

Abstract

Purpose

Exercise in a variety of ways is good for physical and mental health. This good effect has aroused more and more people's resonance. Young people are the pillars of society. Sedentary, less exercise has become the lifestyle of most young people. In particular, college adolescents are under pressure and lack of physical activity due to academic and interpersonal relationships. In particular, college adolescents are under pressure and lack of physical activity due to academic and interpersonal relationships. Taking the college students of Qufu Normal University as the object, this paper has carried on the sports games for 8 weeks.

Method

In this study, 80 college students from Qufu Normal University were randomly divided into two groups (experimental group and control group) to all the data collected through the experiment were processed by EXCEL 2010 and SPSS20.0, and the differences between groups were measured and analyzed repeatedly. All the data collected through the experiment were processed by EXCEL 2010 and SPSS20.0, and the differences between groups were measured and analyzed repeatedly.

Results

After 8 weeks of exercise, the weight of the experimental group increased (Change = -1.37 ± 4.86 $p = 0.30$), the weight of the control group decreased (Change = 1.04 ± 0.73 $p = 0.17$), and the BMI of the control group decreased. The flexibility of the experimental group (Change = -4.79 ± 3.71 $p = 0.00$) and the control group (Change = -2.19 ± 0.63 $p = 0.00$) changed significantly before and after the experiment, and the interaction effect showed that there was a

significant difference between the two groups before and after the experiment ($p = 0.03$), and the change of the experimental group was larger than that of the control group. The back muscle strength of the experimental group (Change = -32.27 ± 45.21 $p = 0.02$) and the control group (Change = -6.8 ± 2.14 $p = 0.01$) increased significantly before and after the experiment, and the interaction effect showed that there was a significant difference between the two groups before and after the experiment ($p = 0.04$), and the change of the experimental group was larger than that of the control group.

The prolongation of ocular closure balance time was significant in experimental group (Change = -3.47 ± 2.64 $p = 0.00$) and control group (Change = -2.73 ± 0.90 $p = 0.01$). The longitudinal jump height of experimental group (Change = -2.20 ± 2.27 $p = 0.00$) and control group (Change = -1.53 ± 0.13 $p = 0.00$) showed significant changes after motor intervention. The groups before and after the experiment (A: $p = 0.00$; B: $p = 0.00$; C: $p = 0.00$; D: $p = 0.00$), the experimental group (A: -11.25 ± 3.17 $p = 0.00$; B: Change = -11.15 ± 3.53 $p = 0.00$; C: Change = -10.88 ± 3.20 $p = 0.00$; D: Change = -12.93 ± 3.98 $p = 0.00$). The variation was more significant than that of the control group (A: Change = -6.00 ± 6.13 $p = 0.00$; Change = -3.70 ± 3.10 $p = 0.00$).

Conclusion

After 8 weeks of different sports intervention, the subjects' body composition changed. Exercise, of course, can lead to weight gain. High-intensity exercise increases skeletal muscle mass and weight gain. Exercise increases skeletal muscle mass and weight gain. Sports games reduced the subjects' BMI.

The training of 8 weeks' sports games made the physical strength indexes of the subjects change into different degrees. Flexibility has been effectively improved. The subjects' back muscle strength was improved and their balance ability was improved. The subjects' vertical jump heights changed positively. The response time was significantly improved. Data analysis showed that the

experimental group of sports games better than the control group. Data analysis showed that the experimental group of sports games better than the control group.

Training in sports games within 8 weeks increased levels of the active oxygen metabolic derivative d-ROM. The experimental group increased the most and the free radical production increased. BAP in experimental group was the highest.

The 8-week sports game experiment effectively improved college students' EQ. The sports games and the Confucian ideological education are the most effective. The sports games and the Confucian ideological education are the most effective.

Keywords: College Students, Sports Games, Confucianism, Physical Composition, Physical Strength, Antioxidant System, Emotional Intelligence