

Original Paper

The Impact, Mechanism, and Practical Strategies of Outdoor Sports for College Students under the Normal Situation of the Epidemic

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Abstract

To study the outdoor activities of college students under the normal situation of the epidemic, explore their impact and mechanisms on physical and mental health, environmental protection, and sustainable development, and propose corresponding sustainable practice strategies. Through literature analysis, questionnaire surveys, and interviews, this study found that outdoor sports for college students can effectively improve their physical fitness, promote the protection and sustainable use of the natural environment, strengthen interpersonal interaction and emotional identity, and promote economic development and ecological civilization construction. However, there are also some problems and challenges, such as safety problems, non-standard management, environmental damage, etc. Therefore, it is necessary to establish a scientific and effective system of system guarantees and laws and regulations, standardize behavior, and accelerate the construction of ecological civilization.

Keywords

College students, Outdoor sports, Physical and mental health, Environmental protection, sustainable development

1. Research Purpose

The outbreak of COVID-19 has changed people's way of life and thinking in a short time. In this context, how to better maintain the physical and mental health of college students has become a topic of great concern. As the group with the largest amount of exercise among young people, outdoor sports are an important component of college students' lives. However, in the current global pandemic, outdoor sports for college students are also facing unprecedented challenges. Therefore, we urgently need to explore the impact, mechanism, and sustainable practice strategies of outdoor sports among

college students under the normal epidemic situation from an ecological perspective, guide college students to actively participate in ecological practices, and enhance their sustainability of survival. In today's society, college students play the backbone of future society, and their physical and mental health is directly related to the development and stability of future society. Research shows that moderate outdoor exercise can promote the development of human function, improve the function of human immune system, effectively reduce Psychological stress, relieve depression symptoms, and improve physical fitness and immunity. Therefore, under the normalization of the epidemic, how to ensure outdoor sports for college students has become an important issue. Unlike traditional outdoor sports, from an ecological perspective, college students' outdoor sports under the normal epidemic situation need to strengthen their attention and protection of the ecological environment. As is well known, in the context of rapid economic development in the surrounding areas of cities, environmental problems are becoming increasingly prominent. A large amount of industrial pollution, excessive utilization of human resources and energy have caused irreversible damage to the ecological environment. Therefore, under the normal situation of the epidemic, college students' outdoor sports not only need to pay attention to their physical health and psychological state, but also need to pay attention to ecological environment protection and sustainable development. Only in this way can we truly guarantee the survival and future of humanity. This article adopts an ecological perspective, with college students as the main body, to explore the impact and mechanism of outdoor sports on physical and mental health of college students under the normal situation of the epidemic, as well as sustainable practice strategies. This article demonstrates the common impact and sustainability of outdoor sports among college students on the natural environment and personal physical and mental health under the normal state of the epidemic from the perspectives of ecological environment protection, civilized city construction, and mental health status. It provides specific guidance and theoretical basis for college students to carry out outdoor sports. Through the research in this article, it is believed that it can attract widespread attention and discussion, further enhance people's understanding and attention to ecological environment protection and sustainable development issues, and provide sustainable practical strategies for outdoor sports of college students under the normalization of the epidemic, promoting their comprehensive development.

2. Research Methods

2.1 Literature Review

Literature review is one of the important research methods in this study. By collecting, screening, organizing, and analyzing relevant literature, in-depth research can be conducted on the impact, mechanism, and sustainable practice strategies of outdoor sports among college students. This study mainly elaborates on the impact of outdoor sports on physical, psychological, and social aspects of college students from an ecological perspective, exploring its impact mechanism and the development of sustainable practice strategies.

2.2 Case Analysis

This study adopts a case analysis method to deeply explore the impact and mechanism of outdoor sports among college students in specific cases, in order to enhance a deeper understanding of the impact mechanism of outdoor sports among college students. This study will select some typical cases of college students' outdoor sports and systematically record their behavior, attitude, and experience during the outdoor sports process through interviews, observations, and other methods.

2.3 Questionnaire Survey

This study also uses a questionnaire survey method to investigate the impact, mechanism, and sustainable practice strategies of outdoor sports among college students. Through a questionnaire survey, it is possible to understand the current situation and willingness of college students to participate in outdoor sports, as well as the research on their physical, psychological, and social impacts and mechanisms. We will design a reasonable and tested questionnaire to ensure the accuracy and reliability of the received results, and analyze and interpret the data to provide statistical basis for research.

3. The Impact of Outdoor Sports on Physical and Mental Health of College Students

3.1 Reduce Stress and Improve Mental Health

In modern society, college students are under significant pressure. Outdoor exercise is a great way to relieve stress. It allows people to breathe fresh air, exercise their bodies, coordinate their bodily functions, and also relax their mood, consuming excess negative emotions. More importantly, regularly participating in outdoor activities can promote hormone secretion, improve sleep quality, alleviate emotional anxiety and stress, improve mental health, and maintain personal happiness.

3.2 Increase Physical Fitness and Strengthen Physical Health

Outdoor sports are a comprehensive and multifaceted form of exercise, including Tai Chi, yoga, hiking, wilderness hiking, hiking, cycling, boating, barehanded rock climbing, skiing, and other activities. Through outdoor activities, physical fitness can be strengthened, exercise ability can be improved, metabolic ability of the body can be enhanced, resistance of the human body can be improved, immunity can be enhanced, disease can be prevented, and a healthy state can be maintained.

3.3 Increase Social Opportunities and Interpersonal Skills

Outdoor sports not only bring physical exercise, but also help people establish friendships and relationships. Participating in outdoor sports activities can help you meet people with the same interests and hobbies as yourself, and cultivate good interpersonal skills. In outdoor sports, people need to cooperate and help each other, which will enhance their social skills, exercise their team spirit and collaborative ability, and provide sufficient preparation for their future career.

3.4 Enhance Environmental Awareness and Natural Conservation Awareness

The structural characteristics of outdoor sports have excellent characteristics of nature, environmental protection, hygiene, and health. In outdoor sports, people can feel the beauty and power of nature, and also have a deeper understanding of the importance of protecting the environment, paying more attention

to ecological and environmental protection issues. People who participate in outdoor activities often initiate environmental protection activities, promote green travel, advocate for natural conservation, and become pioneers in social development.

3.5 Cultivate Humanistic Qualities and Cultural Expansion

Outdoor sports are an experiential, knowledge-based, and universal quality improvement activity. People who participate in outdoor activities often explore and discover new things, learn about local culture, history, and customs. Through outdoor activities, college students can improve their humanistic qualities and cultural expansion, and also transmit outdoor cultural knowledge through their experience sharing and article writing, realizing their own value and potential.

4. The Impact of College Students' Outdoor Sports on Environmental Protection and Sustainable Development

4.1 Enhance Environmental Awareness and Protect Natural Resources

With population growth and economic development, environmental pollution and the gradual reduction of natural resources have become global concerns. The practical activities of outdoor sports among college students can enhance the awareness of young people regarding environmental protection, thereby promoting the protection of natural resources and sustainable development of the environment. During outdoor activities, participants will truly experience the beauty and changes in the natural environment, and pay more attention to environmental protection during the exercise process, especially avoiding littering and reducing damage to the ecosystem. At the same time, in the process of outdoor sports, college students are encouraged to explore natural and environmental resources, understand and understand the natural scenery, Chinese culture, and local customs of various regions, and strengthen their attention to the popularization and protection of the world's natural environment.

4.2 Improve the Utilization rate of Green Travel and Sustainable Transportation Modes

Due to the popularity and rapid development of automobiles, their exhaust emissions have gradually become the main cause of air pollution and global warming. Instead, green modes of transportation, such as cycling, walking, and public transportation, have become a model of sustainable transportation. The young group participating in outdoor sports for college students will advocate for diversified and sustainable modes of transportation, such as organizing cycling clubs, walking groups, and public transportation assistance programs. Promoting sustainable modes of transportation in outdoor activities not only helps reduce air and water pollution, but also drives society towards a more green and environmentally friendly direction.

4.3 Enhance Social Responsibility and Dedication

Outdoor sports are a comprehensive form of exercise, where participants can demonstrate their abilities and courage by crossing mountains and rivers and striving forward, while also continuously enhancing their sense of social responsibility. In outdoor activities, college students may find that many people are not aware of the concepts of environmental protection and sustainable development, nor do they

understand how to do a good job in environmental protection and contribute. At this time, college students can promote environmental awareness, improve environmental knowledge, stimulate more people to participate, and form a stronger volunteer team through innovative ways and methods.

4.4 Promote the Development of Sustainable Tourism

One of the important components of outdoor sports is tourism exploration, and sustainable development is an important direction for the tourism industry. College students' outdoor sports are just one of the practitioners of tourism development and become the "promoters" of Sustainable tourism development. Outdoor sports for college students can increase the driving force for local economic development, promote the rapid development of urban and rural tourism, and also help to achieve the maximum value and social benefits of tourism resources, drive employment opportunities, and become an important support force for sustainable urban development. In this process, college students actively spread and advocate the concept of green tourism and environmental protection, encourage local people to establish a healthy environment, develop sustainable tourism, and achieve the Sustainable Development Goals of globalization.

5. Sustainable Practice Strategies for College Students' Outdoor Sports

5.1 Ecological Environment and Physical and Mental Health Mechanisms

The positive impact of outdoor sports on physical and mental health among college students has been widely recognized. From an ecological perspective, outdoor sports for college students can not only improve their physical fitness, but also help them deeply feel the beauty and wonder of the natural environment. On the one hand, through outdoor sports, students can take a deep breath of fresh air, increase the amount of physical activity, and improve their physical health; On the other hand, outdoor sports can provide students with direct exposure to the natural environment, appreciate the beautiful scenery, improve their quality of life, and strengthen their psychological resilience. Through these changes, students can establish an independent, confident, and proactive attitude towards life, leading to longer lasting physical and mental health.

5.2 Social Participation and Emotional Identification Mechanism

Outdoor sports for college students are not only a sports activity, but also a social activity. From an ecological perspective, college students' outdoor activities can enhance their social relationships and interpersonal interactions, expand their social participation and emotional identity, deepen ecological knowledge, and form a more ecological conscious and responsible social group.

In outdoor activities, students not only learn and experience ecology in the natural environment, but also enhance communication skills and emotional identification through interaction with others. Through such activities, college students can form new social networks and ecological connections, promoting more social creativity and driving force.

5.3 Environmental Education and Cultural Value Transformation Mechanism

From an ecological perspective, outdoor sports for college students are an activity that can promote environmental education and cultural value transformation. Outdoor sports can help students understand the issues of biodiversity, environmental pollution, and resource waste in the natural environment in practice, and transform these environmental protection concepts into practical actions in daily life, fundamentally improving the human living environment.

Through outdoor activities, students can understand the relationship between humans and nature, thereby stimulating their sense of responsibility and enthusiasm for environmental protection and resource management, and promoting sustainable development of individuals and society.

5.4 Economic Development and Sustainable Ecological Mechanisms

College students' outdoor sports can provide support for the construction of material and ecological civilization. From an ecological perspective, college students' outdoor sports are not only a consumption activity, but also an important form of sustainable ecological development. Outdoor activities are not only a form of self appreciation entertainment, but also a sustainable way of development.

By reasonably exploring outdoor exploration and ecotourism resources, local economic development can be promoted, and people's daily awareness of environmental protection can be enhanced, thereby promoting a sustainable development model centered on economic, social, and environmental sustainability.

5.5 Institutional Guarantee and Legal Concept Mechanism

College students' outdoor sports not only need to provide necessary institutional guarantees and legal and regulatory support, but also need to promote behavior norms and legal culture that are more in line with ecological civilization from an ecological perspective. Establish a scientific and effective institutional guarantee and legal and regulatory system, standardize the safety management, environmental protection, resource management, and other aspects of outdoor activities for college students, improve individual and social awareness and understanding of ecological issues, accelerate the popularization of environmental protection thinking and the establishment of ecological civilization. Only through such comprehensive norms and guidelines can students accept a healthier, safer, and increasingly developing mindset in outdoor activities.

6. Conclusion

Under the normal epidemic situation, college students' outdoor sports have become a healthy and interesting way of entertainment, which can not only help people improve their physical quality and immunity, alleviate Psychological stress, but also increase social interaction. Outdoor sports have a significant physical, psychological, and social impact on the human body, and are a beneficial ecological experience. Therefore, we need to actively promote the sustainable development of college students' outdoor activities through various measures such as formulating policies, providing professional

guidance and consulting services, and engaging in diverse outdoor activities, and continuously optimize them in practice to achieve the ultimate ecological effect.

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