popular and its coverage has been unprecedented. With the booming development of Sunshine Sports, Sunshine long-distance running has also been gradually carried out in various universities. From infrastructure construction to investment in terminal facilities, the use of big data has provided more specific monitoring of students' long-distance running situation. At the same time, this method is also

an extremely effective way to promote students to actively exercise by linking it with their physical performance. On the other hand, centralized exercise on campus can stimulate students' enthusiasm for exercise, which is conducive to sparking a new round of long-distance running frenzy and has positive significance for building a good campus long-distance running culture.

### **3.2. Development Status of Sunshine Sports Long-distance Running**

To investigate the status of Sunshine Sports long-distance running, a questionnaire survey was conducted among undergraduate students from Chuzhou University who participated in Sunshine long-distance running. The investigation found that students who participated in the Sunshine Sports long-distance run were able to operate the terminal according to normal procedures and actively complete effective long-distance runs, but there are still some students who have ineffective long-distance runs. During the investigation process, it was learned through consulting information and consulting relevant professionals that Sunshine Sports terminals were prone to cheating through proxy scanning and student ID fraud in previous use. Now, measures such as facial recognition can effectively address this deficiency and provide appropriate education and publicity to students. However, it is still difficult to completely eliminate cheating through these limited measures alone, and even after adding facial recognition to the terminal, the phenomenon of the terminal being artificially damaged may occur.

### **3.3. Participants' Interest in Sunshine Long-distance Running and Their Participation Habits**

According to a questionnaire survey, 60% of participants show little interest in sunshine long-distance running, and also indicate that participating in sunshine sports long-distance running is to exercise their bodies. In addition, 20% of participants stated that they would run before class to complete each long-distance running task, which not only saves time but also adds points to completing long-distance running. Less than 10% of participants believe that sunshine long-distance running is more interesting, while the other 10% of students hope that the route of sunshine long-distance running can be set outside of school. At the same time, most people lack a complete understanding of the positive impact of long-distance running on their own health, which leads to many students hoping to achieve sports bonuses through fitness, dance, yoga, and other favorite methods in the future, so that they can gain interest and skills while exercising.

### **3.4. Current Problems in Sunshine Run**

#### **3.4.1. The Setting of Long-distance Running Routes Needs to Be Rationalized**

According to relevant research and analysis, running is a periodic exercise, and a single route and repetitive visuals can make people feel dull and boring. The ABC three-point connection set up on campus only occupies less than a quarter of the campus area, and does not fully utilize the campus planning. At the same time, the problem faced in designing the route is the noise caused by the large traffic flow from outside due to the crossing of University Road across the campus. On the other hand, the safety hazards of the large number of vehicles on University Road make long-distance running routes only planned on one side of the campus. According to long-term observations, more students prefer to run in groups rather than alone, and during the running process, it has been found that not only are there no dedicated long-distance running lanes or only a few sections on campus, but there are also many vehicles coming and going around the runway, causing loud noise. Running in a relaxed and enjoyable environment can give participants a better impression and enable long-term persistence.

### 3.4.2. Single Form of Exercise

At present, there is a single route and means for the Sunshine Run. Taking Chuzhou University as an example, there are three ABC points on the campus. Students need to swipe their cards and face recognition devices at the three points before they can start long-distance running. This method can effectively record and detect students' long-distance running data, but the route is relatively fixed. At the same time, during long-distance running, it is required to run at a speed of more than 2 meters per second, and the effective time for completing a sunny long-distance run is 4-10 minutes. Otherwise, it will be considered invalid practice. This not only imposes requirements on the workload of students while running, but also limits the diversity of their running methods.

### 3.4.3. Failure to Fully Prevent Cheating from Occurring

According to consultation with relevant experts, the current long-distance attendance and verification methods still have the phenomenon of proxy brushing, and there is no monitoring during the long-distance running process, which directly leads to cheating during the long-distance running process depending on the student's self-awareness and mutual supervision. It is understood that Wuhan Huazhong Agricultural University currently has cameras throughout the sunshine long-distance running route to prevent cheating, but this method requires a lot of funds and is not suitable for widespread trial. At the same time, the artificial damage to terminals on campus also poses a challenge to the current Sunshine Run mechanism.

### 3.4.4. Difficulty in Arousing the Interest of Students

Long distance running is currently an extremely effective exercise method that is not constrained by the venue, time, and facilities. However, the form of long distance running is relatively monotonous, and the fixed route makes sunshine sports long distance running more boring and boring. Although the Sunshine Run has been relatively smooth since its launch, there are still certain shortcomings and significant room for development.

## 3.5. Opportunities for Sunshine Sports Long Distance Running in the Healthy Development of Contemporary Adolescents

### 3.5.1. Changes in the Overall Environment of Physical Education in the New Era

The development of physical fitness among contemporary teenagers is facing significant problems. In previous years and even in recent years, there have been incidents of sudden death from long-distance running among teenagers, causing great distress to parents and even worse for the country. However, due to the reality of development and the weak awareness of people's sports concepts, the implementation of the strategy of building a strong sports country has not been smooth, especially the investment in the construction of school sports infrastructure. In terms of campus infrastructure construction, the facilities are relatively simple, some even have safety hazards, and there is a phenomenon of physical education classes occupying classes in schools. All of this makes students receive less physical education enlightenment, and the most direct result is that students fail to cultivate a strong interest in sports and develop good sports habits. However, in the new era, the country has achieved remarkable results, especially in the economic aspect. Therefore, schools can obtain more sports resources, including infrastructure funds and better teaching staff. In addition, the change in educational concepts in schools has led to a greater emphasis on the role of physical education in cultivating individuals under the concept of quality education.

### 3.5.2. Benefits of Sunshine Sports Long Distance Running in the Current Environment

Sunshine sports long-distance running is popular on campus due to its unique charm, including its simple and easy exercise methods, high efficiency, economy, and cost savings. At the same time, its concise and measurable indicators strengthen the correlation between long-distance running performance and sports performance, making it more feasible. On the other hand, the

manifestation of the exercise value of long-distance running also makes its help to adolescent health not to be underestimated, especially in terms of cardiovascular function. Finally, long-distance running does not require high physical fitness, suitable for all ages. Those with poor physical fitness can also improve their physical and mental fitness through self adjustment. At the same time, the process of long-distance running can also help release the pressure of studying all day and gain a sense of happiness.

#### **4. Countermeasures to Solve the Problem of Sunshine Long-distance Running in Universities**

##### **4.1. Driven by the Internet, Establish a Personalized Data Analysis System**

In the era of interconnection, co construction and sharing, social platforms such as WeChat and Weibo have become indispensable and powerful tools for the development of many popular things, and the release of many information on the official account has become the focus of attention. Therefore, the appropriate use of internet tools will enable sunshine sports activities to have good social effects, especially in terms of feedback mechanisms and evaluation systems.

##### **4.2. Increase Investment in People, Finance, and Materials, and Actively Create a Good Exercise Culture**

Increase investment in funds, reward innovation, build infrastructure, create an atmosphere for activities, and build a culture of long-distance running. The funding investment from schools and education related departments will enable higher quality equipment to serve the Sunshine Sports long-distance race. At the same time, providing greater rewards for innovative construction of activities and innovative talents in equipment can stimulate their enthusiasm. All of this is the foundation for the construction of campus sunshine sports long-distance running.

##### **4.3. Strengthen the Integrated Supervision Mechanism Inside and Outside of Class**

Students' running performance can be directly linked to their physical education class performance, with physical education teachers playing a guiding role. Teachers should implement moral education and become neighbors on the path of student growth, actively encourage and pay attention to their extracurricular running situations. For those who fall behind, they should be reminded in a timely manner, understand with emotion and reason, instill a fitness concept, and establish a healthy outlook on life. Secondly, do a good job of tracking and understanding. Due to the use of mobile apps as a form of running, it is inevitable that problems may arise due to phone compatibility or updates. Timely reporting of student issues is necessary to actively alleviate negative emotions caused by external factors leading to delayed data uploading. Finally, if cheating or running errands are found, they should be dealt with in a timely manner, harshly criticized, and shown to be effective. For those who fail to meet the final standards, school regulations should be strictly followed. For special circumstances, student-centered, reminders should be given to submit applications for exemption from running errands, and application procedures should be standardized, with incentives, warmth, and clear rewards and punishments.

##### **4.4. Improve Logistics Support Mechanism**

Extracurricular running for students, in a sense, deviates from the supervision of teachers in class and relies on themselves for long-distance running, which greatly poses safety hazards. This is a practical problem. To solve this problem, schools need to provide logistical support. Firstly, all safety hazards in the campus, school roads, and dormitory areas should be cleared, and a safe running environment such as a track and field should be provided for students.

Efforts should be made to avoid campus bicycles and cars occupying school roads. Secondly, students usually have more class hours, and many students are accustomed to running at night. They install lights on designated safe running school roads and replace damaged light tubes in a timely manner. Due to the heavy rainfall in the first half of the year in the south, unsafe road sections should be promptly eliminated or dangerous road sections should be reminded in advance. Finally, based on the weather conditions, timely provide sports protection knowledge consultation, such as precautions for running in high temperatures, and even handling methods for certain situations, to enhance students' awareness of sports protection; In addition, organizing relevant sports emergency training courses and lectures, promoting awareness of sports safety protection, handling emergency sports losses, reducing sports safety risks, and promoting the achievement of students' physical and mental health and physical fitness goals as soon as possible.

#### **4.5. Vigorously Promote the Significance and Role of Long-distance Running**

Widely carrying out sunshine long-distance running activities among college students is a comprehensive implementation of the spirit of the "Opinions of the Central Committee of the Communist Party of China and the State Council on Strengthening Youth Sports and Enhancing Youth Physical Fitness", honing students' willpower, cultivating good exercise habits, and effectively improving their physical fitness, especially their endurance level. Through vigorously promoting the significance and role of long-distance running, it is necessary to further ignite a new wave of sunshine sports. At the same time, through publicity, college students are made aware that fitness long-distance running is representative in enhancing the function of the respiratory and circulatory systems, and is one of the most effective forms of exercise to improve cardiovascular function.

### **5. Conclusion**

Based on the current situation of Sunshine Sports long-distance running, student survey results, and analysis of the advantages and disadvantages of Sunshine Sports long-distance running, Sunshine Sports long-distance running is a common fitness activity currently carried out in universities, which can effectively enhance students' physical fitness. Moreover, there is still significant room for development in various aspects of Sunshine Run. The current difficulties and challenges faced by Sunshine Run. The evaluation system and assessment system need to be improved, and a good ecosystem of sunshine long-distance running has not been formed. There is a lack of sufficient financial investment and more reasonable route design.

Since the implementation of the school's Sunshine Run, we have followed the principle of putting students first and health first, deepened the reform of university physical education curriculum, promoted the integration of inside and outside of university physical education classes, actively promoted the development of school sports culture, enriched the content of campus sports culture, and helped the school's "love sports" talent training goals. This not only plays a positive role in creating a student foundation, but also enhances the physical health of students. In order to make sunshine long-distance running sustainable and continue to play the role of physical fitness, the establishment of a long-term mechanism is urgent. Further improvement of the reward and punishment mechanism, strengthening the integrated supervision mechanism inside and outside the class, and improving the logistics support mechanism are necessary. Only by initiating and improving these mechanisms, forming a good operating system, can we achieve "fifty years of healthy work and a lifetime of happy life", and cultivate high-quality Socialist builders and successors with comprehensive development in morality, intelligence, and physical fitness.

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