



## Investigation on Qingdao, China Public Physical Fitness Activities and Skills

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### Abstract

This paper investigates and analyses different groups of people's physical fitness skills by using literature research and statistical treatment methods. The result of the investigation shows that physical fitness skill is one of the most important elements influencing physical fitness activities. Therefore, this paper suggests China need to perfect the system of community physical instructor, reform physical education in schools and finally improve national physical fitness skills. This paper also provides certain reasons for enhancing national physical fitness activities and the application of "National Fitness Program".

**Key words:** Fitness Activities; Fitness Skills; Situation; Investigation

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More than ten years effective application of Chinese national fitness program has made public's awareness of fitness popular. Health has become the most basic requirement for the public. The concept of health does not only mean physical health, but also includes mental health. With the development of sports facilities and improvement of fitness condition, more and more people start to take physical activities. (LU, 1996; National 1997; SU, et

al., 2001; LIN, 2001) "It is better to invite somebody to do exercise rather than eating" fully reflects people's enthusiasm on fitness. After realizing the importance of fitness activities, how to keep this enthusiasm and keep taking fitness activities and physical fitness skills have become inevitable issues. (Research Group, 1998) Different levels of physical fitness skills can directly influence people's physical activity habit and interest and the create of physical activities. Therefore, how to improve physical activity skills are becoming increasingly important. According to this, this paper analyzes the influence of physical fitness skills on fitness activities by investigating different citizens' physical fitness activities and skills in Qingdao, China and gives reasons and evidences for carrying national fitness program further.

### 1. RESEARCH SUBJECT AND METHODS

The subject of this paper is different people with different jobs in 7 districts and 5 towns in Qingdao, China. The 7 districts are: south of Qingdao city, north of Qingdao city, Sifang, Licang, Laoshan, Chengyang and Huangdao. The 5 towns are: Jiaozhou, Jimo, Pingdu, Jiaonan, Laixi. There are 600 people investigated. 178 of them are more than 60 years old; 183 of them are under 35 years old; and 239 of them are among 35 to 60 years old. There are 545 valid questionnaires returned and the response rate is 90.8%. The design of the questionnaire does not only learn from some aspects of the questionnaire of national fitness program but so draws detailed questions on people's physical fitness activities and skills. The methods this paper contains literature research, statistical analysis, and X2 tests.

### 2. RESEARCH RESULTS AND ANALYSIS

There are three types of fitness activities in Chinese: Often (take more than 3 times per week); Intermittent (take less

than 3 times but more than once per week); Never (take less than once per week). Physical fitness skills are fitness abilities that recognized by the participant himself or herself.

### 2.1 Attitude Towards Fitness Skills

Table 1 is the questionnaire of “physical fitness skill is one of the important reasons that influencing physical fitness activities” which reflects attitude of investigation subject toward physical fitness skills. The result shows that 68.62% agreed and 31.38% disagreed that physical fitness skill is an important element influencing physical fitness activities. According to the test that  $p < 0.05$  and the difference is great. It is recognized that different groups of people who take different physical fitness activities have different attitudes towards fitness skills and the group that often takes fitness activities have paid more attention to physical fitness skills.

**Table 1**  
Questionnaire of “Physical Fitness Skill Is One Of The Important Reasons That Influencing Physical Fitness Activities”

	Agree	Disagree	Total
Never	56	25	81
Intermittent	226	102	328
Often	92	54	136
$P < 0.05$			

### 2.2 Self Evaluation on Current Physical Fitness Skills

Table 2 is the questionnaire of “self evaluation on current physical fitness skills”. It shows that the satisfaction rate is only 9.54%, the rate of the “so so” group is 42.94% and the rate of dissatisfaction is high up 47.52%. It can be seen that subject of the investigation are not so satisfied with their physical fitness skills and the situation of skills they grasped are not too many. After test of  $p < 0.05$ , it can be concluded that the difference of self evaluation attitudes among different group of people are great. People that don't take fitness activities have lower attitudes toward their current fitness conditions which influence their fitness activities.

**Table 2**  
Questionnaire of “Self Evaluation on Current Physical Fitness Skills”

	Satisfy	So so	Dissatisfy	Total
Never	9	34	38	81
Intermittent	30	141	157	328
Often	13	59	64	136
$P < 0.05$				

### 2.3 Resources and Methods for Gaining Main

### Physical Fitness Skills

Table 3 is the Questionnaire of resources and methods for gaining main physical fitness skills. It shows that most people investigated gained their main skills of physical fitness from friends and relatives and the rate is 40.26%. It means that the grasp of physical fitness skills influenced much by its surrounded environment. From community instructor is 24.10% which shows the backward of community physical organization management. At the mean time, there are 12.00% from school P.E classes which shows the defect of school P.E. education that schools lack of training of students physical fitness skills and it is a big deal to strengthen students physical skills' training.

**Table 3**  
Questionnaire of “Resources and Methods for Gaining Main Physical Fitness Skills”

	Classroom P.E. Lesson	Relatives and Friends	Community Sports Instructors	Self-taught	Mass Media	Other
Ratio(%)	12	40.26	24.10	8	7.60	8.94

### 2.4 Influence of Physical Fitness Skills on Future Physical Fitness Activities

Table 4 is the questionnaire of “improving physical fitness skills is good for the improvement of healthy physical activities” which can be seen the development direction of physical fitness activities of the subject. The rate of the agreed is 76.15% and the disagreed is 23.85%. Positive people can benefit from the improvement of physical fitness skills. With the test of  $p < 0.05$  the result shows significant difference of the attitudes toward this questionnaire. The improvement of physical fitness skills will change activities of the people that never take physical fitness activities and encourage them to take part into those activities.

**Table 4**  
Questionnaire of “Improving Physical Fitness Skills Is Good for the Improvement of Healthy Physical Activities”

	Agree	Disagree	total
Never	72	9	81
Intermittent	245	83	328
Often	98	38	136
$P < 0.05$			

### 2.5 Forms of Physical Fitness Skills of People Who Take Physical Fitness Activities

From the research and investigation of table 5 “Main forms of physical fitness skills”, it can be seen that jogging, walking and other sports with less efforts are still most popular ones for people and then some sports such as basketball and so on. There is difference between different

age groups. Younger people prefer confrontational movements while older people like relaxed and casual sports.

**Table 5**  
**Questionnaire of “Main Forms of Physical Fitness Skills of Physical Fitness Participants”**

	Jogging, walking	Ball games	Martial arts, Qigong	Gymnastic Exercises	Other	Total
Below 35	48	42	10	14	10	124
35-60	86	45	25	24	15	195
Above 60	72	18	32	13	10	145
total	206	105	67	51	35	464

**2.6 Attitudes of Physical Fitness Participants on the Question “Physical Fitness Skills Influences Effect of Physical Fitness Activities”**

In questionnaire 6 we can see that the amount of physical fitness participants who hold a positive view on “physical fitness skills influences effect of physical fitness activities” is 69.83%. After the test,  $p < 0.05$  difference is great. Different age groups have quite different attitudes toward this question. 30-50 years old people pay more attention to physical fitness skills in the process of physical fitness activities and they think that those skills are important parts of physical fitness activities. (LI & XU, 2002) Precise and scientific physical fitness methods result in good effect of physical fitness activities.

**Table 6**  
**Questionnaire of “Physical Fitness Skills Influences Effect of Physical Fitness Activities”**

	Agree	Disagree	Total
Below 35	87	37	124
30—50	145	50	195
Above 50	92	53	145

$P < 0.05$

and therefore to encourage people take part in physical fitness activities and boost the development of national fitness program.

There is significant difference between different groups of physical fitness participants about self evaluation of their own physical fitness skills. People who never take any physical fitness activities have lower evaluation than others and their evaluation discouraged their enthusiasms and confidence about taking physical fitness activities. At present, most physical fitness skills grasped by people cannot meet the need of physical fitness and lack of skills has become an inevitable element in blocking people from doing physical exercises. Therefore, when holding public physical activities, we need weaken the skill difficulties of sports and put more effort in opening new content and forms of physical activities which contain the function of entertainment, interesting and fitting for people to learn and improve so that they can develop their sports skills and meet the need of taking part in physical activities.

Nowadays, there is not enough social services for people to learn physical fitness skills and classroom P.E. lessons also have certain defects. The main resources for people to get physical fitness skills are most “personal interest, taught by schools and other people”. Thus, on one hand, we need to perfect public physical organizations scientifically and strengthen sports skills instruction from special organizations and professionals so that to increase interest of people to take physical activities and improve their physical fitness skills. On the other hand, classroom P.E. lessons also need to pay great attention to students’ sports skills and habit training and build a solid foundation for taking life-time physical fitness activities for them.

Physical fitness skills have great influence on physical fitness activities and its effect. Physical education staffs and various levels of government officers should focus on training of public physical fitness skills, do good management work for community physical instructors and improve people’s physical fitness effect effectively. Community physical instructors should teach and guide different groups of physical fitness participants positively, passionately, and organizationally to cultivate their habits of taking physical fitness activities and provide further

**3. CONCLUSION AND SUGGESTION**

Different groups of physical fitness participants have quite different attitudes toward physical fitness skills. People who often take physical fitness activities think that physical fitness skill is an important element influencing physical fitness activities and to improve physical fitness skills are good for the development of healthy physical fitness activities. In the process of implementing “National Fitness Program”, we need to encourage people to take part in physical fitness activities. It is not enough only with society propaganda, we need to help the development of physical fitness participants to enhance their own improvement of physical fitness skills during the process of physical fitness activities. To help them achieve the aim of entertainment and fitness when gaining self satisfaction

service for national fitness program.

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