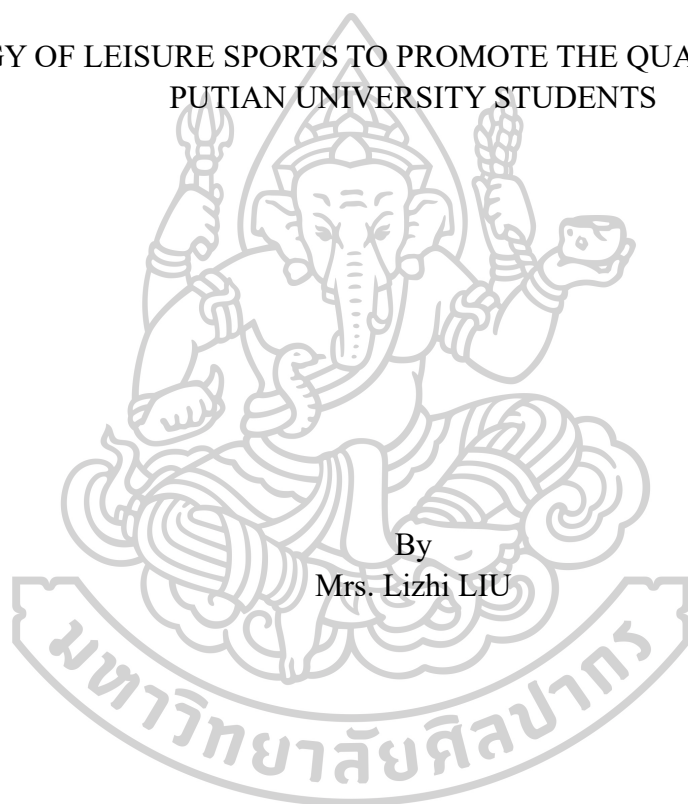




STRATEGY OF LEISURE SPORTS TO PROMOTE THE QUALITY OF LIFE FOR
PUTIAN UNIVERSITY STUDENTS



By
Mrs. Lizhi LIU

A Thesis Submitted in Partial Fulfillment of the Requirements
for Doctor of Philosophy RECREATION TOURISM AND SPORT MANAGEMENT
Department of Education Foundations
Silpakorn University
Academic Year 2024
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Strategy of Leisure Sports to Promote the Quality of Life for Putian
University Students



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Title Strategy of Leisure Sports to Promote the Quality of Life for Putian University Students
By Mrs. Lizhi LIU
Field of Study RECREATION TOURISM AND SPORT MANAGEMENT
Advisor Assistant Professor Wanwisa Bungmark, Ph.D.
Co advisor Professor Kanit Kheovichai, Ph.D.
Vichit Imarom, Ph.D.

Faculty of Education, Silpakorn University in Partial Fulfillment of the Requirements for the Doctor of Philosophy

..... Dean of Faculty of Education
(Professor Kanit Kheovichai, Ph.D.)

Approved by

..... Chair person
(Professor Emeritus Sombat Karnjanakit, Ed.D.)

..... Advisor
(Assistant Professor Wanwisa Bungmark, Ph.D.)

..... Co advisor
(Professor Kanit Kheovichai, Ph.D.)

..... Co advisor
(Vichit Imarom, Ph.D.)

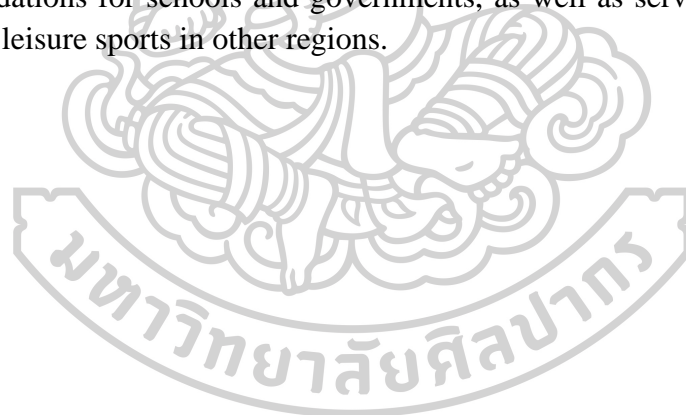
..... Committee
(Associate Professor Wannawee Boonkoum, Ph.D.)

640630065 : Major RECREATION TOURISM AND SPORT MANAGEMENT

Keyword : Leisure sports, Quality of life, College students, Putian City, Strategy development, SWOT analysis

Mrs. Lizhi LIU : Strategy of Leisure Sports to Promote the Quality of Life for Putian University Students Thesis advisor : Assistant Professor Wanwisa Bungmark, Ph.D.

This study aims to develop strategies to promote leisure sports activities among students at Putian University, thereby enhancing their quality of life. Leisure sports are globally recognized for their ability to improve physical health, mental well-being, and social satisfaction. The research examines the impact of leisure sports on students quality of life and analyzes their participation and challenges in Putian City. Using questionnaires, SWOT analysis, expert interviews, and focus groups, the study finds a positive correlation between participation in leisure sports, motivation, and social support, leading to better health, social interaction, and learning focus. The research identifies four strategies: SO, ST, WO, and WT, and recommends four strategic directions: raising awareness, improving facilities, enhancing social support, and optimizing information channels. The leisure sports strategies proposed in this study can better enhance the quality of life for university students, providing practical recommendations for schools and governments, as well as serving as a reference for promoting leisure sports in other regions.



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TABLE OF CONTENTS

	Page
ABSTRACT.....	D
ACKNOWLEDGEMENTS.....	E
TABLE OF CONTENTS.....	F
Chapter1: Introduction.....	1
1.1 Background to the Study.....	1
1.1.1 The Chinese Government Strongly Supports Putian Leisure Sports Development Policy.....	2
1.1.2 Putian City has a Strong Economic Foundation for Leisure and Sports Development.....	3
1.1.3 Putian Excellent Geographical Environment Provides a Hotbed for the Development of Leisure Sports.....	4
1.1.4 Putian Comfortable Climate Has Become a Favorable Condition for Leisure and Sports Activities.....	5
1.1.5 Sufficient Leisure Resources in Putian Provide Effective Supply for the Development of Leisure Sports.....	6
1.2 Purpose of the Study and the Research Questions.....	7
1.2.1 Purpose of the Study.....	7
1.2.2 Research Questions.....	7
1.3 Scope of the Study.....	8
1.3.1 Research Contents.....	8
1.3.2 Target Population and Sample.....	8
1.4 Definition of Key Terms.....	8
1.4.1 Quality of Life.....	8
1.4.2 Leisure Sports.....	8

1.4.3 Leisure Sports Development Strategy	8
1.5 Expected Benefits of the Research	9
Chapter2: Literature Review	10
2.1 Research on Leisure Theory	10
2.1.1 Leisure Sports Cognition	10
2.1.2 Exercise Motivation	12
2.1.3 Leisure Sports Participation	15
2.1.4 Leisure Sports Consumption	17
2.1.5 Social Support	19
2.1.6 Information Channels	20
2.2 Theoretical Studies on Quality of Life	23
2.2.1 In Terms of Objective Conditions	23
2.2.2 From the Subjective Feelings	24
2.2.3 Analysis from the Degree of Good and Bad	24
2.2.4 Social Psychology Point of View	24
2.2.5. Economic Point of View	25
2.2.6 Ecological Perspective	25
2.2.7 Research Hotspots in China	26
2.2.8 Quality of Life Measurement and Evaluation	28
2.3 A Theoretical Study of the Relationship Between Recreational Sport and Quality of Life	30
2.4 Policy Documents	31
2.5 Previous Studies	33
2.5.1 Research on Quality of Life	34
2.5.2 Relevant Research on Leisure Sports Activities	39
2.5.3 Summary	40
2.6 Research Background	40

2.6.1 Geographical Background	40
2.6.2 Background of Influencing Factors	41
2.6.3 General Background	41
2.7 Research Framework	43
Chapter3: Research Methodology.....	44
3.1 Type of Research Methodology	44
3.2 Research Design.....	44
3.3 Subjects of the Study and Sampling Method.....	44
3.3.1 Questionnaire Survey Method	44
3.3.2 SWOT Analysis	45
3.3.3 Expert Discussion	45
3.4 Study Area.....	46
3.5 Research Process.....	46
3.6 Research Tools	47
3.6.1 Self-made Putian City College Student Leisure Sports Development Questionnaire	48
3.6.2 Quality of Life Scale.....	50
3.6.3 Scale Filling and Scoring Method.....	51
3.7 Research Schedule	52
3.8 Data Analysis	52
3.9 Validity and Reliability of the Study.....	53
3.9.1 Validity of the Study	53
3.9.2 Credibility of the Study.....	53
Chapter 4: Results and Analysis	54
4.1 Basic Information Analysis.....	54
4.1.1 Basic Information Frequency Analysis.....	54
4.1.2 Leisure Sports Cognitive Frequency Analysis	55

4.1.3 Exercise Motivation Frequency Analysis	56
4.1.4 Leisure Sports Participation Frequency Analysis	57
4.1.5 Leisure Sports Consumption Frequency Analysis	61
4.1.6 Social Support Frequency Analysis	63
4.1.7 Information Channels Frequency Analysis.....	65
4.1.8 Leisure Sports Development Five Level Scale.....	65
4.1.9 Quality of Life Analysis.....	69
4.1.10 Research on the Relationship Between Leisure Sports and Quality of Life.....	71
4.1.11 SWOT Analysis.....	74
4.2 Putian City College Student Leisure Sports Development and Quality of Life TOWS Matrix Analysis and Countermeasures.....	85
4.2.1 Construct the TOWS Matrix of College Student in Putian City.....	86
4.2.2 Research on the Countermeasures of College Student Leisure Sports Development and Quality of Life Development in Putian City	89
4.3 The Evaluation of Strategies	90
4.3.1 Experts Discussion.....	90
4.3.2 Focus Group Discussion	111
Chapter 5: Summary, Discussion and Suggestions.....	116
5.1 Research Summary	116
5.2 Study and Discuss	117
5.3 Research Suggestions.....	120
5.3.1 Recommendations for this Study	120
5.3.2 Further suggestions	121
REFERENCES	123
Appendix I Putian City College Student Leisure Sports Development Questionnaire (Prediction Questionnaire).....	132
Appendix II Putian City College Student Quality of Life Questionnaire.....	140

Appendix I Putian City College Student Leisure Sports Development Questionnaire (Formal Questionnaire).....	145
Attachment I-1 Putian University Student Leisure Sports Development Survey Form IOC Expert Evaluation Form.....	154
Attachment I-2 Putian University Student Leisure Sports Development Survey Form IOC Experts Collect Evaluation Form.....	156
Attachment I-3 Putian University Student Leisure Sports Development Survey Form IOC Experts Collect Evaluation Form.....	159
Attachment I-4 Putian University Student Leisure Sports Development Survey Form IOC Experts Collect Evaluation Form.....	162
Appendix I-5 Putian City College Student Leisure Sports Development Questionnaire IOC Scoring Table Results.....	165
Appendix II Putian City College Student Quality of Life Questionnaire.....	167
Appendix III Outline of Interview with Putian City Leisure Sports Development Experts	170
Appendix III-1 Results of interview outlines with experts on the development of leisure sports in Putian City	171
Appendix IV Focus Group Interview Outline	187
Appendix IV-1 IOC Expert Evaluation Form for Focus Group Interview on the Development Strategy of Leisure Sports for College Student in Putian City.....	189
Appendix IV-2 IOC Expert Evaluation Form for Focus Group Interview on the Development Strategy of Leisure Sports for College Student in Putian City.....	191
Appendix IV-3 IOC Expert Evaluation Form for Focus Group Interview on the Development Strategy of Leisure Sports for College Student in Putian City.....	193
Appendix IV-4 IOC Scoring Table	195
Appendix IV-5 Results of Focus Group Interviews on the Development Strategy of Leisure Sports for College Student in Putian City.....	196
VITA	213

Chapter1: Introduction

This chapter focuses on the research on strategy development of leisure sports to promote the quality of life for Putian University student; it studies five aspects: topic introduction, research purpose and research questions, research scope, key term definition, and research significance as follows:

1.1 Background to the Study

With the continuous progress and development of society, Chinas comprehensive national strength and people quality of life have been significantly improved. In 2010, China became the second largest economy in the world, with a per capita GDP of more than USD 5000. The improvement of Chinas productivity level has promoted the continuous progress of society. The material conditions of people lives have been continuously improved, and the dietary structure has undergone tremendous changes. As we all know, the risk of diabetes and dyslipidemia in obese people is more than three times higher than in healthy-weight people, and the risk of hypertension, cardiovascular disease, knee arthritis, and gout is more than twice. Therefore, obesity is also defined as a potential chronic disease and the root cause of conversion to chronic diseases. Among them, BMI > 30kg/m² is considered to be obese. Male body fat exceeds 25%, and female body fat exceeds 30%. The morbidity and mortality will also increase relatively. Due to the transformation of disease patterns, more than 50% of health problems are caused by people lifestyles and behaviors. The medical model, which relied on treatment in the past, has not fully addressed the health needs of modern people. Compared with the concept of health promotion, the concept of health promotion goes beyond the concept of disease treatment. The definition of health promotion is to promote and influence individual health behaviors. Leisure sports are a direct way to improve health (Wendtlandt & Wicker, 2021a). The physical, physiological and psychological benefits of leisure sports have gradually been recognized by everyone. The lack of physical activity is one of the biggest factors leading to global death, and the mortality rate of the world population will be greatly improved, with an average life expectancy of 20-30% (Huang, 2022). A number of studies have shown a positive correlation between physical activity and various health factors such as cardiovascular disease, diabetes, cancer, hypertension, hyperglycemia, and obesity. Participating in leisure sports can affect Chinas lifelong health status and can also contribute to their physical and national strength. Since the future youth is the foundation of national strength, and college student are the mainstay of national development, we should pay more attention to the leisure sports and fitness of college student. College student is usually aged 18-24 years old, with active thinking and full of energy, which is the golden age of life. At the same time, college student is in a

period of transition from school to society. The time of college is relatively free. Student have more autonomy in the arrangement of their own lives. The 4-5-year school system can treat and improve many diseases. If college student can reasonably arrange their lives, it is a process of improving the quality of life. However, the arrangement of college student lives is unreasonable, restricting their quality of life. College student have high cultural quality but lack scientific guidance on a healthy and rational lifestyle. The essential function of physical exercise to enhance physical fitness and improve health has been widely recognized. Bringing physical exercise into the lifestyle category provides a scientific basis for formulating a healthy lifestyle. Leisure sports activities are an indispensable part of the lifestyle. In a specific social and historical period, people are limited by certain objective conditions such as productivity and environment. Under the guidance of corresponding sports values, individuals or groups in society meet various needs through sports activities and good behavioral characteristics. Scientific leisure sports activities are conducive to regulating emotions, enhancing positive emotions, promoting people all-round development, and improving the quality of life. Therefore, it is particularly important to promote the development of leisure sports to promote the quality of life of college student. In addition, college student who often engage in physical exercise have better cardiopulmonary health and quality of life. They will produce dopamine, serotonin, and upper gland hormone during exercise. These three nerve-conduction substances are closely related to student learning; at the same time, exercise is directly related to happiness, emotion, memory, and attention (Bang&Park,2020). Leisure sports are different from competitive sports. It has simple operability and can adapt to the characteristics of various groups and people with different foundations. It plays an important role in improving physical fitness, enhancing body image, and improving the learning effect.

In addition to physical function problems, college student has more than 90 days of winter and summer vacations. How to spend leisure time properly participating in positive and beneficial leisure methods to achieve physical and mental needs. The word leisure has become a synonym for the fashion trend, and leisure sports has also been increasingly respected and favored by contemporary college student. As a leisure, fitness, civilized, and scientific way of life, leisure sports have gradually become an important part of college student daily leisure lives. The idea of spending time, energy, and wealth on sports and leisure is understood and accepted. Therefore, in this context, it is of great significance to study the development of leisure sports for college student in Putian City and to promote the quality of life of college student.

1.1.1 The Chinese Government Strongly Supports Putian Leisure Sports Development Policy

During the 13th Five-Year Plan period, the Putian Municipal Party Committee and the Municipal Government attached great importance to the development of

sports, especially the cause of national fitness. In recent years, a series of policy documents have been issued to promote the development of national fitness undertakings, such as the Notice of Putian Municipal People Government Office on Printing and Issuing Putian City National Fitness Implementation Plan (2016-2020) (Putian Municipal Office No.172) Notice of Putian Municipal People Government Office on Printing and Issuing Putian City's 13th Five-Year Sports Development Special Plan (Putian Municipal Office No.171) Notice of Putian Municipal People Government Office on Printing and Issuing Putian City Sports Industry Development Action Plan (2017-2021) (Putian Municipal Office No.200) and Putian Municipal People Government Office on Printing and Issuing Putian City High-quality Development Measures (Putian Municipal Office No.68). Driven by these policies, the national fitness industry in Putian City has flourished and achieved good results.

To further implement the State Council National Fitness Program (2021-2025). According to the National Fitness Regulations, Notice of Fujian Provincial Sports Bureau on Issuing the 14th Five-Year Plan for Sports Development (Fujian Sports [2021] No.241), Notice of Fujian Provincial People Government on Issuing the Implementation Plan for National Fitness (2021-2025), Notice of the General Office of Fujian Provincial People Government on Issuing the Implementation Plan for Strengthening the Construction and Development of Mass Sports Facilities for National Fitness (Fujian Provincial Office [2021] No.33), Notice of Putian Municipal People Government on Issuing the 14th Five-Year Plan for National Economic and Social Development and the Long-term Goal Outline for 2035 (Putian Comprehensive [2021] No.46) and other documents. Adhering to the people-centered development thought, firmly grasping the main contradictions in the field of sports in Putian City, based on the new development stage, implementing the new development concept, building a new development pattern, making a systematic plan and strategic deployment for the national fitness work in our city during the 14th Five-Year Plan period, and clarifying the guiding ideology, development goals and main tasks of the high-quality development of the national fitness in the new cycle. Promote higher-level and higher-quality development of national fitness in Putian City better to meet the fitness and health needs of the people. Earnestly do a good job in the new cycle of national fitness work. With the consent of the municipal government, the implementation plan was formulated in combination with the actual national fitness work in Putian City. The implementation plan plays a crucial role in the process of building a culturally strong city, educationally strong city, sports strong city, healthy Putian, and talent strong city in Putian City.

1.1.2 Putian City has a Strong Economic Foundation for Leisure and Sports Development

In recent years, Putian City has vigorously supported traditional industries such as medical health, footwear, arts and crafts, and wood processing. At the same time, it

has actively cultivated new economic growth points, such as the development of leisure sports. Measures such as cost reduction, technological innovation, and industrial upgrading have improved corporate efficiency and market competitiveness and promoted local economic development. The sports industry is the product of the post-industrial era, and the economic level determines the development scale of the sports industry. According to the statistical bulletin of Putian national economic in 2022, the annual gross regional product reached 3116.25 billion yuan, an increase of 4.0% over the previous year. Among them, the added value of the tertiary industry is 133.931 billion yuan, an increase of 4.2%, and the proportion of the added value of the tertiary industry is 43.0%. The annual per capita GDP was 97095 yuan, an increase of 4.2% over the previous year. The proportion of tertiary industry gradually increased. The ontological industry of the sports industry belongs to the tertiary industry (Baiké, 2024).

From the adjustment of the industrial structure of Putian City, we can see the opportunity for the development of the sports industry. The provinces youth sports events received 42 gold, 49 silver, and 53 copper results. A provincial youth sports event was held with 180 participants. In a year, 19.218 million yuan was invested in private practical projects, including 2 new intelligent sports parks, 5 swimming pools, 7 multi-functional sports fields, 4 cage basketball fields, and 6 cage football fields. It sold 798 million yuan of sports lottery tickets throughout the year. With the improvement of people living standards, people consumption concepts and lifestyles are also changing. The concept of spending money on health and spending money on happiness has reached a consensus, and leisure sports have begun to enter people lives. Leisure sports attract the public with their unique charm. It not only has the joy of competitive sports to overcome difficulties and overcome opponents but also has the effect of enhancing physical fitness and promoting health; it not only has the unpredictability of the results of competitive sports but also has the kind of leisure in health sports regardless of success or failure. It has a sense of achievement of personal success that overcomes nature, transcends oneself, and has the self-confidence of life that reshapes oneself and builds personality. Leisure sports activities can enrich people amateur cultural life, improve people lifestyle, shorten the distance between people, and enhance physical fitness. It is the manifestation of the essential function of sports.

1.1.3 Putian Excellent Geographical Environment Provides a Hotbed for the Development of Leisure Sports

As a cultural phenomenon, leisure sports are naturally restricted by the geographical environment. There is an inseparable relationship between sports and geographical environment. Any kind of sports will not exist without natural conditions, and the environment of a region also affects the development and development of sports to a certain extent. Putian City has an excellent geographical environment.

Putian City is located in the central part of the coast of Fujian Province. It is 110 kilometers away from Fuzhou in the north, bordering Quanzhou in the south, and similar to Xiamen in the special zone, it is 69 kilometers away from Quanzhou and 171 kilometers away from Xiamen. It is only 72 nautical miles east of Taichung Port, across the Taiwan Strait. It faces the Taiwan Strait across the sea and is located at the junction of the North-South Triangle and East-West Crossing (Taiwan and inland areas). It has the unique geographical advantages of expanding the two wings, docking the east coast, and radiating inland. Putian City has Meizhou Bay, Xinghua Bay, and Pinghai Bay, three bays, a mainland coastline of 271.6 kilometers, an island coastline of 262.9 kilometers, and port and coastline resources are rich (Baiké, 2024). To provide more advantages for promoting the industrialization of fitness and leisure, Putian City focuses on promoting the construction of demonstration fitness and leisure resorts such as Jiulong Valley National Forest Park Sports and Leisure Base, Ruiyun Mountain Ecological Homeland Sports and Leisure Base, Xian you Jiuli Lake Outdoor Sports Area, China Shaolin Temple Wushu Culture Tourism Festival and other demonstration fitness and leisure resorts, promoting the compound operation of fitness and leisure and other related industries, forming fitness and leisure and health care, health, tourism, entertainment, catering, real estate and other related industries supporting operations, striving for several national and provincial fitness and leisure demonstration zones. Cultivate the construction of sports and leisure characteristic towns with sports as the characteristics, industry as the guide, integration as the basis, and aggregation as the core. We will implement support policies for the sports industry, guide investment to revitalize key urban areas, promote sports and leisure projects to repurpose old factories, and support the healthy development of the sports industry.

1.1.4 Putian Comfortable Climate Has Become a Favorable Condition for Leisure and Sports Activities

The influence of the climate environment on leisure sports is multifaceted, affecting not only the conditions of leisure sports but also the physical and mental function of leisure sports. Among the climatic factors, temperature and humidity have the most far-reaching impact on sports. Putian City, located on the northern edge of the Tropic of Cancer, is a typical subtropical marine monsoon climate east of the ocean. Adequate sunshine and suitable temperature are a major feature of Putian climate. The average annual solar radiation is 110.41 kcal/cm². The average annual sunshine hours are 1995.9 hours, and the average annual sunshine rate is 45%. Sunshine time gradually increased from mountainous areas to coastal areas. The temperature gradually decreased from the southeast coast to the northwest inland mountainous area. The annual average temperature is between 16 °C and 21 °C. The average frost-free period is between 316 days and 350 days per year. Most of the land

in the city is suitable for cultivating one-year triple cropping crops in agricultural production. Abundant rainfall and a humid climate are major features of the Putian City climate. The average annual precipitation in the city is between 1,000 mm and 2,300 mm, decreasing from the northwest mountainous area to the southeast coast. The mountains in the northwest are more than 2,300 mm, the central plains are 1,200 mm to 1,600 mm, and the southeast coasts and islands are 900 mm to 1,300 mm. The city can generally be divided into four precipitation seasons: spring rain season (March - April), precipitation between 250 mm to 300 mm, accounting for 20% of the annual precipitation, rainy days, less rainfall, and weak intensity are the characteristics of this rainy season. During the rainy season (May - June), the rainfall is 300 mm to 600 mm, accounting for 32% to 34% of the annual rainfall. The rainy season is characterized by wide rain areas, heavy rainfall, high intensity, and long rain duration. During the typhoon and thunderstorm rainy season (July - September), the rainfall is 270 mm to 700 mm, accounting for 32% to 36% of the annual precipitation. The rainfall is heavy and strong, which is easy to cause floods. In the rainy season (October - February), the rainfall is about 150 mm to 300 mm, accounting for 10% to 20% of the annual precipitation (Baiké, 2024). The monsoon is obvious, and the coastal wind is a feature of Putian climate. The main directions are northeast wind and southwest wind; the northeast wind is controlled in the coastal area for about 10 months, and the mountain area is dominated by north wind or east wind. The direction of winter and summer monsoon changes with the alternation of seasons. In winter, it is mostly northerly wind; in summer, it is mostly southeasterly wind; and in spring and autumn, it is wind direction conversion season. The wind speed decreases from the coast to the plain and inland mountainous areas, and the winter monsoon is often stronger than the summer monsoon. There are two common winds in the city. One is the northeast wind, which is caused by the cold air in the north. The wind is generally 6 to 8, and the maximum is more than 10. The coastal wind is usually 3 - 4 levels larger than the inland wind, and the wind above 6 levels in the island area is about 150 days per year. The other is strong winds caused by typhoons, with an average of 4 to 8 times a year, up to 11 times a year (Cheng, 2021). Typhoons mostly occur from mid-July to late September every year. Strong typhoons are often accompanied by heavy rain when they hit the front, which easily causes wind and flooding. Still, they can alleviate drought in coastal areas and supply water for vegetation and crops in mountainous areas. The climate environment is very important to the physical and mental health of leisure sports people. The good weather and climate conditions in Putian can better promote the healthy development of leisure sports people.

1.1.5 Sufficient Leisure Resources in Putian Provide Effective Supply for the Development of Leisure Sports

Putian City has deeply excavated characteristic sports resources, introduced policies and measures to accelerate the construction of an intense sports city and

promote the high-quality development of the leisure sports industry, vigorously developed leisure sports, and the leisure sports industry has shown a booming trend. Taking advantage of the opportunity to host the 2018 Provincial Games, Putian City has built a total of seven venues, six venues, and one base. The main distribution of Putian City Sports Center and City Sports Park includes the city's comprehensive gymnasium, swimming gymnasium, heavy athletics gymnasium, shooting gymnasium, tennis gymnasium, badminton gymnasium, martial arts gymnasium, city stadium, tennis stadium, archery field, flying saucer shooting field, basketball court throwing field and city kayaking base. The total investment is 780 million yuan. Also, relying on the events of the Provincial Games, each county has built a museum, which has changed the scarcity of sports venues. Over the years, Putian City Sports Bureau has continuously improved infrastructure construction. At present, Putian City highlights financial leverage, social participation, etc., and comprehensively accelerates the supply of rural sports products. It has invested more than 1 billion yuan in total. It has built a number of rural public fitness facilities, such as smart sports parks, multi-functional sports venues, social football venues, etc., to achieve full coverage of the city's administrative village sports venues and facilities.

Make full use of idle facilities to transform them into sports-characteristic projects. This year, an additional investment of 23.93 million yuan was invested, and 35880 square meters of sports complex projects were transformed using idle land around the village. With the new or upgraded pocket parks, focusing on the nearby fitness needs of the rural masses, 72 sets of sports courts, outdoor chess tables, etc. They were built in Xibai Village, Zhangzhen Village, and other places, as well as Shouxi Park, Caixiang Park, Baitang Lake Park, etc. were upgraded into intelligent sports parks. Putian City realizes the adequate supply of sports resources, meets the needs of college student in Putian University in leisure sports, further enriches most student sports and cultural life, and allows student to enjoy the fun of leisure sports.

1.2 Purpose of the Study and the Research Questions

1.2.1 Purpose of the Study

1. To study the current situation of college student leisure sports in Putian City.
2. To develop the leisure sports strategy of college student in Putian City.
3. To evaluate the feasibility of college student existing leisure sports development in Putian City and propose a final strategy.

1.2.2 Research Questions

1. What is the current situation of college student leisure sports in Putian City?
2. What is the development of leisure sports activities for college student in Putian City?

3. What is the impact of leisure sports activities on the quality of life of college student in Putian City?

1.3 Scope of the Study

1.3.1 Research Contents

The content of this research is a leisure sports development strategy for Putian City to promote college student quality of life.

1.3.2 Target Population and Sample

1. Target group: Putian University full-time undergraduate student, a total of 25,000 people (PTU, 2024).

2. Sample: According to the Krejci & Morgan scale (1970), 379 full-time undergraduates from four grades (2023, 2022, 2021, and 2020) on the new campus of Putian University were selected as the survey subjects. The sample size for expert interviews was 5 people, the sample size for expert discussions was 9 people, and the sample size for focus group interviews was 15 people.

3. Sampling technique: random sampling method.

1.4 Definition of Key Terms

1.4.1 Quality of Life

The quality of life is the evaluation of how consumers have lived through their personal subjective consciousness. This study refers to the individual perception of the quality of life. When the individual is more satisfied with the life process, the quality of life is high. Conversely, the more dissatisfied an individual is with the life process, the lower the quality of life.

1.4.2 Leisure Sports

In this study, leisure sports refer to a healthy and civilized leisure life behavior that people voluntarily show through sports activities in their spare time for the purpose of improving physical and mental health, pleasing the body and mind, and self-improving.

1.4.3 Leisure Sports Development Strategy

Sports are special social and cultural activities; from primitive society to ancient and modern, the leisure of mass sports is particularly obvious. The purpose of leisure sports is to entertain the body and mind, experience happiness, and develop themselves. It is diverse in form, suitable for young and old, and is widely loved.

Many projects also narrow the distance between man and nature and play an educational and guiding role in stabilizing society. With the progress of science and technology and the continuous liberation of productive forces, people have more and more leisure. The development of the economy and society is proportional to the demand for leisure sports. This is the reality of life that people must face. It is also significant in enhancing people physique and building sports power. In the 12th Five-Year Plan outline, people saw the statement of developing fitness and leisure sports. This is the first time the concept of leisure sports has entered the national development plan and identified as a development strategy.

1.5 Expected Benefits of the Research

The care and concern for college student are conducive to their better service for the country's local economic construction. College student is the future of the motherland, and the full play of their intelligence mainly depends on their quality of life. Student with a high quality of life can better contribute to society. If the quality of life is high, the efficiency and innovation of college student learning will be improved; accordingly, if the quality of life is low, it will lead to the waste of talent and indirectly affect the stability and prosperity of the country. Therefore, paying attention to college student quality of life and leisure sports activities is an important way to motivate talent.

It is conducive to the development of Putian leisure sports; leisure is an integral part of a well-off society, and leisure sports, as a unique way of leisure, have also been a new opportunity for development. This paper mainly studies the current situation of college student quality of life in Putian City from the background of leisure sports development strategy, analyzes the factors affecting the development of college student quality of life in Putian City, points out the problems existing in the development plan of Putian City, and formulates leisure sports for the government departments of Putian City. Policies and regulations provide a theoretical reference for promoting the healthy and sustainable development of leisure sports in Putian City in the new era.

The development of leisure sports plays an important role in improving the health level of college student in our city, meeting the yearning of college student for a better life, and promoting the all-round development of the Putian economy, society, and people. While fully promoting the construction of core elements such as national fitness facilities, event activities, fitness organizations, and scientific guidance, through the questionnaire survey on the development of leisure sports among college student in Putian City, we can understand the existing leisure sports and the satisfaction of college student quality of life, and put forward policy recommendations, which plays a significant role in improving the leisure life level and happiness index of college student in Putian City.

Chapter2: Literature Review

In the study Strategy Development of Leisure Sports to Promote the Quality of Life for Putian University student, the researchers collected and collated relevant literature and research data for in-depth research to provide guidance for the research concept:

1. Research on leisure theory
2. Research on the theory of quality of life
3. Theoretical study on the relationship between leisure sports and quality of life
4. Policy documents
5. Previous studies
6. Research areas
7. Research framework

This chapter provides an overview, examining theories and policy documents related to quality of life and recreational sports activities from multiple perspectives. Specifically, it includes research on leisure theory and quality of life, discussing the theoretical framework of quality of life and the impact of leisure activities on individual well-being. The section on the relationship between recreational sports and quality of life focuses on how recreational sports activities affect individuals quality of life. The policy documents section outlines several policies related to sports and quality of life, including the Putian City National Fitness Implementation Plan (2021-2025). These policies aim to promote the development of the sports industry and improve the quality of life for residents. The review of previous studies summarizes relevant literature on quality of life and recreational sports activities, providing a theoretical foundation for subsequent research. The research background introduces the geographical context of the study and factors influencing quality of life. Finally, the research framework section establishes the foundation for the research design and methodology of this study. Overall, this chapter constructs a comprehensive theoretical and policy background, providing a solid academic basis for exploring the impact of recreational sports activities on quality of life.

2.1 Research on Leisure Theory

2.1.1 Leisure Sports Cognition

Li (2008) believes that leisure sports should not refer to all-encompassing sports, nor is it limited to a few so-called aristocratic sports in which a few people participate. Whether a sport belongs to the category of leisure sports is not only due to the commonalities it enjoys, such as free time participation, no requirement for participation frequency, weakening of competitive consciousness, and no physical confrontation, but also consumption of physical strength, entertainment, fun, flexible

form, broad participation, and other characteristics; it also depends on how much commonalities it enjoys, or even more commonalities in the same category. Whether the same sport is a category of leisure sports depends on the combination of multiple indicators such as the purpose, means, intensity, and psychological experience of the participants.

The following conclusions are drawn through the analysis of the current situation of college student sports cognition: (1) Strengthen the training of student. The education and guidance work makes college student develop in an all-round way, which is conducive to the development and progress of leisure sports. (2) Should increase the intensity of leisure sports in colleges and universities. The student union and other organizations make full use of it to carry out the propaganda of leisure sports. (3) Teachers should improve teaching methods so that leisure sports become simplistic, game-based, and life-oriented, to make leisure sports closer to the lives of student so that student can enjoy leisure sports, and ultimately cultivate student lifelong sports concept so that they can naturally adapt to the arrival of the era of leisure sports after entering the community. (4) Strengthen deep education and provide correct guidance on leisure sports so that college student can correctly understand and accept leisure sports. (5) Colleges and universities should strengthen the construction of hardware and software facilities, encourage the establishment of leisure sports associations, and give technical support (Yang, 2016).

Leisure education is an educational activity that improves the quality of one personal life. It is an educational process that cultivates people ability to choose and judge the value of leisure sports behavior. It is also an important means of becoming a person. In view of the increasingly prominent college student leisure education cognition, behavior and various problems caused by it in the context of leisure society. This paper analyzes the necessity and importance of leisure sports, calling education, leisure sports need education. It discusses the far-reaching social significance of college student leisure sports education from the perspective of the social value of leisure sports education (Cheng, 2007).

(1) Pay attention to cultivating freshmen s physical exercise habits. (2) Set up a leisure sports education curriculum. (3) With the rational use of site resources, school can use limited funds to build smaller, simpler sports venues according to the characteristics of the school. (4) Strengthen the construction of campus sports culture. The construction of campus sports culture in colleges and universities can shape student healthy and sound personalities and has very important significance and influence in comprehensively promoting quality education and creating a good campus cultural atmosphere (Y. Liu, 2013).

Summary: This section mainly covers the cognitive analysis of leisure sports, the investigation and analysis of the current situation of college student leisure sports cognition, leisure sports education: the compulsory course of modern college student, and the cognition and participation of college freshmen in leisure sports in the Central Plains. Four articles explain and expand sports cognition so that we can better

understand this concept.

2.1.2 Exercise Motivation

Hao (2013) analyzed the choice of leisure style and its influencing factors on student at Shanxi Normal University. (1) Through the school newspaper, school magazine, bulletin board, school radio, and other ways to increase the concept of college student health and leisure, healthy and reasonable leisure lifestyle publicity, stimulate student to participate in leisure in their leisure time and other motives, such as intellectual motivation, competence-proficiency motivation, social motivation. (2) Increase the propaganda of leisure sports so that college student understands leisure sports and participate in leisure sports, so that leisure sports become a way of leisure culture on university campuses, to create a good sports atmosphere, and actively carry out various forms of leisure sports, so that leisure sports deeply rooted in the hearts of the people. (3) Increase the construction and opening of accessible sports venues and venues on campus to meet the needs of college student leisure sports. (4) The state should increase the capital investment in leisure sports, pay attention to the development of school sports, carry out rich school sports, and lay the foundation for participating in leisure sports in adulthood.

Huang (2022) analyzed the motivation and behavior of female college student in higher vocational colleges to participate in leisure physical exercise, the influencing factors of individuals, and the relationship between exercise motivation and individual influencing factors and exercise behavior to provide theoretical reference for the teaching practice of physical education teachers in higher vocational colleges. This paper studies the motivation, behavior, and individual influence of female college student participation in leisure physical exercise. (1) Colleges and universities should be based on the motivation of female college student to participate in leisure physical exercise, rational design of sports events, and planning some interesting leisure activities. Let more female college student participate in physical exercise. (2) Starting from the actual needs of student, the content of campus sports activities, such as carrying out scientific physical exercise lectures, should be increased. (3) Physical education teachers should be based on the physiological characteristics and psychological characteristics of female college student, designed in line with their teaching content and teaching methods, to encourage student to actively participate in leisure physical education, the formation of the correct exercise motivation. (4) The influencing factors of participating in leisure physical exercise improve their sports behavior.

Gao (2018) continuous learning to understand the value of leisure sports and the formation of active participation in leisure sports awareness. Arrange free time reasonably. Cultivate a good lifestyle and exercise habits. (2) Colleges and universities: enrich the form of physical education curriculum and improve the quality of college physical education curriculum. Improving leisure sports facilities because

some colleges and universities facilities are not perfect, or higher fees are not open, and so on, which is not conducive for college student to participate in leisure sports. Accelerate the construction of leisure sports majors and courses in colleges and universities. Carry out leisure sports associations, such as roller-skating clubs, street dance clubs, and other leisure sports. (3) Colleges and universities: enrich the form of physical education curriculum and improve the quality of college physical education curriculum. They were improving leisure sports facilities. Accelerate the construction of leisure sports majors and courses in colleges and universities. Carry out leisure sports associations, such as roller-skating clubs, hip-hop clubs, etc., link participation in associations with credits, scholarships, evaluations, etc., and encourage each college student to take the initiative to participate in leisure sports.

The motivation of college student in Hainan province to participate in leisure sports is focused on enriching life interests, physical health, and bodybuilding. It reflects that student participation in leisure sports activities is closely related to their needs. The content of leisure sports activities should be combined with student motivation, interests, and needs. Colleges and universities in the construction of leisure sports education mode, to carry out leisure sports activities, student can be more like the project, set up into a club, such as volleyball club, aerobics club, football club, through the clubs activities, so that student in the process of leisure sports activities, make full use of time, systematically particular practice, improve student sports to strengthen the awareness of leisure sports and fitness, cultivate student lifelong sports ability and correct leisure concept and attitude habits, so that student in the university stage to master a leisure sports skills, not only can use this movement to exercise, so that its lifelong benefit, and also know how to appreciate sports competitions and enjoy the fun of sports. School should increase publicity to help student with good fitness habits. In addition, the government should also increase the construction of off-campus public sports facilities and promote national fitness exercises. Stimulate student interest and improve student enthusiasm to participate actively in leisure sports activities. Strengthen student knowledge of this aspect of learning, not only to cultivate student fitness awareness and fitness ability but also to enable student to understand how to carry out fitness exercises. (Su, 2005).

Chen (2009) investigated and studied the motivation of college student in Huangshi City to participate in leisure sports and found that School should strengthen the publicity of sports leisure, entertainment, and other functions. First, the student should be motivated and interested in leisure sports. Then, cultivate their lifelong sports consciousness; teachers should pay attention to the investigation and communication of student, analyze the causes of instability, and encourage more student to participate in leisure sports activities by changing teaching content, improving teaching methods, and carrying out a variety of sports activities and competitions. To encounter the pleasant experience of leisure sports and stimulate student enthusiasm for participation.

Li (2017) explored the motivation and obstacles to family participation in family leisure sports in different life cycles. The summary is (1) Family life cycle: Family leisure sports participation motivation. In addition to the mental motivation group, there is no significant difference, but there are significant differences between the physical, communication, and achievement motivation groups. (2) The Family's life cycle: Different family leisure sports participation obstacles, personal obstacles, interpersonal obstacles, and structural obstacles.

Ma (2020) is in the era of leisure today; college sports in the implementation of health first education refers to the process of guiding thought. We should strengthen the propaganda and give full play to the leisure, entertainment, and other functions of sports, strive to make sports return to life, and promote them to college student as a healthy, scientific, and civilized way of leisure to enrich the extracurricular life of college student, improve their leisure quality, promote their all-round development, to stimulate further the interest of higher vocational college student in leisure sports and cultivate their lifelong sports consciousness. Leisure sports itself is the process of student physical and mental pleasure. The ideal goal of our school physical education is to help student improve their physical and mental health in happiness. College physical education is an important part of school education. We must establish the guiding ideology of student-oriented physical education and pay attention to the internal psychological experience of higher vocational college student in practice. It is the most ideal realm of college physical education to improve health in happiness. Different types of higher vocational college student have different leisure motivations and leisure experiences for leisure sports. In physical education or extracurricular sports guidance, we should teach student by their aptitude, treat them differently, and strive to diversify student leisure motivation to achieve a pleasant leisure experience and form a good lifestyle and leisure habits to participate in leisure sports activities.

The impact of physical exercise on quality of life is a double-edged sword. It is necessary to control the strength and amount of exercise. Physical exercise can hurt the body, and the exercise load is mainly grasped through the extreme point and the movement of exercise damage (Meller et al., 2007).

Summary: This section mainly analyzes the leisure and influencing factors of college student and the participation of female college student in leisure sports in higher vocational colleges. The influence of motivation and behavior on individuals, the investigation of the current situation of leisure sports participation of college student in Guangzhou, the investigation and analysis of leisure sports motivation of college student in Hainan, the investigation and analysis of the intrinsic motivation of leisure sports of college student in Huangshi City, Hubei Province, Motivational Factors Different Family Life Cycle Family Leisure Sports Participation and Impediments Analysis, The Investigation and Analysis on the Motive and Experiences for the Leisure Sports Participation of Zhejiang Vocational Colleges Student are summarized in seven aspects.

2.1.3 Leisure Sports Participation

Wu (2021) investigated the characteristics of leisure sports participation of student at Central China Normal University. (1) Strengthening the correct concept of leisure sports furthers popular college student only correct understanding from the depths of the heart. Recognizing the significance and value of leisure sports can externalize participation in leisure sports activities relevant to colleges and university departments. Doors (such as the Propaganda Department, the Ministry of Education, the Youth League Committee, etc.) should use campus radio, brochures, school newspapers, and WeChat public numbers.

(1) Increase the publicity of participating in leisure sports activities and strengthen student emphasis on leisure sports activities through a series of sports culture lectures and the publicity of physical education teachers in public physical education classes. Moreover, school should increase investment in sports facilities and environmental construction, set up sports that student is more interested in, and meet the needs of student to provide a good foundation for student leisure sports activities. Organize various extracurricular sports activities, sports competitions, sports clubs, etc., to promote the healthy development of leisure sports. Strengthen the leisure sports education for student, publicize the importance of leisure sports activities, deepen the reform of physical education teaching, and improve the level of leisure sports. In physical education teaching, we should increase the composition of leisure and entertainment; student is in a dominant position and combined with game teaching. Teaching content should be novel, and student enthusiasm for leisure sports participation should be mobilized and stimulated. Combine public physical education with leisure sports and emphasize leisure sports. (4) Physical education teachers should improve their professional ability and remarkable quality. School should regularly carry out leisure sports training for physical education teachers. Physical education teachers should continue to learn and improve their business level independently. Physical education teachers should strengthen the study of sports professional knowledge, keep up with the pace of the times, and develop and improve themselves. Meanwhile, school should create a leisure sports culture teaching atmosphere for physical education teachers, provide corresponding venues and equipment facilities, establish an incentive mechanism, fully mobilize the enthusiasm of physical education teachers, and provide certain teachers for student to participate in leisure sports activities (Zhong, 2018).

Cheng (2007) was in the process of the development of the times; college student does not have a heavy burden of homework and examination pressure, so they have more leisure time. In the past, college student often watched movies, played games, and went shopping in their leisure time, which failed to expand their horizons and affected their physical and mental health. In the context of the national movement, the benefits of spare time to participate in leisure sports activities can not only effectively improve the physical quality of student but also promote the overall

development of student. Therefore, school should combine the actual needs of student, take targeted ways to create a good leisure sports atmosphere, attract student participation, and promote the all-round development of contemporary college student.

Healthy leisure sports activities, whether for college student physical and mental health and overall quality, are still large. The development of campus culture and the formation of a good atmosphere are very beneficial. Student are participating in a variety of sports activities. In the process, it can improve its understanding, enrich its self-image, and alleviate the tension of life. To concern, more firmly believe in their ability to live, help college student escape negative lives, and have healthy bodies and minds (Yao, 2019).

Wang (2014) studied the current situation of college student participation in leisure sports activities in Zhejiang Province and found that college student participated in leisure sports activities. The choice of the content of leisure sports activities is diversified, but there is a lack of awareness of leisure sports activities, a lack of participation time, and neglect to see the quality of leisure sports activities. It is proposed that colleges and universities establish an extensive health concept system and put physical education and health education into practice.

A college student who believes in sports habits has a higher life span than those who do not. People with sports lifestyles have no sports quality compared to people with sports quality; thus, the score of lifestyles is higher (Yazicioglu, 2012).

In the book Chinese Sports Society, three signs are set to the sports population: (1) Physical exercise activities at least three times a week; (2) At least 30 minutes to exercise; (3) Exercise the load at least medium (Lu, 2001).

Summary: This section summarizes sports participation from five aspects: the characteristics and strategic suggestions of college student participation in leisure sports, the research on the status of college student participation in leisure sports, the research on the behavior and trend of college student participation in leisure sports, the investigation and analysis of college student participation in leisure sports in Jiangsu Province, The Present Situation and Strategies of College Student Participation in Leisure Sports Activities in Zhejiang Province. Let us have a more objective understanding of sports participation. Although the rise and development of leisure sports in China is short, there are still many studies on leisure thought and leisure sports by Chinese scholars. In contrast, there are still some problems in the research of leisure sports by Chinese scholars. Regarding research methods, most scholars generally use the theories and methods of sociology, philosophy, management, economics, and psychology to analyze and study leisure sports. The application of single research methods is more significant, and the combination of multiple research methods is smaller; there are many basic theoretical studies and few applied studies; there are many qualitative studies and few quantitative studies. This study studies the development of leisure sports for college student in Putian City from the perspective of leisure sports development planning.

2.1.4 Leisure Sports Consumption

Peng (2023). With the improvement of living standards and the rapid development of science and technology, especially the Internet. Under the influence of the consumption of sports by college student has changed significantly, and sports shoes and clothes are no longer limited. Consumption is keener on smart bracelets, dance blankets, sports events, venues, and other aspects of consumption.

Yang (2021). Physical fitness is a service for human beings and society, and its social value will also change with human life—the formula changes. Nowadays, the pace of life and learning of college student is greatly accelerated, and the social function and role of sports are also followed. Highlighting: College student fitness exercise can improve their physical quality and improve their physical health.

Song (2022). With the continuous progress of society and the prosperity and development of the economy, the sports consumption of college student is as follows: Earth-shaking changes. Their sports consumption concept and behavior are worth studying, and they can guide college student to be reasonable and healthy. Sports consumption can help develop physical education in the future. Thoroughly guide college student to correct and integrate.

Li (2023). With the rapid development of the economy, people living standards are continuously getting higher, the quality of life is increasing. With the continuous improvement of people physical, mental health, are favored by people.

Deng (2023). Sports consumption is called healthy consumption or green consumption, it has become an indispensable part of people consumption of life. As the physical consumption expenditure of sports consumption, sports goods consumption accounts for the majority of sports consumption. This paper discusses the current situation of college student consumption of sports goods, aiming to promote contemporary college student to establish a correct concept of sports consumption and promote student all-around development. The results show that the consumption level of college student sporting goods is low, and there are significant changes in the consumption of sporting goods. There is a certain blind comparison between different grades. Based on this, some suggestions are put forward: to eliminate the sports consumption caused by blind comparison, and to promote the rationalization of sports goods consumption; cultivate student eventually; body sports concept and develop physical exercise habits.

With the rapid development of Chinas economy, people living standards have significantly improved compared to previous ones. People have gone from not eating enough to wearing unwarming clothes to fully realizing a well-off society, so significant changes have taken place, and everyone's quality of life is better. With the improvement of people material level, the requirements for quality of life are getting higher and higher. Body. Physical health has become an increasingly concerned object. The sports industry has also developed rapidly through economic development (Li, 2022).

School is the first scene and direct environment for student learning and life, and it is also the place where student develop their exercise habits (Mou, 2022).

The cultivation and shaping of consumption concepts play a crucial role. Lack of exercise is a direct cause of insufficient sports consumption. Moreover, lack of interest in sports and exercise habits is an important factor restricting student from participating in sports.

College student sports consumption is important to China's resident sports consumption. In the face of the globally diversified consumption pattern, the sports consumption of college student in China has undergone profound changes. Combined with the new situation of China's economy and resident sports consumption development at the present stage, this paper comprehensively analyzed the current situation of college student sports consumption in China due to the negative influence of consumerism culture, the possible change trend, and the promotion path. The study believes consumerism culture has negatively impacted college student concepts and methods of sports consumption. It is mainly manifested in the loss of value rationality of college student sports consumption, the alienation of sports consumption, and the aggravation of unbalanced development. It is suggested that the guidance of socialist core values be strengthened, the concept of green sports consumption should be advocated, an efficient sports consumption product supply system should be built, and other ways should be promoted to promote a healthy development pattern of college student sports consumption (Pan, 2022).

Sports consumption includes two aspects. The first involves sports administrative organizations, while the second contains people spending. Zhong Tianlong further emphasized that individual unilateral spending during exercise is primarily for the purpose of physical activity itself (Xu, 1989).

Zhu (1998) believed that exercise is an organic unity of external and internal needs, and consumption can be achieved by purchasing sports clothing and participating in sports skills training. Generally, exercise costs are divided into a wide range of special concepts. The direct output of individual economy during exercise refers to the collection of exercise for exercise; exercise is the economy that has just developed with socio-economic development. Regional personal exercise spending value and the cost of sports training reflect the level of economic development in the region.

Summary: This section summarizes the current situation and path of sports consumption from eight aspects: the investigation and analysis of the current situation of sports consumption of local college student under the background of 'Internet +', the study of college student sports fitness consumption behavior, the investigation and upgrading trend of college student sports consumption, the investigation and countermeasure research of college student sports consumption status, the investigation and study of college student sports consumption status, the investigation and research of college student sports consumption behavior, the investigation of the current situation of non-sports undergraduates sports

consumption in Guizhou University, the investigation of the current situation of college student sports consumption in China and the research on the promotion path, to have a clearer understanding of the current situation and path of sports consumption.

2.1.5 Social Support

In 2023, the newly revised Sports Law of the People Republic of China began to be implemented, emphasizing the importance of paying attention to student physical health and cultivating exercise habits. According to the results of the 2021 National Student Physical Fitness and Health Survey, the physical fitness level of college student is still declining because the lack of physical exercise is the main reason why student physical exercise is closely related to their physical and mental health affects their exercise habits in adulthood. Researchers pay close attention to the factors influencing college student physical exercise. Their transition to university changes the social network structure of college student. With the development and application of Social Cognitive Theory (SCT), the element of social support has attracted wide attention from scholars, who have confirmed that it is an important external environmental factor affecting college student physical exercise. Social support refers to the individual in the social network, access to close or important other groups of respect, care, and help. Since social support reinforces physical exercise, scholars have begun to explore the internal mechanism between the two (Zhou, 2024).

The Chinese path to modernization sports is to meet the needs of all people sports, from traditional sports to modern sports development transformation with Chinese characteristics of socialist sports modernization that has become a new demand goal and journey for developing Chinas sports; accelerating the modernization of Chinese sports is the natural choice to realize the Chinese path to modernization. By using the method of literature and logical analysis, based on the four elements of social support theory, taking subject-object-content-means as the logical thread, this paper analyzed the realistic predicament of Chinas modernization of sports. The weak supply of the main body restricts the formation of the Chinese path to modern sports support network; the lack of motive force of the object restricts the universal participation of the object in the Chinese path to modernization sports; the lack of supporting content blocks all-round development of Chinese path to modernization sports, Limited means of support hinder the social connection of Chinese path to modernization sports. Improve the motive force of object participation and provide an endogenous motive force of the involvement of Chinese path to modernization sports; Improve the means of social support and provide key support for the realization of Chinese path to modernization sports (Li, 2024).

Loneliness is an uncomfortable experience caused by the lack of regular interpersonal communication. When people are at a high level of loneliness, to alleviate the emotional and inner sense of loss, they may seek solutions through social

support and obtain a sense of belonging through social support to reduce their loneliness. Social support of higher vocational student partially mediates loneliness and interpersonal relationships, indicating that loneliness can not only directly predict the interpersonal relationships of higher vocational student but indirectly affect interpersonal relationships through social support. Higher vocational student has just entered society and have high expectations for the desire for interpersonal relationships and the need for social support. They expect comfort and help through social support when they encounter interpersonal relationships. To improve the loneliness of college student, we can start from four aspects: society, school, family, and individual. At the social level, we should create an atmosphere of caring for and understanding social youth. We should evaluate more than just the whole group in a general way. We can give full play to the strength of social groups and encourage higher vocational student to communicate with the outside world (Zhao, 2023).

After the publication, it refers to some subjective feelings of society and its environment, such as the feelings of all aspects of life. Under certain objective conditions, subjective feelings will still be different. These differences are determined by factors such as population conditions, interpersonal relationships, social structures, and psychological conditions (Bauer & Raymond, 1964).

Summary: This section analyzes and summarizes social support from three aspects: the influence of social support on college student physical exercise, the chain intermediary role of sports fun and self-efficacy, the realistic dilemma and relief strategy of Chinese-style modern sports development from the perspective of social support theory, and the role of social support in interpersonal relationship and loneliness of higher vocational student, to have a deeper understanding of social support theory.

2.1.6 Information Channels

With the development and progress of society, people work pressure also increases. The development trend of national fitness is obtaining relevant sports information resources to find suitable ones for their way of exercising a rich amateur cultural life. During the university period, it plays an important role in learning the methods of obtaining information resources and developing good exercise habits. Therefore, it is significant for college student to master a certain amount of sports information resources for their amateur cultural life, scientific exercise practice, and the formation of lifelong sports consciousness (Zou, 2016).

Li (2017) constructed the letter through the theoretical analysis of the factors related to the influence of information behavior on health behavior change. Empirical research verified and corrected the theoretical model of the impact of interest behavior on health behavior change.

Healthy life literacy is the evaluation of student after the transformation of school education in China from knowledge-based to literacy-based. It is an important

basis for character and ability to meet lifelong and social development needs. In October 2016, Healthy China officially became a national strategy, and the concept of sports promoting health gradually became popular (Wang, 2022).

The rapid development of science and technology has led to a constant acceleration in technological reform and the upgrading of mobile terminals. With their unique advantages of convenience, immediacy, interactivity, and personalization, mobile media has rapidly become an essential tool for social information and communication. Integrating mobile media and traditional media has become the primary way of disseminating sports information (Meng, 2018).

With the rapid development of modern scientific information technology in recent years, media use has spread to all fields of society. It has become the nerve center of society and the source of social forces. Its unique value standards and ideology have efficiently supervised and publicized the development of society, playing a guiding role in the continuous development of society. Because new media is constantly updated and developed, society is experiencing a vigorous information revolution. The wide application of several new media, such as Weibo, public accounts, and short videos, has slowly changed people information lives. College student play a crucial role in the information society as they are often at the forefront of technological developments, making them susceptible to media changes. In recent years, due to the popularity of new media, the campus learning life of college student in China has made it easier for student, teachers, and student, as well as teachers, to connect. The organization and development of campus activities are more abundant and perfect, and the school curriculum development is more scientific and diversified. All of these are closely related to the wide application of modern media among college student. Modern media has a profound impact on college student (Guo, 2020).

Sports life is the unity of people objective and subjective needs for sports in life. Pre-human beings rapidly develop in the information age, challenging traditional physical education teaching methods and forms. WeChat is the most widely used social software for many colleges student. It has become part of the lives of contemporary college student (Peng, 2018).

The latest research at the Massachusetts Institute of Technology in the United States has found that the social network of physical exercise impacts physical exercise habits. Channel-obtaining channels have changed from the original single to diversified. People tend to obtain information by logging in to new media. The intervention measures for social communication may be able to spread sports information more effectively (Aral et al., 2013).

Summary: This section discusses college student demand for sports information resources in the process of countermeasure research and college student health behavior changes. The research on information behavior, the influence of contact with network sports information on college student healthy life literacy-the analysis of the moderating effect of personality traits, the impact of mobile media on college student participation in sports activities, the influence of modern media on college

student sports behavior in Jiangxi Province, and the realization of college student sports life in the information age-Taking WeChat as an example, this paper summarizes the information channels in six aspects. It has a deeper understanding of the countermeasures of information resource acquisition.

In summary, this study analyzes college student sports consumption, daily leisure sports activities, leisure sports activities, leisure sports cognition, school leisure sports activities, leisure time leisure sports exercise, and the influencing factors of leisure sports activities from six aspects: sports cognition, sports motivation, sports participation, sports consumption, social support, and information channels. Although the rise and development of leisure sports in China is short, there are still many studies on leisure thought and leisure sports by Chinese scholars, who continue to face challenges in researching leisure sports. Regarding research methods, most scholars generally use the theories and methods of sociology, philosophy, management, economics, and psychology to analyze and study leisure sports. The application of single research methods is more significant, and the combination of multiple research methods is smaller; there are many basic theoretical studies and few applied studies; there are many qualitative studies and few quantitative studies. This study studies the development of leisure sports for college student in Putian City from the perspective of leisure sports development planning.

Foreign research on leisure sports began earlier, with particularly high levels in the United States, Britain, Canada, Japan, and worldwide. Many American colleges and universities have set up leisure and entertainment departments or leisure-related entertainment courses. The main contents involved in the study of leisure sports in the United States are water entertainment sports; elderly sports; community and school recreational activities; campus leisure activities; outdoor adventure sports; games; family entertainment activities; tourism and business entertainment; rehabilitation and entertainment; health; overall happiness, etc.

The Japanese government began advocating the rational use of leisure time for sports participation in the 1930s in Japan. The main purpose is to improve the national physique, enhance national health, and advance national welfare. Japan has also issued the Sports Revitalization Law, which constructs the general framework for developing sports activities in Japan and sets a long-term plan and goal for developing sports in Japan. They believe any leisure sports activity helps eliminate fatigue, brings pleasure, maintains physical fitness, and reduces stress, which can be called leisure sports.

According to a survey conducted by three outstanding scientific research institutions in South Korea, including the Institute of Leisure Industry Research, the Institute of Tourism Research, and the Institute of Sports Science, people with more leisure time are increasingly willing to engage in sports, mountaineering, travel, outdoor camping, and adventure activities. There is a growing interest in participating in various leisure life and sports activities. Gradually, a family-centered leisure civilization has been formed, and the demand for leisure sports activities that can meet

people needs is rising. The number of leisure activities that pursue health science is on the rise.

To sum up, according to the study of foreign leisure thoughts and leisure sports, it can be seen that leisure is an important achievement of social development, a manifestation of social civilization, an important way of life, and a life ideal that people pursue. In recent years, there has been a growing interest in the research of leisure sports, with an increasing number of experts and scholars contributing to its study. This marks a new era of scientific, systematic, and comprehensive development in the field of leisure sports research.

2.2 Theoretical Studies on Quality of Life

The study of quality of life involves different disciplines, such as sociology, economics, demography, psychology, and environmental science. The research perspectives of various disciplines are different, feelings, and interactions with society are also different, thus forming different quality-of-life theories. The theory of quality of life attempts to describe the process of cognition, emotion, and expression by determining their experience of quality of life through personal evaluation. Each theory is discussed according to its views on individuals and society.

2.2.1 In Terms of Objective Conditions

Such scholars believe that quality of life refers to the comprehensive reflection of living conditions, and improving living conditions means improving quality of life. Many scholars in China hold this view. The famous economist Li Yining (LI, 1986) believed that quality of life symbolizes people lives and welfare, including natural and social aspects. The natural aspect of the quality of life refers to the beautification and purification of people living environment; the social aspect of the quality of life refers to the social culture, education, health, transportation, life service status, social fashion, social order, and so on. In the 1970s, the concept of quality of life by American economist Rostow (Rostow et al., 1972) included both natural and social aspects. The natural aspect is the beautification and purification of the living environment of the residents. The social aspect refers to the improvement of social education, health care, transportation, life services, social customs, and even social security. In Rostow's theory, the concept of quality of life is related to the stage of economic growth. In a sense, it is the inevitable product of economic growth.

Many demographers in China tend to understand the quality of life from an objective perspective. Professor Feng Litian (Feng, 1995) mainly measured and evaluated the quality of life from the aspect of material quality of life index. Chen Shen defines the quality of life as: reflecting the ability and efficiency of human activities to survive and improve (survival) opportunities. Activity refers to people ability to survive and the potential to improve their chances of survival. He believes

that a person ability can only be transformed into practical efficiency through organized and systematic working methods.

2.2.2 From the Subjective Feelings

This view is mainly held by scholars in Western developed countries. In the book *The Affluent Society*, written by an American economist (Heimann, 1959), it is believed that the quality of life refers to the enjoyment people get in the comfort, convenience, and spirit of life. The first quality of life survey by Gurin et al. in the United States in 1957 focused on mental health orientation. After the 1960s, the research content turned to a broader field: both the study of emotional mental health and the study of cognitive level satisfaction, and the study of satisfaction prevailed. In 1976, Angus Campbell et al. (Campbell et al., 1976) defined the quality of life as the overall feeling of happiness. Chinese American sociologists (Lin & Lu, 1989) defined the quality of life as people satisfaction with the living environment and a comprehensive evaluation of life. To distinguish general satisfiability from a particular satisfiability, it is customary to call them global satisfiability and domain-specific satisfiability.

2.2.3 Analysis from the Degree of Good and Bad

From the overall quality of people lives to understanding, this school of scholars believes that quality of life refers to the quality of people lives; that is, quality of life is synonymous with life level. In terms of the criteria for judging the quality of life, Japanese scholar Kim believes that there are four main aspects: convenience, health, safety, and comfort. Chinese scholar, Lu Shuhua (Lu & Wei, 1992) also believes that it seems appropriate to regard quality of life as an abstract concept and a synonym for life level. She believes that the subjective and objective understanding of quality of life are two operational definitions of quality of life.

2.2.4 Social Psychology Point of View

In 1981, Campbell emphasized the use of psychologists to distinguish economists. Psychologists believe that when people need to reduce their stress, they will experience happiness. The details of this process are constantly changing because the self has many needs, and there are many ways to meet them. When the need is unmet, the feeling of happiness is negatively valued. Grayson's analysis of the quality of life embodies Meads thought. He believes that the details of self and society are the face of this social process. The quality of life is contained in the positive and negative self-perceptions formed as the process unfolds. Now, when it comes to negative behaviors such as college student, such as suspension, drop-out, suicide, crime, etc. People will naturally think of the psychological barriers that are familiar with the psychological barriers. It is also reported that in recent years, as many as 30% of

Chinese college student have psychological obstacles.

The characteristic of phenomenological theory insists that the feelings that reflect the quality of life experience cannot be expressed. In 1974, Schiller put forward the phenomenological theory of quality of life according to scientific research. He believes that the quality of life is included in self-evaluation and the interaction between self and others. The phenomenological study of quality of life focuses on ideas subjectivity, mutuality, and complexity.

2.2.5. Economic Point of View

The theory of economics is a process that emphasizes the rational allocation of resources to meet the needs of people to produce utility or satisfaction. Economists express the problem of resource allocation as the most excellent utility, strengthen the utilization and substitution of resources, and develop a universal method to achieve the greatest benefits (B. Liu, 2013). They tried to integrate the concept of quality of life into the general framework of micro-analysis of production theory in 1976. In 1981, Jost et al. explored how to combine the material interests that economists consider with the social indicators. As input to the function of quality of life, Jester and others consider that in addition to general basic objects like time and money, intangible resources and skills such as participation in knowledge and social networks should also be added. In addition, some conditions influence the allocation of time and the environmental background that provides resource allocation. The problem of economics is to maximize the quality of life by providing appropriate capital, conditions, and time.

2.2.6 Ecological Perspective

The ecological point of view is eclectic; it considers the social and material world as one or from the material and social aspects of the same world. According to this perspective, the quality of life is considered a factor, with other factors influencing each other in the overall process. The quality of life depends on the natural environment in a broad sense, which is constantly evolving as people improve their quality of life. In this way, the ecological perspective focuses on the interconnection of things, including living and inanimate things.

Mil Bras believes that the quality of life cannot be regarded as the appearance of the ecological process but only as a factor that constitutes the ecological appearance. The natural environment and the quality of life change with each other in the process of continuous input and output changes. Mil Brass ecological theory system proposes that the quality of life of both individuals and groups will continue to change because it is an internal factor in the process of movement

Lars Andersson and Lennart Levi proposed a theoretical model of population, environment, and quality of life in their book *Population, Environment and Quality of Life*, dedicated to the United Nations World Population Conference. The model

emphasizes that quality of life constantly interacts with population and environmental factors.

2.2.7 Research Hotspots in China

In the late 1970s, Chinese scholars had a theoretical discussion on the quality of life. However, large-scale empirical research was still conducted after the mid-1980s, and at first, most of it was devoted to exploring the evaluation indicators and research methods of quality of life. With the reforms and opening, the social economy has developed significantly, and improving people living standards and quality of life has become the strategic goal of the new era. Therefore, the research on the quality of life of residents is deepening. However, due to the limitations of various conditions, the current research mostly focuses on the level of urban residents.

In 1983, the National Bureau of Statistics proposed a draft outline of social statistics indicators and published a series of social statistics data since 1984 (Ye, 1987). Beijing Academy of Social Sciences undertook the Research on Capital Social Development Strategy project. In its article Capital Social Development Indicators and Evaluation Methods, the research group pointed out that the quality of life is a comprehensive measure of the quality of life, both the improvement of material level and the content of spiritual morality. Material conditions are the basis of quality of life, and the improvement of quality of life promotes the development of material production. In November 1985, Professor Lin Nan, an American sociologist at the Institute of Sociology of Tianjin Academy of Social Science, conducted a questionnaire survey on the quality of life of thousands of residents in Tianjin. They used factor analysis and structural model analysis to measure people feelings and satisfaction with all aspects of life. They proposed a series of quality-of-life structures and indicator models. From March to August 1987, Lin Nan cooperated with the Institute of Sociology of Shanghai Academy of Social Sciences to conduct a survey on the lives of thousands of residents in Shanghai. Based on the survey data from the questionnaire, a structural model of social indicators and quality of life was established. In October 1987, at the National Symposium on Social Reform and Lifestyle Theory held in Tianjin, many scholars had in-depth discussions on the concept, indicators, and foreign research of quality of life. Since then, social science circles nationwide have launched discussions and research on this topic. Since 1988, the Institute of Sociology of the Chinese Academy of Social Sciences has put forward five groups of indicators to measure the comprehensive development of regional society in the research on social development and social indicators conducted by the research group jointly composed of relevant units. Since then, researcher Zhu Qingfang has conducted a follow-up assessment of Chinas social quality and social development for many years and put forward an index system including residents' consumption, income, food, clothing, housing, energy consumption, convenience of life, and spiritual life. In 1989, the research group Modern and Socialist Newcomers

of the Institute of Sociology of Jiangsu Academy of Social Sciences issued a questionnaire to urban and rural areas in Jiangsu, Henan, Jilin, Sichuan, and Guangdong to investigate residents' subjective attitudes towards their quality of life (Ye, 1992). They divided the quality of life into two aspects to measure: the first aspect is the quality of professional life, including 10 projects such as relationship with colleagues, leadership relationship, labor intensity, working environment, salary and welfare treatment, professional technical difficulty, professional reputation, terms of reference, promotion opportunities, and reform of the unit; the second aspect is the quality of social life, including 14 items in all aspects of material and cultural life, and the comprehensive value of quality of life is measured by five-level scoring method. From 1987 to 1990, the research group on quality of life in the Department of Sociology of Peking University conducted several sampling surveys in some areas of Beijing, Xi'an, and Yangzhou. In addition to the introduction of objective indicators, they also added a reference standard to the impact of subjective quality of life indicators. They integrated the objective indicator series through intermediary evaluation indicators to form a three-level subjective and objective mechanism of quality-of-life model. This model can greatly increase the explanatory power of quality-of-life satisfaction through verification. In December 1991, the research group Comparative Study on the Quality of Life of Chinese Population, which was composed of the Population Institute of Fudan University, the Population Institute of Nanjing University, and the Population Institute of Beijing University of Economics, convened a national academic seminar on the quality of life in Beijing. Scholars from all over the country have comprehensively discussed the definition, indicators, and evaluation methods of quality of life and provided many useful insights. Based on this paper, the first monograph on quality of life was published in 1992. This book comprehensively reflects the research results on the indicators and methods of quality-of-life assessment in China. Around 1996, the Quality-of-Life Research Group of China Science and Technology Promotion and Development Research Center surveyed and researched several cities, such as Beijing (Wang, 2006). It mainly investigated the environmental awareness of urban residents with the environmental quality of life as the object and used two types of indicators to describe it: First, the resident evaluation and expectation of the current environmental situation; second, resident evaluation of the importance of environmental problems in all aspects of life. The results show that: (1) People's evaluation of living environment factors directly related to human factors is much lower than that of ecological environment factors with less human control. (2) Resident environmental awareness is closely related to their cultural quality. The higher the quality, the lower the evaluation of environmental factors, the stronger the environmental awareness. (3) The quality of the environment affects people's quality of life, but whether people can be aware of this subjectively and pay attention to it as an important aspect of life may be another matter. In 1995, the Social Survey Office of the Xiamen Social Development Research Center (Hu, 1996) conducted a questionnaire survey of thousands of

households in Xiamen to understand the quality of life of Xiamen residents. In December 1995, the Quality of Life research group of the Department of Sociology of Huazhong University of Science and Technology conducted a questionnaire survey on the quality of life of thousands of residents in Wuhan (Feng & Yi, 1997). It comprehensively analyzed the quality of life of Wuhan residents, including the main problems and solutions.

In addition, some scholars have made significant theoretical explanations for the quality of life. Some scholars have conducted special studies on a certain aspect of the life process, or the quality of life of different regions and different levels of population. Mainly include the research papers on the quality of life of the elderly population in China and the research report on the quality of life of the elderly population in Shanghai published by the Institute of Population of Zhejiang Medical University and the Institute of Sociology of Shanghai Academy of Social Sciences. Feng Litian discusses the quality of life of residents of different ages and different cultural levels in Beijing, Lu Shuhua's analysis of marriage and family life quality, and an analysis of the factors affecting the quality of urban marriage life. Discuss the structure of subjective and objective indicators of urban family life quality, Ye Nanke's assessment of the quality of life of urban and rural residents in southern Jiangsu, and the quality of life of young urban residents and the elderly. In addition, some scholars have summarized and discussed the research on quality of life from different aspects.

2.2.8 Quality of Life Measurement and Evaluation

Domestic and foreign scholars currently have three main understandings of quality of life and three different methods for measuring and evaluating it.

The first is that scholars in Western developed countries, led by the United States, mostly understand the quality of life from the perspective of subjective feelings. Hence, they mainly use subjective indicators that reflect people attitudes and satisfaction to measure and evaluate the quality of life. For example, in 1976, American scholar Campbell and others established a sensory index model (some people call it the Cs-Cd hierarchical model) to study the quality of life in American society (Campbell & Donald, 1957). They divided people perceptions of quality of life into several levels, from complete satisfaction to complete dissatisfaction, focusing on the overall satisfaction of life and the satisfaction of 13 specific areas. Professor Lin Nan, a Chinese American scholar, through the statistical analysis of the survey data on the quality of life of residents in Tianjin and Shanghai, measures people feelings and satisfaction with all aspects of life and puts forward a series of quality-of-life structures and index models. The second is understanding the objective conditions affecting people material and spiritual lives. Therefore, in the measurement and evaluation, objective indicators such as clothing, food, housing, and transportation are mainly used to reflect people living conditions. For example, the American futurist J. Forrest first proposed a model of objective indicators of quality

of life in his report *Limits to Growth*, published in 1972, which includes indicators such as living standards, population density, and environmental pollution. In 1976, American scholar Liu Benjie proposed a set of quality-of-life indicators composed of objective factors based on the 1970 United States census data. Its sub-items include five main aspects: economy, politics, environment, health, and education. Each sub-item includes many different individual indicators.

In China, the Social Development and Social Indicators research group chaired by Zhu Qingfang has been tracking and evaluating the quality of life and social development for many years. In the comparative evaluation of the social development level of China in the past 40 years since the founding of the People Republic of China, a total of 12 indicators, including resident consumption, income, food, clothing, housing, energy consumption, convenience of life, spiritual life and price index were selected as the index system reflecting the quality of life. When comparing and evaluating the level of social development in various regions in 1987, the quality-of-life indicators selected 15 indicators, including resident consumption, income, food, clothing, housing, prices, labor insurance benefits, and environmental protection. In the same study of various regions in 1989, 16 indicators were selected in terms of quality of life, including resident consumption, income, food, clothing, housing, energy, communication, labor and social welfare, cultural expenditure, price, three wastes treatment rate and so on. In 1992, when the research group studied the index system of the national well-off society, the quality-of-life index system was expanded to 23 indicators, increasing the number of per capita indices of consumer goods in daily life. The third is to combine the above two understandings to consider that the quality of life comprises two parts: the objective conditions reflecting people lives and subjective feelings about life. Therefore, some indicators are selectively selected from the above two index systems when measuring and evaluating the quality of life.

The current quality of life research at home and abroad has three main aspects and provides simple methods. In recent times, there has been a shift in people focus when it comes to researching the quality of life. They have moved from viewing the quality of life as simply a local indicator of social development to considering it a symbol of social development and a core indicator worthy of study. Consequently, there is a growing trend in the study of quality of life to combine subjective and objective indicators to comprehensively assess quality of life from both subjective and objective viewpoints. Moreover, in the future, research on quality of life in the world will continue to develop steadily, and an increasing number of sociologists will participate in the study of quality of life. In developed countries, subjective well-being is the subject of careful study. Still, more research will focus on the following basic topics: a more appropriate definition of quality of life, the degree of happiness and satisfaction produced by the individual, the sense of social life, including the relationship between happiness, satisfaction, disempowerment, and alienation; the relationship between social environment and quality of life; the connection between

social processes and micro-social perceptions; and try to explore the long-term quality of life change trajectory. In developing countries, the focus of research will still be on the material basis of objective indicators. At the same time, cross-cultural and cross-period research on quality of life will also be further developed. Comparative studies between different countries and regions or different periods of the same country or region will attract increasing attention from scholars.

2.3 A Theoretical Study of the Relationship Between Recreational Sport and Quality of Life

Nowak et al. (2019) stated that the amount of leisure and transport physical activity decreased with age, and there were also gender differences regarding the intensity and type of physical activity. Sedentary behavior during the week is positively related to the subjective quality of life and its intimacy dimension. However, sedentary behavior on weekends was negatively associated with the objective and subjective quality of life dimensions, including intimacy, safety, and communicative aspects. The level of life satisfaction does not show a significant relationship with either physical activity or sedentary behavior. This is because the type of physical activity a person engages in, and how well it matches their needs can affect their objective and subjective quality of life. The use of findings may have important implications for institutions responsible for promoting active lifestyles.

Physical activity (PA) improves general health and quality of life. PA is associated with several aspects of quality of life (QoL) and is an important means of increasing QoL. This relationship has been consistently reported in earlier studies, which showed that physically active individuals assessed some of their quality-of-life domains higher than their physically active counterparts (Çiçek, 2018).

For a pleasant and quality life, it can be said that health is the most vital element of human life. For many years, research has been done to be healthy, slow down aging, energetic, live, and positive. In the biological development that started with birth, it was desired to have the basic key of a healthy and long life by keeping the life quality high, being resistant to psychological problems, living in a healthy environment, feeding correctly, and being active and controlling the factors that we have. People desire the basic key to being healthy and living a long life. However, it is considered that life quality increases in the short term; it increases the number of immobile individuals in the long term, adversely affects human health, and decreases life quality (Albert et al., 1979).

This school of scholars defines the quality of life as the full degree of social improvement of national life and the fullness of national life needs.

The results of the study on professional women show that the degree of participation in leisure sports directly impacts the overall quality of life (Chen & Wu, 2006).

Guo et al. (2009) proposed that leisure participation is conducive to the quality of

life, and it is also an indicator of the quality of life of a country.

Wu and Hu (2010) pointed out in the results of the study: regular exercise of the elderly, their physical health, mental health, quality of life, etc., are higher than those who do not exercise regularly.

Yazicioglu et al. (2012) and others believed that college student with sports lifestyles have a higher sense of life satisfaction than those without. Sports lifestyles can improve their daily activities, and people with sports lifestyles have higher scores in quality of life than those without sports lifestyles.

In the literature discussion of leisure sports participation on the quality of life, there is also space for researchers to explore between the two variables, in which the quality of life is not explored in a single direction but compared with the final whole.

2.4 Policy Documents

2.4.1 Notice of the Putian Municipal People Government on Printing and Distributing the 14th Five-Year Plan for the National Economic and Social Development of Putian City and the Outline of Long-term Goals in 2035 (Pu Zheng Zong [2021] No. 46)

Adhering to the people-centered development thought, firmly grasping the main contradictions in the sports field of our city, based on the new development stage, implementing the new development concept, building a new development pattern, making a systematic plan and strategic deployment for the national fitness work of our city during the 14th Five-Year Plan period, and clarifying the guiding ideology, development goals and main tasks of the high-quality development of the national fitness in the new cycle. Promote the higher level and higher quality development of national fitness in Putian City, better meet the fitness and health needs of the people, and earnestly do an excellent job in the new cycle of national fitness work. With the consent of the municipal government, the implementation plan was formulated in combination with the actual national fitness work in Putian City. Implementation planning plays an important role in building a strong cultural city, a strong education city, a strong sports city, a healthy Putian, and a strong talent city.

2.4.2 Putian City National Fitness Implementation Plan (2021-2025) (Putian Office [2016] No. 171)

The Implementation Plan adheres to the people-centered approach and fully recognizes the important role of national fitness in improving the health level of the city's people, meeting their yearning for a better life, and promoting the overall development of Putian economy, society, and people. With higher standards, more precise tasks, and more accurate measures, we will comprehensively promote the construction of a higher national fitness public service system.

Strict Five Follow

One is to adhere to the people-centered development idea and actively meet the growing diversified fitness needs of the masses; the other is to adhere to the

deployment requirements around national and provincial tasks while referring to domestic and foreign advanced experience to plan goals and tasks; the third is to adhere to Putian Sports Realistically, based on urban development research measures; the fourth, adhere to balanced development, promote the expansion of public fitness services for all and improve the quality so that National Fitness can benefit all urban and rural areas and various groups of people; the fifth, adhere to problem-oriented and address the concerns of the masses Make policy arrangements.

Solve the Five Major Problems

First, adhere to the people-centered development idea and actively meet the growing diversified fitness needs of the masses; second, adhere to the national and provincial task deployment requirements while referring to the advanced experience at home and abroad to plan goals and tasks; third, adhere to the reality of Putian sports, based on urban development research initiatives; fourth, adhere to the balanced development, promote the national fitness public service to expand the total amount and improve the quality, so that the national fitness benefits all urban and rural areas and all kinds of people; the fifth is to adhere to the problem-oriented and make policy arrangements for the issues of concern to the masses.

Prominent Integration Development

While fully promoting the construction of core elements such as national fitness venues and facilities, event activities, fitness organizations, and scientific guidance, the Implementation Plan vigorously promotes the diversified, integrated development of national fitness and focuses on highlighting the integration of sports and education, sports and tourism, sports and health, sports and science, and focuses on key projects to provide new impetus for the high-quality development of national fitness in our city. In addition, the implementation plan also highlights the interactive development of national fitness and sports consumption and the sports industry.

Highlight the Characteristics of Putian

The Implementation plan adheres to the guidance of Party building, integrates the advantages of Party building + neighborhood center construction, and fully taps the historical characteristics and resource advantages of Putian. The mountain forests, lakes, rivers, and blue marine resources of Putian, the location of Fujian and Taiwan, Mazu culture, South Shaolin martial arts, medical and health resources, and other resource endowments all provide sufficient materials for this plan. They are reflected in the tasks and key projects of the plan. The Implementation Plan seizes the opportunity for the country to implement the Belt and Road initiative, innovates the cooperation mechanism with countries along the route, and leads the open development of national fitness. Give full play to the advantages of Putian to Taiwan and overseas Chinese, and deepen sports exchanges and cooperation with international sports organizations, friendly cities, Hong Kong, Macao, and Taiwan.

2.4.3 Putian Municipal People Government Office on Printing and Distributing Several Measures to Promote the High-quality Development of the Sports Industry in

Putian City (Pu Zheng Ban [2019] No. 68)

Focus on promoting the construction of demonstration fitness and leisure resorts such as Jiulong Valley National Forest Park Sports and Leisure Base, Ruiyun Mountain Ecological Home Sports and Leisure Base, Xianyou Jiuli Lake Outdoor Sports Area, and China (Putian) Shaolin Temple Martial Arts Cultural Tourism Festival Area, and promote the compound operation of fitness and leisure and other related industries, form a supporting operation of fitness and leisure and associated industries such as medical and health, health, tourism, entertainment, catering, and real estate, and strive to create a number of national and provincial fitness and leisure demonstration areas. Cultivate the construction of sports and leisure characteristic towns with sports as the characteristics, industry as the guide, integration as the basis, and agglomeration as the core. We will implement support policies for the sports industry, guide social capital investment to revitalize the city's golden horn and silver edge, actively promote the construction of sports and leisure complex projects for the transformation of waste factories, and promote the healthy development of the sports industry.

2.4.4 Putian Municipal People Government on Accelerating the Development of Sports Industry Implementation Opinions (Min Zheng [2011] No. 19)

We will earnestly implement the relevant policies of the Implementation Opinions of the Putian Municipal Peoples Government on Accelerating the Development of the Sports Industry (Puzhengban No.19), promote the entry of various elements into the national fitness service market, form a standardized and orderly national fitness service market, and enhance the willingness of urban and rural college student to consume sports fitness. Give full play to the role of the provincial sports venues to promote the construction of the Putian Sports Culture Industrial Park, support the development of the national fitness service industry, and guide the sports consumption of college student in the city.

Fully mobilize the enthusiasm of the whole society to set up the cause of national fitness, expand the way of resources into the cause of national fitness, and increase the investment of national fitness through multiple channels. Encourage and guide social forces to donate and invest in the cause of national fitness. The sports administrative department should work with the relevant parties to increase the support and supervision of the operating sports fitness venues. For social forces to set up sport private non-enterprise units, it is necessary to provide support and guarantee in registration, work guidance, and other aspects. Social forces, through public welfare donations in line with the relevant provisions of the tax law, can be deducted from their taxable amount when calculating corporate income tax and personal income tax.

2.5 Previous Studies

Based on the above literature, this section further explains the quality of life and leisure sports activities and then sorts them out as the theoretical basis of this study.

2.5.1 Research on Quality of Life

Research by Foreign Predecessors

The United States began to study the quality of life in the 1930s. In the 1950s and 1960s, many scholars studied the quality of life. The medical field began to pay attention in the late 1970s, and the research boom gradually formed in the past 20 years. European and American countries have explored various aspects of quality of life. In the beginning, they explored the theory, developed to develop evaluation tools, and formed a mature system. The World Health Organization defined health as a physiological, psychological, and social security in 1946 (Feddersen, 1990). Since the 1960s, social sciences and psychology have begun to study the quality of life, but the quality of life has always been a vague concept because it includes all aspects of individual life (Bowling, 1995). And the values of culture, morality, religion, ethics, and the individual itself will cause individuals to have different ideas for the quality of life, so everyone's quality of life is different. The study of quality of life is worldwide. In addition to the United States and Canada, many countries and regions exist, including the former Federal Republic of Germany, Switzerland, South Africa, the former Soviet Union, Japan, Hungary, and North Korea. Hoffman and Suttner's 1976 paper focused on the international research status of quality of life. A comparative study of the quality of life between Schara and Andro in 1980 brought together the research results of more than a dozen countries.

Scholars at home and abroad agree that the study of quality of life originated in Western developed countries, and its source is in the United States. This research field originated from people interest in life indicators. In 1958, Galbraith first put forward the concept of quality of life in his book *Rich Society* he was therefore regarded as the initiator of the concept of quality of life and its research. The term was also introduced in the 1960s Presidential Commission National Plan Report and the 1960s literature by Bauer et al. on the second national plan implemented by American society. The study of quality of life can be seen in some earlier academic works. As early as 1927, William Ogburn expressed great interest in this research. Under his leadership, the Hoover Research Center published a monograph on *Recent American Social Trends* in 1933, devoted to discussing and reporting on all aspects of American life. In the next 20 years, Gobos student have published many important works on social trends. Such research has gradually developed QP into two major mainstreams: research on social indicators and research on quality of life. The 1950s and 1960s were the mature period of quality of life research, and the research on quality of life flourished throughout the United States. In 1957, Gurry, Ver off, and Feld of the University of Michigan conducted a national random sampling survey with several colleges and universities, focusing on the mental health and well-being of the American people. In 1965, Hadley Cantrill published the results of a comparative study of life satisfaction and good feelings in 13 countries, including the United States. Almost at the same time, Norman Bradburn also studied the well-being of the people

of the country in a national poll. In 1964, Bauer edited the collection *Social Indicators*, which focused on the indirect impact of the country's space program on American society. This research has aroused people extensive attention to the field of quality of life. In his book *Politics and the Stages of Growth*, published in 1971, Rostow explored the issue of quality of life in depth and developed his theory. He believes that the economic growth of all countries in the world will go through the traditional social stage, the stage of preparing for take-off, take-off stage, mature stage, and high mass consumption stage in turn. The high mass consumption stage reflects a quantitative consumption characteristic. Since then, people may turn to the pursuit of quality, which is quality of life.

In the 1970s, Campbell, E. Converse, and Rodger conducted a national sample survey, which mainly studied the quality of life in American society, focusing on the overall satisfaction of life and the satisfaction of 13 specific aspects of life. At that time, two of the most important research institutions, the National Poll Center of the University of Chicago and the Social Research Institute of the University of Michigan, were actively involved in the investigation and research on the quality of life. Their participation has played a key role in promoting the development of this field.

Ajzen (1985) has done extensive research on college student and obtained new findings on the influencing factors of quality of life. For example, Fair studied first-year college student aged 20-34 and people who have worked in society. The study found that the average quality of life score of students of the same age, whether men or women, is lower than that of people who work in society.

Hu (2007) As one of the earliest countries to construct the index system of life, the Netherlands established the concept of quality of life and social welfare and linked the level of quality of life with social welfare, pointing out that quality of life can be improved through various policies and social services.

Kandasamy (2009) Divided the quality of life into eight dimensions: work characteristics, company image, work life balance, work team relationship, human resources policy, personality work matching, actual working environment and customer interaction.

Seashore (1975) The quality of work and life is divided into three aspects: 1. From the perspective of workers: environmental satisfaction, expectations for work development, satisfaction of self-demand, and work pressure; 2. From the employers point of view: the number and quality of production, the adjustment of changing work procedures, employees sense of identity, and turnover rate to the organization; 3. From the perspective of society, the quality of life outside working hours, social mobilization ability, life satisfaction, and living standards.

Chinese Predecessors Research

There is a large number of literatures on the quality of life of college student in China, which is mainly manifested in the following aspects:

Chen (2001) pointed out that the quality of work and life is a complex dimension. After a long period of research, many scholars still have different views and

definitions. Like the quality of life, it is widely used in various fields. However, there is no fixed formula or specific method for such measurement. Therefore, in the measurement, we refer to the past literature of scholars and revise them to develop a questionnaire suitable for this study.

Liu (2001). The literature of the SF-36 Healthy Life Quality Sheet designed by the World Health Organization for the definition of quality of life is divided into eight constructors for surveys, which are physiological functions and limited roles due to physiological functions and physiological functions. Physical pain, general health status, vitality, social operations, limited role and mental health due to emotional problems, and other items of self-assessment health changes.

Lu (1998) divided the study of quality of life into four dimensions: Health, city, living environment, and work. In terms of the quality of work and life, the following 13 aspects are put forward in China for investigation, including working environment, salary, bonus, welfare, appreciation, training and development, nature of work, leadership style of supervisors, and cooperation among colleagues, corporate image, communication, organizational system, organizational climate and culture, working hours and workload.

The quality of work and life survey is divided into six dimensions: work growth, promotion bonus, interpersonal interaction, life security, participation management, and environmental support (Huang, 2005).

Hu and Chen (2012) discussed the quality of work and life by distinguishing the three dimensions of administrative training and welfare quality, teaching quality, and environmental quality.

Chen (2001) discussed the quality of work and life in eight dimensions: appreciation and development, working environment, work-family relationship, interpersonal relationship, fairness, work honor and disgrace, work content, and welfare.

In the book *Socialist Political Economy* published by Li (1986), it is pointed out that the quality of life is a sign of people's life and welfare, including social and natural aspects. The social level refers to social health care, education level, cultural richness, life service status, social atmosphere, and social management order. The natural level represents a comfortable and beautiful living environment. The book also shows that the quality of life is good or bad, not contrast, in the state of people's disposable income is roughly the same; if the social level and the natural level of the situation are better than in the past, then the quality of life relative to the past has improved. Therefore, from the perspective of economics, the definition of the concept focuses on the impact of the degree and quality of social development on people's lives, thus further affecting people's quality of life. Scholars who are roughly related to Li Yining's point of view also link people's quality of life with their living conditions. For example, Zhu Guohong believes that the so-called quality of life refers to the comprehensive situation of the living conditions of the population at a certain stage of economic development.

Feng and Chen (1995) believed that the quality of life is the quality of people living conditions in a country or region. Secondly, the definition of quality of life from the perspective of social psychology is mainly based on the views of Lin Nan and Lu Hanlong, mainly on the subjective level. In the study of quality of life in Tianjin, Lin Nan et al. proposed that quality of life is the evaluation of life and its various aspects. They summarized their satisfaction with the existing work, family, and environmental conditions as a standard to measure the quality of life.

In the later period of studying the life of college student in Shanghai, the quality of life was measured by people satisfaction with the living environment and a comprehensive evaluation of life. The evaluation included surveys of individuals satisfaction with spiritual life and feedback on society. These three parts belong to the three levels of emotion, cognition, and behavior (Lin et al., 1987).

The definition of quality of life from a comprehensive perspective is mainly led by three scholars, Lu Shuhua, Wei Luying, and Chen Yiping. The study of quality of life is mainly based on the objective level, supplemented by the subjective level. They define the concept of quality of life as a synonym for life level. At the same time, they add intermediary indicators and reference standards to the research index system, consider the social status of individuals as reference objects, and integrate subjective and objective factors to study the quality of life of individuals or groups. Chen Yiping defines the quality of life as the adequacy of society to provide for national life and the satisfaction of national life needs (Lin & Lu, 1989)

Chen (1999) believed that the development stage and degree of current social and human life can be reflected by measuring the supply level of current social life. Thus, when studying the quality of life, the quality of people lives in different stages of social development is reflected by investigating the satisfaction of individuals or groups with demand.

Zhao and Li (2000) believed that quality of life is widely defined, including material and spiritual consumption and the social and natural environment. They pointed out that the social environment restricts and affects the quality of life of the individual.

From a comprehensive point of view, the Great Wall of Zhou believes that quality of life is the adequacy of the environment to provide people living conditions and satisfaction of people living needs. It is based on a certain material basis and the social members feelings and evaluations of themselves and their different environments (Zhou & Rao, 2001).

The definition of quality of life in foreign countries can be traced back to 1927. William Ogburn, an American sociologist, began to study the field of quality of life. In 1933, his research team published a monograph, *Recent American Social Trends*, in the name of the Hoover Institution. The content of the article mainly focused on studying and reporting all aspects of life in the United States at that time. In the next 25 years or so, William Ogburn's student have produced excellent works in the field of social orientation (Hu & Chen, 2012).

Since then, similar research content has gradually formed two major research mainstreams: social indicator research and quality of life research. The American economist Galbraith first proposed the concept of quality of life in his book *Rich Society* in 1958, so he is generally regarded as the originator of the definition of quality of life and its research (Lin & Lu, 1989).

Feng and Yi (1997) believed that the quality of life is affected by the comfort of the living environment, the convenience of living, and the spiritual pleasure. The concept of quality of life was formally proposed by Professor Bauer at Harvard University in 1960, and used quality of life as a specific term for the first time in social indicators and then separated it from social indicators as a research field of a subject. It is mainly used to study people senses and satisfaction with the current social and living conditions.

In 1971, the American economist Rostow put the study of quality of life into the theoretical framework of the political and growth stage, regarded it as a specific stage index of social development. So far, quality of life has gradually formed a unique research field that has attracted the attention of many scholars (Zheng, 2000).

OECD countries combined quality of life with happiness. Quality of life depends on people satisfaction with their existing lives. It included all factors that can affect life, such as safety, income distribution, environment (Hu, 2007).

Germany called the level of quality of life a quality of life. Through more than 200 people direct participation in public opinion rallies, it collected the public's understanding and demands for quality life. On this basis, it put forward three parts, 12 dimensions and 48 indicators covering the broad concept of quality life, including healthy life, employment and sharing, equal educational opportunities, free life, social cohesion, future investment, and national responsibility (Wang, 2014).

Sun et al. (2006) divided college student into boys and girls to explore mental health and lifestyle and explored the influencing factors of the two. The results showed that girls mental activity process was more susceptible to life interference, but if bad living habits could be changed, the evaluation indicators of mental health would decline, and some mental diseases could be improved through a healthy life.

Dong et al. (2003) The research showed that student participation in sports activities can exercise their bodies and strengthen their personal beliefs, which is conducive to improving their quality of life.

Ma et al. (2007) investigated the quality of life of 986 student (614 males and 372 females) in the northeast region and linked the research results with the sports lifestyle. It has been found that many factors in the sports lifestyle have an important impact on the quality of life of student, which manifests in the significant influence of sports activities on the quality of life of girls and boys. The remaining sports activities are mainly related to the student cognition and motivation level of sports, indicating that the quality of life of college student and physical exercise have a great correlation in many aspects. The improvement of college student quality of life is mainly to form a good sports lifestyle by effectively stimulating and maintaining student sports

participation and persistence.

Zhang et al. (2001) began to monitor the development of quality of life in young people over the age of 18, to observe the effect of health interventions, to understand the important population, and to find important areas that need medical attention.

2.5.2 Relevant Research on Leisure Sports Activities

Research by Foreign Predecessors

In 1994, the World Health Organization (WHO) pointed out at the Health Promotion and Sport conference that although individuals and their families primarily bear personal health responsibilities, governments must develop and create a social and sports environment conducive to people participation in sports lifestyles. The conference calls on countries worldwide to accelerate the development of mass sports as an important part of social policy and public health and calls for making sports the cornerstone of a healthy lifestyle. This is the first time sports lifestyle has a concept.

There is little research in foreign literature on the relationship between quality of life and college student lifestyles. Researchers mainly explore the impact of physical exercise load on quality of life.

Yazicioglu et al. (2012) and others believe that college student with sports lifestyles have a higher sense of life satisfaction than those without. Sports lifestyles can improve their daily activities, and people with sports lifestyles have higher scores in quality of life than those without sports lifestyles.

Chinese Predecessors Research

Zhang (2003). In the study of sports lifestyle, 829 college students from 6 universities in Jiangsu Province were investigated and analyzed. The survey focuses on the major problems of college student sports lifestyle. It provides relevant suggestions on the needs, projects, time, venues, access to sports information, and influencing factors of leisure sports participation.

Tao and Dai (2009). A questionnaire survey of 240 student at Wuhan University found that some student needs a better sports lifestyle, and only a few have a good one. Then, the different sports lifestyles of student are investigated and analyzed. The survey found that student physical and mental health is related to the sports lifestyle. The health of student with good exercise habits is better than the other half of the student. Based on the above analysis, it can be found that scientific physical exercise activities can improve the physical and mental health of college student.

Li and Ge (2011). The study of the quality of life and sports lifestyle of college student in Hebei Province concluded that the relationship between sports lifestyle and emotional investment is not large, and the sports lifestyle investment of college student has an important impact on the quality of life.

Wu et al. (2009). Research has found that sports can promote the development of quality of life to a higher level, which is an important means of influencing factors and improving quality of life.

2.5.3 Summary

In this study, the quality-of-life scale will be referred to (Yao, 2002), and the questionnaire will be referred to (Wu, 2009). The questionnaire is compiled from four aspects: psychological category, environmental category, physical health category, and social relationship category.

2.6 Research Background

2.6.1 Geographical Background

Putian is a prefecture-level city under the jurisdiction of Fujian Province. In recent years, Putian City has firmly established and implemented the development concepts of innovation, coordination, green, openness, and sharing, deepened sports reform, updated sports concepts, promoted the coordinated development of mass sports, competitive sports, and sports industry, promoted the supply-side structural reform of sports industry, played the positive role of fitness and leisure industry in the construction of healthy Putian, explored and released consumption potential, cultivated new economic growth points, enhanced new driving forces for economic growth, further guaranteed and improved people livelihood, continuously met the multi-level and diversified fitness and leisure needs of the public, and enhanced happiness and sense of gain.

Putian City has thoroughly implemented the national strategy of national fitness, adhered to the short board of rural sports venues and facilities and public sports services, created a Putian Model for sports to help rural revitalization, and contributed sports strength to the construction of new Fujian. It has been approved by the main leaders of the Provincial Sports Bureau and promoted to the whole province. Based on the high-quality development of the sports industry, Putian City has continuously improved the industrial planning layout and structural system, established and enhanced the sports industry management system, promoted the continuous expansion of the scale of the sports industry in Putian, and steadily developed the fitness and leisure and sports training industries.

(1) Education

In 2022, Putian City had 10,596 ordinary higher education enrollments, 23,644 student, and 4,309 graduates. The employment rate of college graduates is 88.97%. Secondary vocational education (excluding technical school) has 12,338 students enrolled, 36,397 students enrolled, and 14,617 graduates. Adult higher education enrollment is 4,108 people, 11,252 student and 1,828 graduates. The city's high school enrollment is 20,827 people, 64,510 student and 22,137 graduates. The city's ordinary junior high school enrollment is 31,100 people, 99,780 student, and 34,601 graduates. There are 42,862 students enrolled in ordinary primary school, 231,299 students in school, and 31,591 graduates. There are 1,202 students in special education.

(2) Sports

In 2014, Putian athletes won a total of 1 gold, 2 silver, and 3 copper in the world three major competitions; in the Incheon Asian Games, a total of 4 athletes participated, of which 3 won gold medals and 1 won bronze medals; in the highest-level competition in the country won 4 gold 6 silver 6 copper. It has invested 11,888 million yuan to build 8 folding swimming pools, 12 urban multi-functional sports fields, 3 urban community gyms and 22 farmers sports fitness projects. The annual sales of the sports lottery are 455 million yuan.

2.6.2 Background of Influencing Factors

Yang (2000a) investigated the quality of life of college student from four dimensions: economy, spirit, and school living conditions. Zhang Guo Zhong pointed out that the quality of life of college student includes their real living conditions and subjective feelings, which are related to the individual's personality characteristics and living environment.

Zhang et al. (2015) pointed out that leisure sports participation has a positive impact on the quality of life in the study of college student, that is, the participation of leisure sports has an impact on the quality of life.

In the study of Research on the Participation Motivation, Leisure Benefit, Quality of Life and Academic Achievement of College Student Sports Associations, The quality of life is divided into four aspects: psychological factors, environmental factors, physiological factors, and social factors (Guo et al., 2009)

Chinese researchers focused on formal motivation, methods, and factors influencing physical exercise activities in exploring the form of exercise activities. In examining the basic situation of college student physical exercise in the Henan region, Han Qin Yings analysis points out that college student tends to participate in after-school exercise, accounting for 80.52%. Ball courses are widely carried out, and they are the first choice for student. The key reason for the formation of college student sports and sports hobbies is the mutual influence of student behavior. Lack of time for sports and too much responsibility for learning are important reasons for interrupting college student sports participation (Han, 2003).

2.6.3 General Background

College student is in their youth, physical and psychological transition from the peak period of development to the mature period at this stage. College student understanding of the world and their understanding of life are also formed during this period. In 1999, Chinas college enrollment expanded, so more student entered the university. However, with the popularization of college education, the college entrance examination has changed from a log bridge to a highway, and the difficulties of student have changed from college entrance examination to employment. The fierce social competition has caused college student to encounter many setbacks.

Some college student struggle with self-abandonment after facing failure, leading to depression among college graduates. College student even begin to doubt life when they face graduation. Some students are indifferent to people, lose the fun of life, and the level of quality of life declines sharply. The new curriculum reform began in 2001, adhering to the people-oriented to promote the all-round development of people, quality education advocates for student as the main body, teachers as the leaders in the daily teaching of teachers, and school leaders should let student experience and pay more attention to their personality development. The essential function of education is also to cultivate people, including improving physical and mental health and developing personality characteristics. The level of quality of life affects the creativity of college student and thus affects the development of the entire economy and society.

Student aged 18-24 are typically characterized by active thinking and energy, representing the golden age of life. College student is transitioning from school to society. The college years offer a relatively flexible schedule. Student have more autonomy in the arrangement of their own lives. The 4-5-year school system can treat and improve many diseases. If college student can reasonably arrange their lives, it is a process of improving the quality of life. However, the arrangement of college student lives could be more reasonable, but it also restricts their quality of life. College student have high cultural quality but need more scientific guidance on a healthy and rational lifestyle. The essential function of physical exercise to enhance physical fitness and improve health has been widely recognized. Bringing physical exercise into the category of lifestyle provides a scientific basis for the formulation of a healthy lifestyle. In the group of college student, fresh graduates should pay more attention because this is the turning point of their life; they should be responsible for their own lives, choose the postgraduate entrance examination, employment, overseas civil servants, etc., they must make decisions, but also need to write papers. This requires us to pay attention to the mental health of graduate student.

The expansion of higher education in China has made student a large group. Currently, many colleges student in China suffer from common health issues such as myopia and humpback, and an increasing number also experience psychological problems. It is more important to study the quality of life of college student and the development of leisure sports. The development of leisure sports is an indispensable part of life. In a specific social and historical period, it is limited by certain objective conditions such as productivity and environment. Under the guidance of corresponding sports values, individuals or groups in society have good behavioral characteristics that meet various needs through sports activities. The development of scientific leisure sports is conducive to regulating emotions, enhancing positive emotions, promoting people all-round development, and improving the quality of life.

Good physical exercise can effectively promote physical and mental health, and the development of leisure sports is more important for the study of quality of life. There is no research on the quality of life of college student in Putian City and the development of leisure sports.

2.7 Research Framework

In this study, the quality of life, leisure sports strategy theory literature, relevant theoretical support, and finally put forward the strategy. Such as:

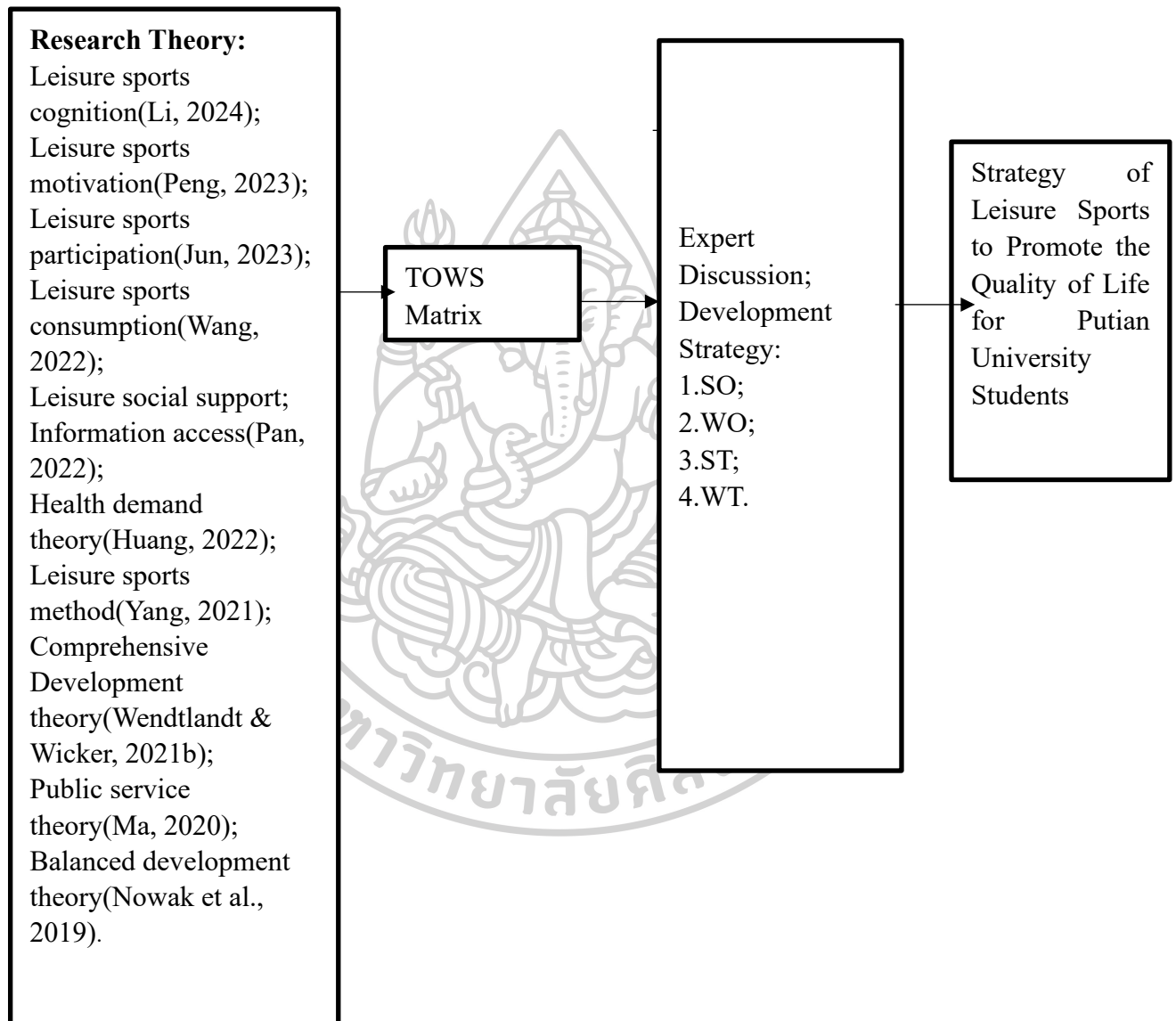


Fig. 1 Research Framework

Chapter3: Research Methodology

3.1 Type of Research Methodology

The research development (R&D) research method adopted qualitative and quantitative analysis. Quantitative research included the use of questionnaires, while Qualitative research included methods such as interviews and expert discussions.

3.2 Research Design

R1: First of all, through various search engines to search for Putian City leisure sports development policy documents, strategic theories and concepts. Secondly, the questionnaire survey method was used to investigate the quality of life of college student in Putian City, to understand the current situation and shortcomings of the quality of life of college student in Putian City, and to provide support for subsequent research.

D1: Based on the questionnaire results, according to the SWOT analysis theory, this paper analyzes the advantages, disadvantages, opportunities, and challenges of Putian leisure sports and draws relevant strategic theories. Secondly, the expert interview method is used to improve the quality of college student in Putian City.

R2: To test and evaluate the effectiveness of strategies for improving the quality of life of college student in Putian City through expert seminars.

D2: According to the survey results of R2, the final development suggestions are drawn.

3.3 Subjects of the Study and Sampling Method

1. Target group: Putian University full-time undergraduate student, a total of 25,000 people (PTU, 2024).

2. Sample: According to the Krejci & Morgan scale (1970), 379 full-time undergraduates from four grades (2023, 2022,2021, and 2020) on the new campus of Putian University were selected as the survey subjects. The sample size for expert interviews was 5 people, the sample size for expert discussions was 9 people, and the sample size for focus group interviews was 15 people.

3.3.1 Questionnaire Survey Method

There are two questionnaires. The first is a self-made questionnaire on the development of leisure sports among college student in Putian. Questionnaire 2 refers to the quality of life questionnaire for Putian University student.

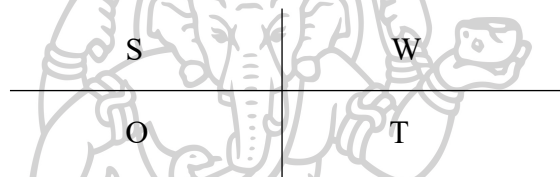
The formal questionnaire was issued from March 1 to April 1, 2024. Since I am

not in the country, the random sampling method contacted the counselors of various departments to send the invitation letter and star network questionnaire link to the class monitor, who forwarded it to the class group. The classmates anonymously filled out the questionnaire.

3.3.2 SWOT Analysis

The SWOT analysis method used management to analyze the management environment. It was proposed by Hines Wayne, a professor of management at the University of San Francisco, to find an organizations development strategy suitable for the external environment. It conducted strategic analysis using the advantages of regional economic activities, Weaknesses, Opportunities, and IHREAT to obtain systematic judgments and clear ideas. Here, the SWOT analysis method analyzed the development of leisure sports in Putian.

Table 1 TOWS Matrix Chart



S	W
O	T

Specific steps implemented by the SWOT analysis method: The first step is to analyze environmental factors and obtain information. We can find information about opportunities, threats, advantages, and weaknesses through surveys. The second step is to summarize the information and build the SWOT analysis table. According to the factors obtained by the survey, the TOWS Matrix analysis table is established according to the importance of the impact. The third step is to study and analyze information through data analysis and propose strategic planning suitable for organizational development. After completing the construction of environmental factors and the construction of SWOT analysis tables, the various environmental factors listed in the table can be matched and combined, thereby listing SO, ST, WO, and WT development strategies.

3.3.3 Expert Discussion

In this study, 9 experts were organized to discuss the development strategy of leisure sports in Putian. Based on the Putian Leisure Sports Development Thematic Group Discussion Outline (as shown in Table 2), this paper mainly discusses the development of leisure sports in Putian, Fujian, as a background survey.

Table2 Composition of Experts in Focus Group Interviews (N=9)

Name	Sexuality	Job Title	The unit Employing Inventors
L*X	Males	professor	Putian University
L*J	Males	professor	Putian University
Z*J	Female	assistant professor	Putian University
X*F	Males	assistant professor	Putian University
C*Y	Males	professor	Fujian Normal University
C*Q	Males	professor	Jimei University
H*W	Males	Professor	Putian City Education Bureau
Z*M	Males	professor	Putian University
H*F	Female	Professor	Chongqing Three Gorges University

3.4 Study Area

Putian University is the only university in Putian City. As of June 2023, the school has two campuses. The old campus, located in the center of Putian City, covers an area of 1,666.8 acres, and the new campus covers an area of 3060 acres, with a total area of 4,726.8 acres. The questionnaire is issued for the new campus of Putian University. It is located in the northern part of the main urban area of Putian, across Licheng District and Hanjiang District of Putian City. It starts from Dongzhang Village of Qiulu Town in the east and ends in Linfeng Village of Xitianwei Town in the west. It is adjacent to Zixiao Avenue in the south and Zixiao Mountains in the north. Facing the three mountains, the environment is superior. The school has 17 secondary colleges, 58 undergraduate majors, and nearly 25,000 full-time students. According to the Krejcie & Morgan scale, a total of 379 full-time undergraduates in four grades (2023, 2022, 2021, and 2020) were selected as the survey subjects by random sampling method.

3.5 Research Process

It mainly adopts four stages: research stage R1, development stage D1, implementation stage R2, and evaluation stage D2.

Research Stage R1:

By the State Council National Fitness Program (2021-2025). According to the National Fitness Regulations, Notice of Fujian Provincial Sports Bureau on Issuing the 14th Five-Year Sports Development Plan (Fujian Sports [2021] No.241), Notice of Fujian Provincial People's Government on Issuing the National Fitness Implementation Plan (2021-2025), Notice of the General Office of Fujian Provincial People's Government on Issuing the Implementation Plan for

Strengthening the Construction and Development of Mass Sports Facilities for National Fitness (Fujian Provincial Office [2021] No.33) and Notice of Putian Municipal People's Government on Issuing the 14th Five-Year Plan for National Economic and Social Development and the Long-term Goal Outline for 2035 (Putian Comprehensive [2021] No.46) and other documents, and carefully study the theories and concepts. A questionnaire survey and expert interview were used to investigate the quality of life of college student in Putian City and to understand the current situation of the quality of life of college student in Putian City and the dilemma of influencing factors (as shown in Appendix 3).

Implementation Stage D1:

According to the SWOT analysis theory and the results of the survey on the quality of life scale of Putian college student, the preliminary strategies are obtained:

It includes three levels, namely, the leadership level, the teacher level, and the student level.

For leadership: (1) Improve infrastructure and ensure the safety of facilities; (2) Optimize the management mechanism to strengthen personnel training; (3) Improve the charging standards and build a charging system; (4) Construct college student leisure physical exercise behavior platform, and improve the relevant system, the platform design focuses on student sports scores, evaluation, graduation conditions linked to encourage student to participate in leisure sports fitness.

For teacher: (1) Create characteristic leisure sports and enhance the interest of the project; (2) Consider the needs of leisure sports activities and coordinate the leisure sports facilities of various professions; (3) Implement the concept of public service sharing; (4) Promote the implementation of organizational guarantee, system guarantee, supervision and feedback strategies, and jointly supervise student to complete platform tasks with the school.

For students:

1. Summarize the lack of school-arranged leisure sports and areas for improvement at semester's end.
2. State sports needs and monitor teacher improvements.
3. Set sports goals and intensity for the semester and review completion at semester's end.

The Third Stage is the Implementation Stage R2:

To test and evaluate the effectiveness of strategies for improving the quality of life of college student in Putian City through expert seminars.

The Fourth Stage is the Evaluation Stage D2:

A questionnaire evaluation was conducted during the implementation stage of R2 to determine the feasibility of promotion.

3.6 Research Tools

In this study, the questionnaire survey method is used to collect data. The

research tools include two questionnaires. Questionnaire 1: self-made Putian College Student Leisure Sports Development Questionnaire; Questionnaire 2: Refer to Putian City College Student Quality of Life Questionnaire. The analysis is as follows:

3.6.1 Self-made Putian City College Student Leisure Sports Development Questionnaire

The general situation survey mainly includes gender, age, nationality, place of origin (rural or urban), and Only child or not only child.

The development of leisure sports is mainly from the perspective of leisure sports.

It mainly includes college student sports consumption situation, daily leisure and sports activities, forms of leisure sports activities, leisure sports cognition, school to carry out leisure sports activities, leisure time and leisure sports exercise, and the influencing factors of leisure and leisure sports activities. The study, to facilitate analysis, is divided into 6 dimensions: sports cognition, sports motivation, sports participation, sports consumption, social support, and information channels. The name of each dimension is determined according to the following principles: The theoretical structure of the expected naming is the questionnaire based on the factors of the theoretical structure prediction. Sports cognition refers to cognitive activities related to sports, including perception, memory, and thinking. In terms of perception, there are spatial perception, time perception, speed perception, and illusion. There are analytical and comprehensive types, accurate and flexible sharp, object and background, field independence, and field dependency types. Name sports cognition: The second dimension contains 2 topics, which involve the motivation of college student. Sports motivation is based on the needs of student for individual sports activities and is affected by external stimulation or incentives. Requirement and other forms exist. Internally weak sports motivation activities are difficult to observe from the outside, but when they reach a certain degree in a certain direction, they will stimulate individuals to change physiological, psychological, and behavior. The efforts and persistence of student performance in sports learning and exercise activities are the external performance of their sports motivation. Name sports motivation: The third dimension includes 8 issues, including leisure sports time, exercise volume and leisure sports intensity, the form of leisure and physical exercise, and the time and place of exercise. They are classified as sports participation. The general name. To fully understand sports participation, you must analyze the motivation for sports participation in detail. The motivation for sports activities is to promote the internal cause of a person to participate in sports activities. It is an internal process of individuals.

The motivation for participating in sports activities is to choose, stimulate, maintain, and strengthen certain sports activities, leading to the inherent motivation of certain goals. The fourth dimension includes 4 questions involving consumption

behavior. Leisure sports consumption refers to Product (material and spiritual) consumer activities. It was named sports consumption. The fifth dimension includes 10 issues involving the support of school, friends, and families. It refers to the contact between individuals. Individuals can maintain social identity through these contacts and obtain emotional support, material assistance, and services. Information contact with a new society. Named social support. The sixth dimension includes 4 topics called information channels. (as shown in Table 3):

Table 3 Putian City College Student Leisure Sports Questionnaire Dimensions

ID	Dimension	Items	Contents
1	Leisure sports cognition	7	Weekly activity frequency, classes, homework, watching TV, playing games, eating, mental health status
		25	Time, motivation, fatigue, finances, access, health, support, weather
		26	Health, well-being, stress relief, fitness, mood, energy, social interaction, mental health
		28	Health status
		29	Leisure sports and health
		30	Mental health in class
		31	Sleep quality
		32	Chronic illnesses
		38	Physical education
		40	Leisure sports frequency
2	Exercise motivation	17	Motivations
		33	Physical education preference
3	Leisure sports participation	8	Physical activity duration
		9	Free time activities
		10	Sports timing
		11	Frequency
		16	Leisure sports categories
		18	Sports club participation
		19	Leisure and fitness timing
		20	Participation format
4	Leisure sports	12	Expenditure

ID	Dimension	Items	Contents
	consumption	13	Leisure sports costs
		14	Consumption aspects
		15	Spending restrictions
5	Social support	21	Activity location
		22	Group participation
		23	Exercise companions
		24	Frequency with others
		34	School support
		35	Teacher support
		36	Parental support
		37	Department activities
		39	Department activities frequency
6	Information channels	41	Urban facilities sufficiency
		27	Information channels
		42	Exercise awareness
		43	Government support
		44	Sports promotion plan

3.6.2 Quality of Life Scale

According to the needs of this study, the World Health Organization Quality of Life Summary Table was localized and revised, and the Putian College Student Quality of Life Scale was developed (Yao, 2002). The analysis was carried out using the four dimensions of psychology: physiology, environment, and social relations. Show as Table 4:

Table 4 Items of Putian College Student Quality of Life Scale

ID	Dimensional	Items	Contents
1	The category of physiological health	1	Pain and injury
		2	Energy and rest
		3	Appetite and enjoyment
		4	Pessimism and peace
		5	Self-esteem and concentration
2	psychological	6	Social relationships

ID	Dimensional	Items	Contents
	aspects	7	Friend support
		8	Learning efficiency
		9	Self-esteem
		10	Inner peace
3	The category of social relations	11	Social relationships
		12	Friend support
		13	Learning efficiency
		14	parents satisfied care
		15	Parental satisfaction and conflict
4	Environmental category	16	School dining conditions
		17	Living expenses
		18	Information access
		19	School facilities
		20	school environment

3.6.3 Scale Filling and Scoring Method

The meter table usually uses several topics to measure a certain dimension. Suppose it is Lockers five-level measuring satisfaction. In that case, n people are very satisfied with 5 points, 2N people are more satisfied with 4 points, 3N people maintain a neutral score of 3 points, 4N people are not satisfied with 2 points, and 5n people are not very satisfied. Satisfaction with 1 point; then, the average satisfaction of satisfaction is calculated as follows:

$$(n*5+2n*4+3n*3+4n*2+5n*1)/(n+2n+3n+4n+5n) = N.$$

The n value is the average value of satisfaction.

3.7 Research Schedule

Table 5 Research Schedule

ID	Research Progress	Times
1	Determine the topic, consult relevant books and journal literature, collect relevant literature at home and abroad, and write the first three chapters of the thesis.	2023.07-2023.08
2	The preparation and revision of the questionnaire, the reliability and validity of the questionnaire, the process of consulting relevant experts and teachers to modify, and finally determine the formal questionnaire.	2023.10-2024.01
3	On-the-spot investigation, questionnaire distribution and recovery, and analysis.	2024.02-2024.04
4	Analyze the results and write the follow-up part of the thesis. Discuss the content of the thesis with the teacher and modify it repeatedly.	2024.05-2024.08

3.8 Data Analysis

Quantitative data: The data collection of quantitative research mainly came from the questionnaire survey. The questionnaire survey data are obtained by using an online questionnaire with an offline on-site scanning code. The questionnaire survey method refers to the process of directly obtaining relevant data, analyzing the data through questionnaires, and investigating the objective data. The investigation method was a scientific method used in descriptive, predictive, and explanatory research. A questionnaire survey was a key method for obtaining first-hand information and an important way to verify the relationship between theoretical factors. To verify the relevant factors and their relationship to college student exercise adherence behavior and decision-making process.

Qualitative data: The data collection of qualitative research is obtained by recording the interview materials after obtaining the consent of the interviewee before the interview. The four main methods used are expert discussion, expert interview, SWOT analysis, and expert discussion.

In this study, the valid questionnaires were preliminarily sorted out and coded after collecting the data and eliminating the invalid questionnaires. Then, descriptive statistical analysis and SWOT theoretical analysis were carried out with the SPSS20.0 software package. The questionnaire was developed according to the survey needs, and authoritative experts were invited to guide the content and item structure of the questionnaire. Self-developed questionnaires follow the development paradigm of

measuring tools. First of all, the pre-survey tests the reliability of the questionnaire from the aspect of internal consistency to test the validity of the questionnaire from the aspect of content validity. In this study, a self-designed structured interview questionnaire was used. The content, structure, validity, and other indicators of the questionnaire were evaluated by visiting experts, and suggestions for revision were put forward to form the first draft of the questionnaire. The first draft of the questionnaire was revised and improved based on the test of the pre-survey data, the samples were selected, and the questionnaires were distributed using a combination of random sampling methods.

3.9 Validity and Reliability of the Study

3.9.1 Validity of the Study

Validity of the questionnaire: Three experts related to leisure sports were asked to test the validity of the questionnaire. According to the five experts, the validity of the structure, content, and overall, three aspects of the questionnaire were scored to determine whether the questionnaire was effective. The validity of each problem is judged by three values of + 1, 0, and -1. As below:

+ 1: Indicates that the measurement problem meets its objective;

0: represents the uncertainty of whether the measurement problem satisfies its goal;

-1: Indicates a measurement problem that does not meet its target. (as shown in Table 6)

Table 6 Validity Test of the Questionnaire the Composition of Experts (N = 3)

Name	Sexuality	Job title	Field of Investigation	The unit Employing Inventors
L*Z	Female	professor	Leisure, Sports tourism	Chongqing Three Gorges University
L*H	Female	professor	Leisure sports tourism	Putian University
W*M	Female	assistant professor	Educational policy formulation	Putian City Education Bureau

3.9.2 Credibility of the Study

Cronbach's α coefficient was used to measure the stability and reliability of the questionnaire. Before the formal issuance of the questionnaire, the pre-questionnaire was distributed and recovered to 30 people. After an interval of two weeks, the test was retested to obtain a valid questionnaire, α value $0.833 > 0.8$; the questionnaire reliability met the research requirements and began to be officially issued.

Chapter 4: Results and Analysis

Through questionnaire surveys, expert interviews, expert discussion, and focus group discussion, data on the quality of life and leisure sports development of Putian University student were collected, analyzed, and discussed to arrive at the final strategy.

1. Research Status of College Students ' Quality of Life in Putian City
2. Strategy of leisure sports to promote the quality of life for the putian university students
3. Assessment of the effectiveness of strategy of leisure sports to promote the quality of life for the putian university students

4.1 Basic Information Analysis

4.1.1 Basic Information Frequency Analysis

Table 7 Frequency Analysis of Basic Information of College Student in Putian City

No.	Contents	Items	N	%
1	Gender	Boys	235	62.01
		Girls	144	37.99
2	Grade	Grade 2023	108	28.5
		Grade 2022	74	19.53
		Grade 2021	108	28.5
		Grade 2020	89	23.48
3	Nation	Han	242	63.85
		Minority	137	36.15
4	Original places	City	235	62.01
		Rural district	144	37.99
5	Professional type	Liberal arts	226	59.63
		Science	153	40.37
6	Are you an only child	Yes	224	59.1
		No	155	40.9
Total			379	100

According to the survey of the basic information of college student in Putian City, a total of six basic information was investigated. For the gender survey, a total of 235 boys accounted for 62.01%, and 144 girls accounted for 37.99%. In the survey of grades, there were 108 students in grade 2023, accounting for 28.5%, 74 students in grade 2022, accounting for 19.53%, 108 students in grade 2021, accounting for 28.5%. In the survey of ethnic groups, there were 242 Han people, accounting for 63.85%, and 137 ethnic minorities, accounting for 36.15%; in the survey of student origin,

there are 235 urban residents, accounting for 62.01%, 144 rural residents, accounting for 37.99%. In the survey of professional types, there were 226 liberal arts students, accounting for 59.63%; in the survey of whether or not the only child, a total of 224 people chose yes, accounting for 59.1%, and 155 people chose no, accounting for 40.9%.

4.1.2 Leisure Sports Cognitive Frequency Analysis

Table 8 Frequency Analysis of Leisure Sports Cognitive of College Student in Putian City

Contents	Items	N	%
7.Weekly activity frequency	1. Never	91	24.01
	2. 1 time a week	91	24.01
	3. 2-3 times a week	120	31.66
	4. More than 4 times a week	77	20.32
25.Barriers to participation	1. No partners and guidance	19	5.01
	2. Laziness does not like sports	43	11.35
	3. Health factor	29	7.65
	4. Insufficient resources	55	14.51
	5. The activity project is not rich enough	31	8.18
	6. Ashamed	52	13.72
	7. Economic conditions do not allow	36	9.5
	8. Lack of time	113	29.82
	9. It is not beneficial to participate in leisure sports activities.	1	0.26
26. Impact areas	1. Increase physical strength, strong physique	61	16.09
	2. Promoting health	67	17.68
	3. Promote friendship and increase interaction	66	17.41
	4. Let life live better and work better.	57	15.04
	5. Enjoy the fun of sports, relieve pressure	62	16.36
	6. Modify the body, improve the image	58	15.3
	7. Sleep better, full of spirit	8	2.11

In the survey on Is there a mentally ill situation, there were 91 people, accounting for 24.01%, who were never compared with the two options once a week; there were 120 people 2-3 times a week, accounting for 31.66%; there were 77 people more than 4 times a week, accounting for 20.32%. It shows that up to more than 51% of student have mental disorders every week.

The reasons for not adhering to leisure sports activities in the questionnaire are no partner and guidance, lazy and do not like sports, health factors, insufficient resources, insufficient activity items, sorry, economic conditions are not allowed, no time and think that there is no benefit in participating in leisure sports activities.

Among them, 113 people chose no time, accounting for 29.82%. In addition, 55 people chose insufficient resources, accounting for 14.51%, which was the second choice with a large number of people, and 52 people, accounting for 13.72, chose to be sorry. It shows that most student cannot adhere to leisure sports activities because of the time factor, which is the main reason that hinders the persistence of leisure sports activities. In addition, school should also focus on student needs in the use of venues and equipment. They cannot form a habit of physical exercise due to embarrassment or shyness to participate in physical exercise. However, it also shows that college student participation in physical exercise lacks gregariousness.

In a survey on factors influencing leisure physical exercise, 61 people (16.09%) chose to increase physical strength, 67 people (17.68%) chose to promote health, and 66 people (17.41%) selected friendship and social interaction. Additionally, 57 people (15.04%) aimed to improve their quality of life, 62 people (16.36%) focused on fun and stress relief, and 58 people (15.3%) chose self-improvement. Only 8 people (2.11%) aimed to improve sleep. This shows that college students prioritize health, friendship, and body image in leisure physical activities.

4.1.3 Exercise Motivation Frequency Analysis

Table 9 Frequency Analysis of Exercise Motivation of College Student in Putian City

Contents	Items	N	%
17. Motivation	1. Improve my physical quality	115	30.34
	2. Improving interpersonal relationships	70	18.47
	3. Joyful enjoyment of body and mind	44	11.61
	4. Learn to consolidate some sports skills	61	16.09
	5. Bodybuilding, improve the image	57	15.04
	6. Others	32	8.44

According to the motivation survey of participating in leisure sports activities, a total of 115 people chose to improve their physical fitness, accounting for 30.34%; there were 70 people who chose to improve interpersonal relationships, accounting for 18.47%; 61 people chose to learn and consolidate some sports skills, accounting for 16.09%; in addition, 57 people chose bodybuilding to improve their image, accounting for 15.04; among the enjoyment options of pleasure, 44 people chose, accounting for 11.61%. In addition, 32 people chose others.

Analyze the reasons: the motivation of boys participating in sports activities may tend to improve physical fitness and improve interpersonal relationships. Sports have social function attributes, which are also the embodiment of boy's exercise motivation. Sports activities can improve their physical fitness and pursue physical fitness of sports activities. It reflects boys understanding of the essential functions of sports and is also the driving force for them to participate in sports activities. Girls may like to use sports to build a body and improve their image. With the continuous progress and

development of society, the material conditions of people lives have been continuously improved, and the dietary structure has led to an imbalance in the dietary structure, resulting in a gradual increase in the number of obese people. BMI > 30kg / m² is considered to be obese, and women s body fat exceeds 30%, and the prevalence and mortality rate will increase relatively. In this way, appropriate physical exercise is a good choice for maintaining body shape.

In addition, some student chooses to improve their interpersonal relationships and analyze the reasons: first-grade college student has just transitioned from high school to a college campus environment, the mode and rhythm are not adapted, and they pay more attention to the interaction between student. After entering the second grade, with the familiarity of the environment and the frequent communication between each other, each student character has been shown one after another and has gradually developed. With the establishment of various organizations and the development of work, the communication between student has increased, and student are more active in all aspects that have not been covered. Therefore, the second-year college student entered the stage of development, showing a characteristic of learning excitement; after two years of study, student have laid a certain foundation in all aspects. After entering the third grade, they all strive to improve their comprehensive ability in an all-round way. In addition, they concentrate on internships, and the pressure of internship work is more obvious. It is necessary for sports to play a pleasant physical and mental function to achieve self-evacuation; most of the learning tasks of grade 4 college student have been completed, and graduation is coming. Student are more concerned about their career planning and employment prospects. At the same time, the overall situation of the university's self-growth process has been determined, and no more efforts will be made. At this time, the motivation for exercise tends to be the most primitive to improve physical fitness.

4.1.4 Leisure Sports Participation Frequency Analysis

Table 10 Frequency Analysis of Leisure Sports Participation of College Student in Putian City

Contents	Items	N	%
8. Physical activity duration	1. I don t take physical education classes	43	11.35
	2. Less than 10 minutes	56	14.78
	3. 11-20 minutes	41	10.82
	4. 21-30 minutes	46	12.14
	5. 31-40 minutes	47	12.4
	6. 41-50 minutes	113	29.82
	7. 51-60 minutes	33	8.71
9. Spare time activities	1. Sleep	106	27.97
	2. Reading	88	23.22

Contents	Items	N	%
	3. Surf the Internet	117	30.87
	4. Play games	79	20.84
	5. Working	93	24.54
	6. Shopping	105	27.7
	7. Tourism	79	20.84
	8. Party	92	24.27
	9. Chess	81	21.37
	10. Sports	84	22.16
	11. Others	11	2.9
10. Activity timing	1. morning	84	22.16
	2. afternoon	67	17.68
	3. Evening	165	43.54
	4. NFI no fixed time	63	16.62
11. Participation frequency	1. 0 times	64	16.89
	2. 1 time	46	12.14
	3. 2 times	66	17.41
	4. 3 times	49	12.93
	5. 4 times	121	31.93
	6. More than 5 times	33	8.71
16. Activity type	1. Attraction	152	40.11
	2. Participation	127	33.51
	3. Risk-taking	133	35.09
	4. Fitness	119	31.4
	5. Conviviality	29	7.65
18. Club participation	1. No	230	60.69
	2. Yes	149	39.31
19. Activity duration	1. Under 30 minutes	44	11.61
	2. 30 minutes - 1 hour	151	39.84
	3. More than 1 hour-2 hours	117	30.87
	4. More than 2 hours	67	17.68
20. Activity format	Basket balls	148	39.05
	Field events	146	38.52
	Ping-pong ball	123	32.45

Contents	Items	N	%
	Football	122	32.19
	Billiards	111	29.29
	Art of defense	101	26.65
	Gymnastics	97	25.59
	Shuttle cock	99	26.12
	Jogging	44	11.61
	Competition events	6	1.58
	Dance	3	0.79
	Slide	2	0.53
	Calisthenic exercise	2	0.53
	judo	2	0.53
	Bicycle	2	0.53
	Volleyball	1	0.26
	Rowing / Dragon Boat	1	0.26
	Cheerleading dance	1	0.26
	Swim	1	0.26
	Game	1	0.26
	Sailing / windsurfing	0	0
	Tennis ball	0	0
	Kickboxing	0	0
	Bowling	0	0
	Bow the ball	0	0
	Wall spherical	0	0
	Handball	0	0
	Karate	0	0
	Rock climbing	0	0
	Korfball	0	0
	Rugby	0	0
	Line dance	0	0
	Golf	0	0
	Taiji	0	0
	Toxophily	0	0
	Baseball	0	0
	Play the drum	0	0
	Shuttlecock ball	0	0
	Dragon and lion dance	0	0
	Ice skating	0	0
	Roller skating	0	0
	Baseball	0	0

Contents	Items	N	%
	Dryland ice hockey	0	0
	Others	0	0

In the survey of average exercise time in a physical education class, there were 56 people in less than 10 minutes, accounting for 14.78%. There were 21 people who chose 11-20 points, accounting for 10.82%; in 21-30 minutes, there were 46 people to choose, accounting for 12.14%; in 31-40 minutes, 47 people chose, accounting for 12.4%; in 41-50 minutes, 113 people chose, accounting for 29.82%; in 51-60 minutes, there were 33 people to choose, accounting for 8.71%; the number of people who do not participate in physical education is 43, accounting for 11.35%. This data is consistent with the best time we generally know that people ideally participate in sports activities. Most people choose 41-50 minutes as the time for physical exercise and analyze the reasons: each course in the university is evaluated by student, transferred to a major, joined the party, and even directly linked to research and research. Most student have strong learning abilities and naturally have more time to practice in class. This result is not difficult to understand.

In the survey of what to do in leisure time, the number of people choosing to surf the Internet accounted for 30.87% at the top of the list; the number of people who choose to shop / shop accounted for 27.7%, and the number of people who choose to sleep accounted for 27.97%; choose to play games accounted for 20.84%; 24.54% chose to work; 20.84% chose to travel, and 24.27% chose to party with friends. The choice of chess and cards accounted for 21.37%; people who chose sports accounted for 22.16 %; the number of people who chose other is less, accounting for 2.9%.

In the survey of exercise time period, the number of people choosing night was 165, accounting for 43.54%; there were 84 people in the morning, accounting for 22.16%; 67 people chose the afternoon, accounting for 17.68%; there were 63 people who chose no fixed time, accounting for 16.62%.

As can be seen from the previous literature, the general idea is to participate more than 3 times a week; each duration of more than 30 minutes is considered to have physical exercise habits. In terms of weekly exercise frequency, 64 people had 0 times a week, accounting for 16.89%; there were 46 people once a week, accounting for 12.14%. There were 66 people who were twice a week, accounting for 17.41%; there were 49 people three times a week, accounting for 12.93%; there were 121 people four times a week, accounting for 31.93%. There were 33 people more than 5 times a week, accounting for 8.71%. It shows that most student participate in physical activity for 20 minutes to 2 hours per week. If the time of physical education is removed, the time of extracurricular physical activity is only about 75 minutes per week, accompanied by routine judgment of 4 times a week, more than 30 minutes each time.

In the survey of leisure sports categories, 152 people chose to watch, accounting for 40.11%; there were 127 people who chose participation, accounting for 33.51%;

there were 133 people who chose adventure, accounting for 35.09%; there were 119 people who chose fitness, accounting for 31.4%; there were 29 people who chose entertainment, accounting for 7.65%. Among them, ornamental, adventure, fitness, and participation account for a relatively high proportion, while the number of entertainment choices is relatively small. It shows that there are obvious differences between male and female student in the category of leisure sports, which should be considered when arranging leisure sports projects in relevant departments.

Regarding whether to participate in extracurricular sports associations, 230 people chose not to, accounting for 60.69%; 149 people chose to participate in the community, accounting for 39.31%. This shows that, on the whole, most student do not participate in any sports associations for sports activities, and the situation is not optimistic.

In the survey of leisure sports time, there were 44 people under 30 minutes, accounting for 11.61%; there were 151 people in 30 minutes to 1 hour, accounting for 39.84%; there were 117 people in 1-2 hours, accounting for 30.87%; there were 67 people more than 2 hours, accounting for 17.68%. Among them, 30 minutes to 1 hour has the largest number of choices, accounting for the highest proportion, while 1 hour to 2 hours has the second largest number of choices.

In the survey of leisure sports, 148 people chose basketball, accounting for 39.05%; 146 people chose track and field events, accounting for 38.52%; 123 people chose table tennis, accounting for 32.45%; 122 people chose football, accounting for 32.19%; 111 people chose billiards, accounting for 29.29%; there are 101 choices of martial arts, accounting for 26.65%; there are 99 people choose badminton, accounting for 26.12%; 97 people chose gymnastics, accounting for 25.59%; there are 44 people choose to jog, accounting for 11.61%, and a few people choose to dance, aerobics, skateboard, bicycle and so on. Sports activities are affected by the site and the popularity of the project. Track and field are the simplest periodic movement, and it is also a whole-body movement. It is a popular form of sports for college student. Putian University basketball, football, and table tennis venues are relatively sufficient, which also provides a material basis for the development of basketball, football, and table tennis.

4.1.5 Leisure Sports Consumption Frequency Analysis

Table 11 Frequency Analysis of Leisure Sports Consumption of College Student in Putian City

Contents	Items	N	%
12. Spending	1.Yes	375	98.94
	2.No	4	1.06
13. Cost	1. Below 100 yuan	230	60.69
	2. 101-500 yuan	4	1.06
	3. 501-1000 yuan	141	37.2

Contents	Items	N	%
	4. More than 1000 yuan	4	1.06
14. Consumption aspects	1. Purchase sportswear, shoes, etc.	156	41.16
	2. Buy dumbbells, rope skipping and other sports equipment	111	29.29
	3. Fitness Cards, Skills Learning Classes	128	33.77
	4. Buy sports magazines, journals, etc.	119	31.4
	5. Watching sporting events	137	36.15
	6. Online resource	112	29.55
15. Spending restrictions	1.No money	57	15.04
	2. The influence of people around	85	22.43
	3. The course is tight and no time	84	22.16
	4. No need	133	35.09
	5.Others	20	5.28

In terms of leisure sports expenses, 375 people choose to have expenses, accounting for 98.94%, and there are very few people without expenses, which can be ignored. A total of 230 people under 100 yuan were selected, accounting for 60.69%; there were 141 people who chose 501–1000-yuan, accounting for 37.2%; there were only 4 people who chose 101-500 yuan and more than 1000 yuan. In terms of expenditure, there were 156 people purchasing sportswear and shoes, accounting for 41.16%. There were 137 people in the choice of watching the game, accounting for 36.15%; there were 128 people in the fitness card and skill learning class, accounting for 33.77%; there were 111 people on the purchase of sports equipment, accounting for 29.29%; there were 119 people in the purchase of sports magazines, accounting for 31.4%; there are 112 people on the online resources, accounting for 29.55%. It can be seen that most student have had sports consumption expenditure, but these consumptions are only temporary and may be bought temporarily to cope with some activities. After the activity, student did not adhere to the follow-up consumption. This is a reason why student do not have a deep understanding of sports. School should strengthen physical education so that student can clearly understand the great role of sports in health.

Most students view sports spending as unnecessary, with 35.09% selecting "no need" and others citing influence from peers and lack of time. This reflects limited interest or understanding of sports, resulting in low sports awareness.

4.1.6 Social Support Frequency Analysis

**Table 12 Frequency Analysis of Social Support of College Student
in Putian City**

Contents	Items	N	%
21. Exercise location	1. Sports facilities provided by the government	2	0.53
	2. At home	40	10.55
	3. Office	68	17.94
	4. School / College / University Facilities	124	32.72
	5. Private residential facilities	93	24.54
	6. Private clubs	86	22.69
	7. Commercial fitness center	62	16.36
	8. Outskirts of the park	25	6.6
	9. General open space	121	31.93
	10. Other (please specify):	0	0
22. Participation group	1. Government sports department	73	19.26
	2. Other government agencies	78	20.58
	3. School / academia	134	35.36
	4. Private clubs	78	20.58
	5. Commercial fitness center	56	14.78
	6. Private residential facilities	90	23.75
	7. All kinds of sports activities Association	64	16.89
	8. areola	26	6.86
	9. Arranged by oneself or friends	6	1.58
	10. Other (please specify):	0	0
	11. ignorance	0	0
23. Exercise companions	1. Parents	67	17.68
	2. Sib	21	5.54
	3. Teacher	50	13.19
	4. Coach	46	12.14
	5. Buddy	69	18.21
	6. Relative	64	16.89
	7. Schoolmate	130	34.3
	8. Household servant	60	15.83
	9. Alone yourself	70	18.47
	10. Per-animals	0	0
24. Group activity frequency	1.No	42	11.08
	2.1 day	44	11.61
	3.2 days	40	10.55
	4.3 days	48	12.66
	5.4 days	43	11.35

Contents	Items	N	%
	6.5 days	39	10.29
	7.6 days	101	26.65
	8.7 days	22	5.8

In the survey of where to do sports for different genders, school / college / university facilities are the most selected places, with a total of 124 people, accounting for 32.72%. Secondly, 31.93% of the candidates were generally from empty places (such as empty stadiums, sports venues, parks, and swimming pools); the number of people selected is second. It shows that the above two places are more likely to be favored by everyone in the school and can meet the needs of most student.

In the survey of which community held activities, 134 people chose school, the largest number of people, accounting for 35.36%. It shows that college student participation in activities mainly comes from school and colleges.

When asked about people who often participate in physical exercise together, 130 people chose classmates, 69 people chose friends, and 70 people chose themselves. This shows that the scope of personnel contacted by college student is mostly limited to the scope of the school, and the people who can produce physical exercise for college student are mostly teachers, classmates, and coaches in the school. Among the alternatives, 18.47% of college student chose to exercise alone, which shows that in addition to the connection with the school, other people are not closely connected, which further indicates that the social interaction of college student is relatively narrow. The way to people participates in physical exercise is less affected by family and school. It is worth noting that some students have chosen coaches as the alternative, indicating that with the improvement of family living standards, parents' investment in college student physical exercise has increased, so that student choose to participate in sports activities with coaches and other professionals to participate in physical exercise.

In the survey of how many physical activities are carried out every week, 101 people choose to carry out 6-day physical activity, accounting for 26.65%, with the largest number of choices, and the other days are almost the same. In order to make student form exercise habits and have good physical activities, the school has specially formulated a healthy campus running policy. In addition, the number of exercise days is proportional to the development of exercise habits, indicating that the school implementation of healthy campus running has an important constraint.

4.1.7 Information Channels Frequency Analysis

Table 13 Frequency Analysis of Information Channels of College Student in Putian City

Contents	Items	N	%
27. Information sources	1. Newspapers or magazines	90	23.75
	2. Network	146	38.52
	3. TV	85	22.43
	4. Posters or leaflets / brochures	87	22.96
	5. Radio	76	20.05
	6. Friends / classmates	87	22.96
	7. School	144	37.99
	8. Family / relatives	84	22.16
	9. Sports venues provided by the government	15	3.96
	10. Others	1	0.26

In the survey on information channels, a total of 146 people chose the network, accounting for 38.52%; 144 people chose school notification, accounting for 37.99%. It shows that school, networks, and television are important channels through which student can obtain information. Student and friends, school and poster publicity, and so on are also more choices, maybe because the school and classmates and friends may be college student contact more ways. It is worth noting that the number of people selected by the government is relatively small. It can be seen that college student currently receive the least sports information from the government, which is worthy of attention.

4.1.8 Leisure Sports Development Five Level Scale

Table 14 Putian College Student Leisure Sports Development Level Five Scale Analysis

Dimensional	Average number of satisfactions						M	SD
	5	4	3	2	1	Raw score		
40. Physical activity sufficiency	128	99	149	2	1	3.93	2.074	0.879
32. Health conditions	156	69	61	63	30	3.68	2.319	1.361
42. Sports awareness	95	70	140	66	8	3.47	2.53	1.108
29. Health importance	58	151	77	80	13	3.42	2.575	1.087
35. Teacher support	88	59	137	58	37	3.27	2.47	1.367
38. School activity impact	94	54	132	44	55	3.23	2.768	1.335
36. Parental support	86	50	141	65	37	3.22	2.491	1.388
28. Health assessment	72	52	118	50	87	2.93	3.074	1.395

Dimensional	Average number of satisfactions						M	SD
	5	4	3	2	1	Raw score		
37. Peer support	50	108	70	55	96	2.9	3.103	1.402
44. Government promotion	64	66	87	74	88	2.85	3.148	1.399
34. School support	66	39	115	45	114	2.73	3.011	1.626
41. Sports facility adequacy	0	117	75	89	98	2.56	3.443	1.177
30. Class vitality	4	92	91	95	97	2.5	3.499	1.146
31. Sleep quality	50	52	61	67	149	2.44	2.507	1.47
33. Physical education preference	40	30	100	94	115	2.44	3.1	1.375
43. Government support level	0	48	152	62	117	2.35	3.654	1.049
39. Department activities	2	82	81	66	148	2.27	3.639	1.023

Note: the average satisfaction > 2.5 , is defined as the advantage of development (S); the average satisfaction < 2.5 , is defined as disadvantage development (W).

From the perspective of the data obtained, the average satisfaction of the 40th, 32nd, 35th, 36th, 42nd, 29th, 38th, 34th, 28th, 37th, 44th, and 41st questions are greater than 2.5, and these questions are divided into advantage development (S); the average satisfaction of questions 30, 31, 33, 43 and 39 is less than 2.5. This paper divides these questions into disadvantage development (W).

In the survey of Whether the amount of daily physical activity is enough, 128 students were selected as very enough, 99 as enough, and only three as insufficient and very insufficient, indicating that the amount of daily physical activity can fully meet the basic needs. The reason is related to Putian University's implementation of the Implementation Plan for the Implementation of Campus Fitness Running in the Physical Education Institute of Putian University in 2022. The document requires 100 km for boys and 80 km for girls per semester and is linked to the final physical examination results, which greatly promotes the active movement of the whole school student.

When asked whether there was a disease, 156 people answered no questions at all, 69 people basically had no questions, and some chose to have questions, indicating that most student were very healthy.

According to the data, most teachers, parents, and classmates encourage teenagers to participate in sports activities. The teacher of the school is the person with the most contact with the student every day. The teacher's attitude towards participating in physical exercise has an important influence on the student sports behavior. Many studies have shown that if parents can often participate in physical exercise with their children, it can not only harmonize the relationship between children and parents but also affect their children's attitude towards physical exercise and enhance their fitness awareness and student awareness of the value of physical exercise.

In the survey on whether to pay attention to sports data, 95 people chose to pay attention, 70 people chose to pay attention, 140 people chose to pay attention, and most people paid attention. At the same time, 66 people chose not to pay attention, and 8 people did not pay attention. This shows that most of the student are conscious and have a high degree of attention.

In the survey of whether leisure physical exercise is important to health, 58 people think it is very important, and 151 people think it is important. This indicates that most student think it is important, and very few think it is not important.

Regarding the impact of the development of school sports activities on your participation in leisure physical exercise, there are 148 student who think that they are very large and large, and 231 people think that they are general, small, and very small, indicating that the popularity of sports activities carried out by school is not high. Putian government, school, secondary colleges, and other units, as well as leaders of various departments, should pay attention to it.

In the survey on school support, in the school attitude towards student sports activities, 94 people were very supportive, 54 were supportive, and 132 were general. Most student were supported by the school, and only a small part was considered that the school did not support sports activities at all. It shows that the school is still important for college student to participate in physical exercise and receive sports information. From the perspective of school, what is felt in school is more support for student participation in sports activities.

In the student evaluation of their health, there are 72 people who chose well, 52 people who chose well, and 118 people in general. They are at a relatively normal level of health, followed by those who think their situation is general but think their own situation is not very good. There are 137 people, and the number is relatively large, indicating that student is less confident in their physical condition. The analysis of the reasons may have an important relationship with the new coronavirus epidemic. After the epidemic, getting sick, taking medicine, and going to the hospital became the norm.

In the survey of whether classmates and friends support your movement, 50 people chose to be very supportive, 108 people chose to be supportive, 70 people chose to be supportive in general, and 151 people chose to be very unsupported and unsupported. This shows that the learning environment is greatly influenced by the people around us.

When asked whether they knew whether the government had a plan to promote public sports (such as the National Fitness Program or the Citizen Sports Fitness Ordinance), 130 college students knew that the government had a plan to promote public sports, but 162 chose not to know and completely did not know, and 87 chose the general. From the survey results, most people pay much attention to sports information, often pay attention to and often pay attention to the majority, indicating that most current college student pay high attention to information on physical exercise, but at present, the diversification and diversification of the popularization

information of electronic equipment, the breadth and richness of information sometimes affect the attention of college student to information.

When asked whether they think your city's sports facilities are adequate, 117 people chose enough, 75 people chose general, 89 people chose not enough, 98 people chose very insufficient, and chose very enough people to be 0. This shows that student is not satisfied with the sports equipment and facilities in the city, and most of them think that the local sports equipment cannot meet their needs for physical exercise and life.

When it comes to how the spirit is in class, there were 96 people who had no problem at all; 91 people chose to be general, but 192 people chose to have problems. It is worth examining whether the college is reasonable in setting up courses.

When asked about the quality of sleep in the past month, 102 people chose no problem, 61 people chose general, and 216 people chose bad. It shows that most of the student have problems with sleep quality. These problems do not appear in this part of the survey. The problem of sleep quality is not the core issue of this article. It can only be speculated that sleep problems may be caused by boys playing games at night or academic pressure, but more research is needed to support it. It shows that the quality of student sleep is worthy of the attention of society and teachers.

In a survey on liking physical education, 70 students liked it, 100 were neutral, and 209 did not like it. This indicates students are unsatisfied with current sports arrangements, and PE colleges and teachers should review course content to better meet student needs.

In the survey of government support for sports, 48 people chose to support, 152 chose to be general, and 179 chose not to support. This shows that college student mostly think that the governments promotion of sports is general or unclear, and they do not perceive the governments support for the promotion of sports. This may be because the governments promotion is not enough or the information is too rich and diverse, which affects people understanding of government behavior.

Asked whether the department often carried out sports activities in the survey, 214 people chose not clear or not to carry out, 81 people chose general, and only 84 people chose to carry out occasionally and often. It shows that most student are not satisfied with or unclear about the leisure sports activities carried out by the college, and the publicity is not enough.

4.1.9 Quality of Life Analysis

Table 15 Analysis of the Five-Level Scale of Quality of Life of College Student in Putian City

Category	Average number of satisfactions							M	SD
	Dimensional	5	4	3	2	1	Raw score		
Domain 1: Physiological	5. Appetite	50	43	237	10	39	3.15	3.145	1.03
	1. Pain limitation	54	55	70	200	0	2.90	4.058	1.132
	2. Injury frequency	31	51	56	202	39	2.56	2.559	1.102
	3. Energy levels	22	50	68	180	59	2.46	2.86	0.999
	4. Rest quality	28	53	51	56	191	2.13	2.871	1.052
Domain 2: Psychological aspects	9. Self-esteem	43	173	115	15	33	3.47	3.47	1.039
	6. Life interest	41	175	111	17	35	3.45	3.449	1.054
	8. Concentration ability	49	165	99	25	41	3.41	3.412	1.134
	10. Inner peace	41	169	101	23	45	3.36	3.364	1.134
	7. Pessimism (-)	29	45	118	36	151	2.38	2.781	1.109
Domain 3: Social relations category	12. Friend support	200	31	105	12	31	3.94	3.942	1.292
	13. Learning efficiency	219	28	65	17	50	3.92	3.921	1.454
	14. Parental satisfaction	191	31	105	10	42	3.84	3.842	1.365
	11. Interpersonal skills	48	168	104	15	44	3.42	3.425	1.13
	15. Parental conflict impact	50	31	104	15	179	2.36	2.361	1.462
Domain 4: Environmental category	16. Canteen satisfaction	175	30	111	14	49	3.71	3.707	1.409
	20. School environment adequacy	54	163	115	11	36	3.5	3.496	1.08
	17. Living expenses	46	33	251	8	41	3.09	3.092	1.01
	18. Information access	44	34	252	9	40	3.09	3.087	0.998
	19. School facility support	47	12	84	39	197	2.14	2.734	1.204

Note: Negative issues are indicated by (-).

In the survey of quality of life, the average number of satisfactions with 20 multiple choice questions in four categories: physiological category, psychological category, social relationship category, and environmental category was analyzed. In the physiological category, the average number of questions 3 and 4 is less than 2.5, which is classified as a disadvantage; the average number of questions 5, 1, and 2 is greater than 2.5, and the three items are classified into the dominant item. In the psychological category, the average satisfaction of the 9th, 6th, 8th, and 10th questions is greater than 2.5, which is divided into the dominant items; the satisfaction of question 7 is less than 2.5, which is divided into disadvantage items. In the category of social relations, the average satisfaction of questions 11, 12, 13, and 14 is

greater than 2.5, and the four questions are divided into opportunity items. The average satisfaction of the 15th question is less than 2.5, and it is divided into threat items; in the environmental category, the average satisfaction of the 16th, 20th, 17th, and 18th questions is greater than 2.5, which is divided into the opportunity item. The average satisfaction of the 19th question is less than 2.5, which is divided into the threat item.

The psychological and social relationship categories are the same as the results of Shu Jinping's research. In the survey sample, there were 235 boys and 144 girls. Boys were more independent than girls, and girls scored higher than boys in the psychological category. This result may be related to the traditional values of our country and the social value of hope that the boys are independent and brave. Girls are more inclined to talk to their parents or friends for help and support when they encounter emotional problems.

In addition, this study also investigated the four grades of 2023, 2022, 2021, and 2020 of college student in Putian City. Freshmen are generally 18 years old. Physical health is the most vital time in life. They are at a higher level in physiology. However, they have just left their parents and hometown, are not used to the school environment, and feel lonely and unadopted in interpersonal relationships. At the same time, they have received support and encouragement from their parents and friends. College student in grade 2 and grade 3 have been in school for 2-3 years. They are familiar with the environment of the school and have fixed classmates and friends to learn and live together. At the same time, they do not have to overthink about the future. Their life is happy and simple, and they are the group with the highest quality of life in the university. Graduates are faced with a variety of problems and choices at the same time. They are hesitant between reality and ideal, pursuing economic freedom, but also taking into account the pressure of scientific research, and some student have to take the postgraduate entrance examination. They have no time to consider their health, basically do not participate in physical exercise, support for friends and school environment dissatisfaction, fear of employment, and a variety of reasons that cause the status quo of graduates. At the same time, this result is also consistent with the results of Shu Jinping's survey on the quality of life of college student, which shows that the quality of life of graduates is the lowest.

In addition to the differences in quality of life between gender and grade, the study also found that the quality of life of liberal arts and science student is quite different. The courses for science student are mainly based on experiments and theories, which also promotes their rational thinking and makes them more independent. Liberal arts student pays more attention to interpersonal relationships. They are more willing to take the initiative to communicate with others, but they also lack the ability to adapt to the environment. This result is also consistent with the results of Wu Xinyan (Li & Wu, 2012) survey and analysis of the quality of life of college student in Hubei local colleges and universities.

4.1.10 Research on the Relationship Between Leisure Sports and Quality of Life

Sports lifestyle exists in our daily life, such as watching sports live on TV at home on weekends, which is the embodiment of sports culture media; buying sports equipment is the embodiment of sports consumption, and organizing games is the embodiment of sports health function. At the same time, sports are a comprehensive subject, including psychology, sociology, education, management, health care, physiology, and many others. Sports lifestyle is no exception with the characteristics of wide area and richness, and constantly enriches and improves the sports project. Based on the above academic research results and practical life, sports lifestyle is under the restriction of certain social objective conditions, under the guidance of certain values of individuals, groups, or all members of society, in order to meet their development needs to participate in all sports-related explicit and implicit behavior.

Quality of life: The World Health Organization (WHO,1993) defined quality of life as an individual's state of feeling about life care under the influence of multiple historical traditions on their own life ideals, expectations, standards, and experiences.

The study of the development and application of the WHO quality of life questionnaire divided quality of life into four aspects: psychological, environmental, physical health, and social relations (Yao, 2002).

In the study of the relationship between the health status and quality of life of the elderly in rural communities, the quality of life has four aspects: psychological category, environmental category, physiological health category, and social relationship category (Zhao et al., 2004).

In the study Physical Activity and Quality of Life of the Elderly in the Community, quality of life is divided into four aspects: mental health, environmental category, physiological category, and social relationship factors (Chen & Lin, 2006).

Yazicioglu (2012) thought that college student with active sports lifestyles experience higher life satisfaction than those without. Engaging in sports can enhance their daily activities, and individuals with sports lifestyles tend to have a better quality of life compared to those without.

Since the publication of Balls 1966 collection of essays, it refers to some subjective feelings about society and its environment, such as feelings about all aspects of life (family, work, environment, leisure). These subjective feelings may be partly related to objective conditions but not completely consistent. Under some of the same objective conditions, subjective feelings will still be different. These differences are determined by some demographic conditions, interpersonal relationships, social structure, psychological status, and other factors (Bauer and Raymond, 1964).

Meller Rupert and others thought that the influence of physical exercise on the quality of life is a double-edged sword. To control the intensity and quantity of exercise can relieve body pain, improve the quality of rest, and increase positive self-efficacy. On the contrary, if excessive physical exercise hurts the body, the load of

exercise is mainly grasped through the poles and sports injuries before and after (Meller et al., 2007).

Yang (2000b) investigated the quality of life of college student in four dimensions: economy, spirit, school living conditions, and graduation pressure. The article points out that the quality of life of college student includes their real living conditions and subjective feelings, which are related to the individual's personality characteristics and living environment.

Dong et al. (2003) showed that student participation in sports activities can exercise their bodies and strengthen their personal beliefs, which is conducive to improving their quality of life.

He (2004) carried out a correlation analysis of college student extracurricular physical and mental development and quality of life. Participating in extracurricular sports activities and community organizations can exercise the body, stimulate student to participate in social activities, and enhance student independence and psychological quality.

The enthusiasm for participating in sports activities and quality of life scores belonging to the sports population of student are generally higher than the non-sports population of student; spirit invested by student in sports are proportional to the score of quality of life (Wang & Yu, 2007)

Zhang et al. (2001) pointed out that the quality of life of college student included their real living conditions and subjective feelings related to individual personality characteristics and living environment.

Ma et al. (2007) found that a variety of factors in sports lifestyle have an important impact on student quality of life, which is reflected in the great influence of sports activities on the quality of life of girls and boys. The remaining sports activities are mainly related to student cognition and motivation level of sports. It shows a great correlation between the quality of life of college student and physical exercise in many aspects. The improvement of the quality of life of college student is mainly through the effective stimulation and maintenance of student sports participation and persistence to form a good sports lifestyle.

Healthy life literacy is the evaluation of student after the transformation of school education in China from knowledge-based to literacy-based. An important basis for the necessary character and ability to meet the needs of lifelong development and social development. In October 2016, Healthy China officially rose to a national strategy, and the concept of sports promoting health gradually became popular (Wang, 2022)

With the rapid development of science and technology, mobile terminals are constantly accelerating technological reform and upgrading. It is an important tool for communication. The integration of mobile media and traditional media has become the primary way of disseminating sports information (Meng, 2018).

With the rapid development of modern scientific information technology in recent years, the use of media has spread to all fields of society. It has become the

nerve center of society and the source of social forces. Its unique value standards and ideology have carried out efficient supervision and publicity on the development of society and then played a guiding role in the continuous development of society because of the form of new media is constantly updated and developed, society is now in a vigorous information revolution. The wide application of a number of new media, such as Weibo, public accounts, and short videos, has slowly changed people information lives. College student is an important part of the information society. This part of the population often follows the forefront of the development of the times. Therefore, the impact of media changes can be reflected in them. In recent years, due to the popularity of new media, the campus learning life of college student in China has made it easier for student, teachers, and student, as well as teachers, to connect. The organization and development of campus activities are more abundant and perfect, and the development of the school curriculum is more scientific and diversified. All of these are closely related to the wide application of modern media among college student. Modern media has a profound impact on college student (Guo, 2020).

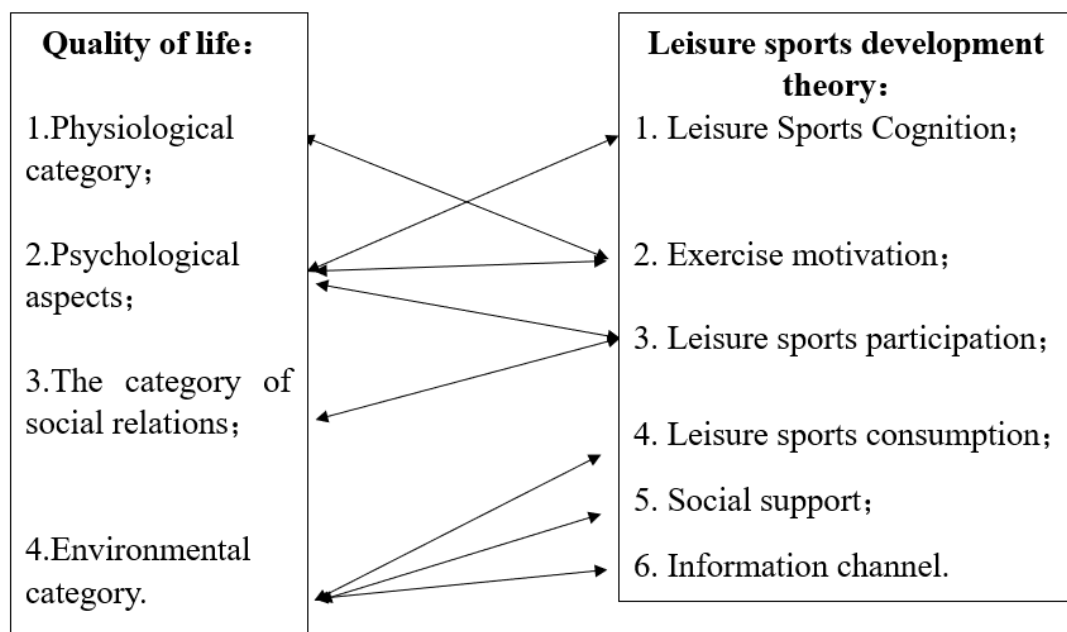


Fig.2 Relationship Between Leisure Sports and Quality of Life

4.1.11 SWOT Analysis

1. Leisure Sports Cognition

Table 16 SWOT Analysis of Leisure Sports Cognition of College Student in Putian City

S/W	Average number of satisfactions	O/T	Average number of satisfactions
40. Physical activity sufficiency	3.93	29. Health importance	3.42
32. Health conditions	3.68	38. School sports influence	3.23
28. Health evaluation	2.93		
30. Classroom vitality	2.50		
31. Sleep quality	2.44		

Note: the average satisfaction > 2.5 is defined as the advantage of development (S/O); if the average satisfaction is less than 2.5, it is defined as disadvantaged development (W/T).

According to the average number of satisfactions, the 10 questions of leisure sports cognition are arranged in descending order. The average number of satisfactions is greater than 2.5 as an advantage or opportunity and less than 2.5 as a disadvantage or threat. Questions 40, 32, 28, and 26 are entitled Advantage Development (S); questions 30, 31, 7, and 25 are inferior development (W); questions 29 and 38 are listed as opportunities for development.

In the survey of the cognitive frequency of leisure sports, question 7. How many times a week have you been in class, doing homework, watching TV, playing games or eating in the last month. Is there a mentally bad situation? In the third option, there are 120 people who are not in good spirits 2-3 times a week, accounting for 31.66%, which is the highest value. That is to say, most of the student are not in a good mental state, so this question is included in the challenge factor (T). Question 25. What is the reason why you cannot adhere to leisure sports activities? In the survey, the number of people choosing no time was 113, accounting for 29.82%, which was the maximum value, the time limit for student to participate in leisure sports activities, so the question was included in the challenge factor (T). In question 26. In what aspects do you think leisure physical exercise has an impact? In the survey, 61 people, accounting for 16.09%, chose to increase their physical strength and physical fitness. There were 67 people, accounting for 17.68%, who chose to promote health; 66 people chose to promote friendship and increase interaction, accounting for 17.41%.

57 people chose to make life better, accounting for 15.04%; there were 62 people who chose to enjoy fun and relieve stress, accounting for 16.36%; there were 58 people who chose self-cultivation beauty, accounting for 15.3%; finally, only 8 people chose to improve sleep, accounting for 2.11%. For each option, student have a choice, so the question is about the advantage factor (S).

Table 17 SWOT Classification of Leisure Sports Cognition of College Student in Putian City

S	O
40. Physical activity adequacy 32. Health conditions 28. Health assessment 26. Exercise impact areas	29. Health importance 38. School sports influence
W	T
30. Classroom vitality 31. Sleep quality	7. Weekly activity frequency 25. Participation barriers

College student is young and can feel their vigorous vitality. They think they are very healthy. After primary and secondary education, they have been able to basically realize the importance of sports to health, but only stay at the level of understanding. If no one organizes sports activities, they will not take the initiative to participate. In order to make student form exercise habits and have good physical activities, the school has specially formulated a healthy campus running policy. The document requires 100 kilometers for boys and 80 kilometers for girls per semester and is linked to the final physical examination results. The school implementation of healthy campus running has an important constraint. The implementation of this policy not only proves that each student can achieve physical activity every day but also brings negative effects, such as a lack of spirit in class or poor sleep quality. Analyze the reasons: First, grade 2023, as a freshman, has not adapted to the unfamiliar environment and is in a completely different learning time, learning rhythm, and learning state between high school and university, and is in a transition period; the reason for the poor sleep of sophomores and juniors may be related to the professional curriculum. The curriculum arrangement of the second grade is the most important course in the four years of the university. The time is tight, and the task is heavy, which is likely to seriously affect the student sleep quality. Secondly, grade 2021 is the third year of the university. Most colleges arrange this time to practice in various places and jobs. Practice and learning are merged simultaneously, which will inevitably affect the mental state of the class.

2. Physical Training Exercise

Table 18 SWOT Analysis of College Student Physical Exercise in Putian City

S/W	Average number of satisfactions	O/T	Average number of satisfactions
33. PE preference	2.44		

Note: the average satisfaction > 2.5 is defined as the advantage of development (S/O); if the average satisfaction is less than 2.5, it is defined as disadvantaged development (W/T).

According to the average degree of satisfaction, one question about physical exercise is ranked in descending order. The average degree of satisfaction greater than 2.5 is listed as an advantage or opportunity, and less than 2.5 is listed as a disadvantage or threat. Title 33 is Development of Disadvantages (W).

In the survey of physical exercise frequency, question 17 asked, your motivation to participate in leisure sports activities? a total of 115 people chose to improve their physical fitness, accounting for 30.34%, the highest value of all options, so the question was included in the opportunity factor (O).

Table 19 SWOT Classification of College Student Physical Exercise in Putian City

S	O
	17. Participation motivation
W	T
33. PE enjoyment	

The school stipulates that the physical education class in the first grade of the university is a compulsory course, the second grade is an elective course, and there is no physical education class or a small number of courses in the third and fourth grades. It can be seen that the attitude of student in 2023 and 2022 to physical education is more liked, and the attitude toward physical education is more general in the higher grades or after graduation.

Motivation is the motivation that drives people from the idea of mind to the practice of behavior and guides the direction of practice. It is the psychological tendency or motivation to stimulate and maintain the individual's activity and lead the activity to a certain goal. Motivation is generated based on need. When the demand is not met, it will promote the organism to find the cash demand, thus generating the motivation for the activity. However, only the need has not yet fully stimulated the role of the body; the resulting behavior and external factors are important conditions. Need and motivation are closely related, and need is the internal cause of the organism. Incentives that guide the actions of the organism and enable the need to be

realized are external stimuli associated with the need. All human behavior, including the needs of the body, is to meet their own needs. When the demand is unmet, the people inside will feel tension and discomfort. This feeling will reach a certain intensity under external stimulation and form a motivation. In a certain period of time, people have many needs, including some of people current behavioral motivations, and the urgent need is an important condition for the development of motivation. The motivation for people to have sports needs is different. Some people are for physical fitness, leisure, and entertainment. Some people are for entertainment, and some are a group-effect behavior that is popular in society. Therefore, it is difficult to generate some sports needs of motivation through absolute judgment, and we can only summarize according to the results of the survey. Based on the analysis of college student sports motivation, it can be divided into two kinds. One is to enhance physical fitness, leisure and relaxation, and other biological motives. These motives are in the pursuit of sports biological functions. One is derived motivation, such as self-improvement, mastery of knowledge, and social interaction; such motivation is the pursuit of the social function of sports. According to the above analysis, physical education in colleges and universities should not take physical education as a simple means and process of target value but should start from self-concept, pay attention to guiding student to understand the significance and value of sports activities, cultivate student interest in sports, enhance health awareness.

3. Leisure Sports Participation

Table 20 SWOT Classification of Leisure Sports Participation of College Student in Putian City

S	O
8. Active time in PE 10. Activity timing 11. Participation frequency	9. Spare time activities 16. Sports categories 19. Activity duration 20. Participation type
W	T
18. Sports club involvement	

The frequency, time, and intensity of sports activities are important indicators for measuring the sports population. People in a certain era or region carry out sports or recreational activities through participation in sports activities such as physical education, sports competitions, sports training, a social group, and other sports are closely linked, and a statistically significant social population is the sports population. The emergence of a sports population is a phenomenon characterized by population and sports with the development of the social economy. Lu Yuanzhen (Lu, 2001) sat three signs for the sports population in the book.

Chinese Sports Society: (1) physical exercise activities at least three times a week; (2) Exercise time of at least thirty minutes; (3) Exercise load at least in the medium. At the same time, it met three conditions before it could be counted as a

sports population. The fitness campus run implemented by the school has different standards for the four grades. The first grade and the second grade have high requirements and heavy tasks. They participate in more sports activities and are more passive. However, the third grade and the fourth grade are the opposite. The school considers that the third and fourth grades focus on practice and work, so the requirements for fitness running are low, so the two grades are not good in terms of the number, time, and intensity of sports participation. This result is consistent with the research results of college student sports lifestyle in Nanjing.

In recent years, China has implemented the reform of college entrance examination education and the implementation of a new college entrance examination education. The examination adopts the 3 + 2 + 1 model. Student will choose liberal arts and science according to their interests and subject advantages. The direction of training is different, and the thinking is certainly different. Liberal arts student needs to learn more extensive knowledge outside the classroom from the perspective of disciplines and constantly improve their cultural literacy. Girls are the majority of liberal arts student. They don't like sports. In addition to reading books, science student prefers to surf the Internet and exercise more than liberal arts student, which is also related to the nature of their disciplines.

The basic life of science student is to do experiments or research, lacking the place to express their perceptual thinking and expressing their emotions through these ways. School physical education is a process of development education that promotes physical health, enhances physical fitness, and teaches basic sports knowledge and skills. Physical education is an important part of college physical education. It is combined with intellectual education and moral education to form and promote the all-round development of people. The teaching of sports content is an indispensable part of school physical education. It spreads to the field of sports culture and teaches student comprehensive knowledge in the most direct way to promote the normal development of student bodies, enhance their physical fitness, and improve their health. Pay attention to the teaching of culture and health care knowledge, combined with whole body movement practice, constitute a new curriculum system combined with health care teaching; pay attention to cultivating student sports ability and sports habits to promote the all-round development of student, and cultivate socialist successors and builders. The influence of physical education student sports lifestyle is mainly reflected in two aspects. The first is the choice of physical education teaching materials from a psychological point of view, and the depth and breadth of knowledge are the basic conditions of interest. Only when student systematically learn and understand the theoretical knowledge of physical education can they truly understand the value of physical education teaching and then have a strong interest in physical education because of their understanding.

On the other hand, student will understand the deviation of physical education teaching. Student have a wide range of interests, so the choice of teaching content should reflect the characteristics of interest to meet the needs of student. The

difficulty of teaching content and the setting of the project should be closely combined with the needs of practice to achieve the purpose that student can accept and use, which is not only conducive to teaching but also conducive to the formation of student interest in sports and habits. The physical education of college student in Putian City is mainly concentrated in the first and second grades. There is no physical education in the third and fourth grades and relatively little physical education.

4. Leisure Sports Consumption

Table 21 SWOT Classification of Leisure Sports Consumption of College Student in Putian City

S	O
12. Leisure sports spending 14. Consumption areas	
W	T
13. Participation cost 15. Spending restrictions	

The needs of human beings in the process of growth are characterized by stages and show an increasing demand step by step, mainly including the pursuit of external material and the pursuit of internal psychology. External needs are the premise for human beings to generate other needs. Once external needs are met, people will pursue internal needs. Exercise expenditure is also a way of external material expenditure and is accompanied by subjective psychological activity characteristics, which is a manifestation of the need to improve living standards. Nowadays, China has not yet reached a consensus on the concept of sports consumption. (Zhongren, 1989) believed that sports consumption includes two aspects. On the one hand, it is the sports administrative organization, and the people expenditure is another aspect. (Zhong, 2004) pointed out that the individuals unilateral cost in the process of exercise is the cost of exercise. (Zhu, 1997) believed that exercise expenses are the organic unity of external and internal needs, and consumption is realized through various payment channels such as purchasing sportswear and participating in sports skills training. Generally, the cost of exercise is divided into wide-area concepts and specific concepts. The direct output of the individual's economy during the exercise process specifically refers to the exercise cost; wide-area exercise spending refers to the collection of all personal expenses associated with exercise. Exercise expenditure is an economy that has just developed with the development of the social economy. The total value of individual exercise expenditure and the cost of sports training in a region is the embodiment of the level of economic development in a region. It can be seen that most student have had sports consumption expenditure, but these consumptions are only temporary and may be bought temporarily to cope with some activities. After the activity, student did not continue to adhere to the follow-up consumption. This is also a reason why student do not have a deep understanding of sports. School should strengthen physical education so that student can clearly understand the great role of sports in health.

5. Social Support

Table 22 SWOT Analysis of Social Support for College Student in Putian City

S/W	Average number of satisfactions	O/T	Average number of satisfactions
35. Teacher support	3.27	34. School support	2.73
36. Parental support	3.22	41. Sports facility adequacy	2.56
37. Peer support	2.90	39. Department activities	2.27

Note: the average satisfaction > 2.5 is defined as the advantage of development (S/O); if the average satisfaction is less than 2.5, it is defined as disadvantaged development (W/T).

In the survey of social support frequency, question 21. Where do you usually do exercise in the past three months? School / college / university facilities were the most selected places, with a total of 124 people, accounting for 32.72%. Secondly, 31.93% of the candidates were generally from empty places (such as empty stadiums, empty stadiums, sports venues, parks, and swimming pools); the number of people selected is second. It shows that the above two locations are easier to reach in school choice and less so in other places, so the question is included in the challenge factor (T). Question 22. Which group has participated in the last three months? There were 134 people who chose school, the largest number of people accounting for 35.36%. It shows that college student participation in activities mainly comes from school and colleges, and there are few access channels, so this topic is included in the challenge factors (T). Question 23. Who do you usually play sports within the past three months? 130 people chose classmates, 69 people chose friends, and 70 people chose themselves. This shows that the scope of personnel contacted by college student is obviously mostly limited to the scope of school, and the people who can produce physical exercise for college student are mostly teachers, classmates, and coaches in school. Therefore, the question is included in the opportunity factor (O). Question 24. How many physical activities (including parents, friends, classmates, etc.) do you do with others every week? There were 101 people who chose to carry out 6-day physical activity, accounting for 26.65%, with the largest number of people choosing, and the other days were almost the same. The number of exercises is sufficient, so the question is included in the advantage factor (S).

**Table 23 SWOT Classification of Social Support
for College Student in Putian City**

S	O
35. Teacher support 36. Parental support 37. Peer support 24. Group activity frequency	34. School support 41. Sports facility sufficiency 23. Exercise companions
W	T
	39. Department activities 21. Exercise location 22. Participation group

Most of the student are passive in participating in sports activities, and the support of teachers, parents, and friends is high. This phenomenon shows that school physical education is influenced by traditional competitive sports in China. Student do not form a correct view of sports, think that sports are a competition, and do not understand the function of sports to improve health and enhance physical fitness. At the same time, due to the influence of exam-oriented education, physical education has become an accessory of education. Student participation in activities is very passive, and they even think that it will affect their studies and future. If college student receives sufficient social support, they would like to participate in various activities, so the school should often organize a variety of sports activities. However, it is poor in sports venues and organizations. School should pay attention to the opening of venues and facilities and organize various projects.

6. Information Channels

**Table 24 SWOT Analysis of Information Channels of College
Student in Putian City**

S/W	Average number of satisfactions	O/T	Average number of satisfactions
42. Sports awareness	3.47	44. Government promotion plan	2.85
		43. Government support level	2.35

Note: the average satisfaction > 2.5 , is defined as the advantage of development (S/O); if the average satisfaction is less than 2.5, it is defined as disadvantaged development (W/T).

In the frequency survey of information channels, question 27. From what channels or media do you know about the governments campaign promotion plan? A total of 146 people chose the network, accounting for 38.52%; 144 people chose school notification, accounting for 37.99%. It shows that school networks and television are important channels through which student can obtain information. It is worth noting that the number of people selected by the government is small. It can be

seen that college student have the least sports information obtained by the government, which is worthy of attention. Therefore, this topic is included in the opportunity factor (O).

Table 25 SWOT Classification of College Student Information Channels in Putian City

S	O
42. Sports information	44. Government promotion plan 27. Information channels
W	T
	43. Government support extent

Leisure sports lifestyles exist in our daily lives, such as watching sports live on TV at home on weekends, which is the embodiment of sports culture media, and organizing games, which is the embodiment of sports health function. According to the survey results, the governments propaganda and support for urban construction are poor. Through effective channels to obtain sports fitness information, with the government's positive publicity and promotion of public sports values, as well as large-scale sports activities to influence college student leisure physical exercise habits.

The Healthy China 2030 Plan promulgated by the state proposes to integrate health into all policies to achieve all-round and full-cycle protection of people health, thereby greatly improving the health level and significantly improving the effect of health equity. It shows that the Chinese government has made an important impetus for a healthy life and the optimization of health services, which will also have an important impetus for the health of college student. However, the survey found that the governments promotion of sports and whether the government has large-scale sports activities also affect college student physical exercise habits. Whether there is sports information acquisition, national propaganda, cultural communication, core values, or other aspects will inevitably affect the cultivation of college student physical exercise habits.

It is worth noting that a recent study from the Massachusetts Institute of Technology found that the social network of physical exercisers has an important impact on physical exercise habits (Aral & Nicolaides, 2017). The channels of access to information have changed from single to multiple and tend to be accessed through computers, mobile phones, and new media, so it is considered that interventions that take into account social communication may be more effective in disseminating sports information.

7. Summary Table of SWOT Analysis of Leisure Sports Development

Table 26 Summary Table of SWOT Analysis of Leisure Sports Development

S	O
8. PE activity duration 10. Activity timing	9. Spare time activities 16. Sports categories

S	O
11. Weekly participation frequency 12. Leisure sports spending 14. Consumption categories 24. Group activity frequency 26. Exercise impact areas 28. Health assessment 32. Health conditions 35. Teacher support 36. Parental support 37. Peer support 40. Physical activity sufficiency 42. Sports awareness	17. Participation motivation 19. Activity duration 20. Participation type 23. Exercise companions 27. Information channels 29. Health importance 34. School support 38. School sports influence 41. Sports facility adequacy 44. Government promotion plan
W	T
13. Participation cost 15. Spending restrictions 18. Club participation 30. Classroom vitality 31. Sleep quality 33. PE enjoyment	7. Weekly activity frequency 21. Exercise location 22. Participation group 25. Adherence barriers 39. Department activities 43. Government support extent

8. SWOT Analysis of Quality of Life

Table 27 SWOT Analysis of College Student Quality of Life in Putian City

Contents	Average number of satisfactions	S/W	Contents	Average number of satisfactions	O/T
9. Self-esteem	3.47	S	12. Friend support	3.94	O
6. Life interest	3.45	S	13. Learning efficiency	3.92	O
8. Concentration ability	3.41	S	14. Parental care satisfaction	3.84	O
10. Inner peace	3.36	S	16. Canteen satisfaction	3.71	O
5. Appetite	3.15	S	20. School environment adequacy	3.5	O
1. Pain limitation	2.9	S	11. Social relationships	3.42	O
2. Injury frequency	2.56	S	17. Living expenses	3.09	O
3. Energy levels	2.46	W	18. Information access	3.09	O
7. pessimistic	2.38	W	15. Parental conflict impact	2.36	T
4. Rest quality	2.13	W	19. School facility support	2.14	T

Note: the average satisfaction > 2.5 , is defined as the advantage of development (S/O); if the average satisfaction is less than 2.5, it is defined as disadvantaged development (W/T).

Based on the survey results, questions 9, 6, 8, 10, 5, 1, and 2 are advantageous development (S); questions 3, 7, and 4 are inferior development (W); Title 12, Title 13, Title 14, Title 16, Title 20, Title 11, Title 17, and Title 18 are Opportunity Development (O); questions 15 and 19 are about threat development (T).

Nowadays, when it comes to college student negative behaviors such as suspension, dropout, suicide, and crime, people naturally think of psychological disorder as a well-known word. It is reported that in recent years, up to 30% of college student in China have psychological disorders (Liu, 2004). In fact, it is impossible to interpret the above negative behaviors of college student from the perspective of psychology alone. It is not scientific to regard psychological education as a panacea to solve these problems. Because man is a complex part of biology, society, and psychology, it is obvious that the individual's psychological reflection is inevitably related to his social environment and his physiological condition, but the two cannot be equated, let alone replaced by each other. If the function and effect of psychological education are abnormally expanded, and the possibility is equated with reality, it is possible to weaken the overall energy of (ideological and moral) education. The study of the quality of life of college student starts from the complete meaning of health and strives to start with various fields such as physiology, psychology, environment, independence, social relations, and spiritual pillars. To understand the comprehensive life experience of this special group of college student, to find out the relevant influencing factors so as to improve the education and teaching activities, and to improve the pertinence and effectiveness of education.

9. Interview with Expert

(1) What are your views on the current development of leisure sports for college student in Putian City?

Five experts' views on the development of college student leisure sports in Putian City were collected. Four experts believed that college student in Putian City were poor in cognition, leisure sports concept, leisure sports significance, leisure sports participation mode, and leisure sports consumption concept, which limited the development of college student leisure sports in Putian City. Another expert believed that we should strengthen the publicity and education of college student leisure sports in Putian City, improve their cognition, participation, entertainment, and sociability, and strengthen the guidance of sports consumption so as to improve the cognitive ability of college student leisure sports development in Putian City through the above aspects.

(2) What are your views on the current status of leisure sports participation of college student in Putian City?

Five experts' views on leisure sports participation of college student in Putian City were collected. One expert believed that student participation in leisure sports

showed an upward trend. Another expert believed that the participation was not high, and boys were greater than girls. The other three experts raised requirements and understandings on the construction of sports facilities.

(3) What are the advantages and disadvantages of Putian City's social support for college student leisure sports development?

Five experts' views on the advantages and disadvantages of Putian college student leisure sports and social support are collected. Advantages: sports facilities are constantly improved, campus culture is rich and varied, enthusiasm for participation is stimulated, citizens' leisure affairs are more and greater than students'; disadvantages: fewer leisure sports facilities, lack of leisure sports guidance and consulting services, lack of supervision of parents' children's exercise, poor entertainment, sociability and creativity of leisure sports, poor sports consumption concept.

(4) What do you think are the factors that affect the leisure sports consumption of college students in Putian?

Five experts' views on the leisure sports consumption of college students in Putian City were collected, including the economic sources of college students mainly from the support of parents and part-time income, the cultural atmosphere and traditional values of Putian City, the quality and curriculum of school physical education, personal leisure habits are the main reasons affecting college student sports consumption.

(5) What are your views on the motivation of college student leisure physical exercise in Putian City?

Five experts' views on the motivation of leisure physical exercise of college students in Putian City were collected, improving psychological quality, social needs, which are the main reasons affecting exercise motivation.

(6) What do you think affects the access to leisure sports information for college students in Putian City?

Five experts' views on the information channels of leisure sports for college students in Putian City were collected, including the maturity of Internet technology, strong information interaction, school physical education as an important way, family environment, circle of friends as one of the factors, and foreign websites as one of the choices. The above four are the main methods of information access.

(7) What are your good suggestions and strategies for the future development of leisure sports in Putian City?

This paper collects the views of five experts on the future development of college student leisure in Putian City, including the development potential.

4.2 Putian City College Student Leisure Sports Development and Quality of Life

TOWS Matrix Analysis and Countermeasures

4.2.1 Construct the TOWS Matrix of College Student in Putian City

Table 28 Putian College Student TOWS Matrix Summary		
	External environment	
	Dominance S	Inferiority W
	Internal environment	1.Participate in sports activities for a reasonable length of time; (8, 10) / A 2.Student exercise enough times a week; (11) /A 3.There are expenses in leisure sports; (12) /A 4.Movement equipment is complete; (14) /A 5.Adequate physical activity; (24, 40) /A 6.Leisure physical exercise can promote health, promote friendship and decorate the figure, improve the image; (26) /A 7.Student own health is good and there is no basic disease; (28, 32) /A 8.Good social relations; (35, A36, 37) /A 9.Focus on motion data or messages. (42) /A 10.Pain disturbance will not affect the work; (1) /B 11.No troubled by injury; (2) /B 12.Good appetite; (5) /B 13.Interest in life; (6) /B 14.Doing things can concentrate; (8) /B 15.Confidence; (9) /B 16.It usually feels very peaceful. (10) /B

Opportunity O	SO Combination	WO Combination
<p>1.Network access to information is convenient; (9)/ A</p> <p>2.the category of leisure sports is prominent; (16) /A</p> <p>3.Improving my physical quality is the motivation to participate in leisure sports activities; (17) /A</p> <p>4.Leisure fitness sports for a long time; (19) /A</p> <p>5.Leisure sports events are extensive; (20) /A</p> <p>6.Access to sports news channels or media is simple and convenient; (27)/ A</p> <p>7.Strong health awareness; (29) /A</p> <p>8.School support is strong; (23, 34)/ A</p> <p>9.The development of school sports activities has a great impact on leisure physical exercise; (38) /A</p> <p>10.Sports facilities are basically sufficient; (41) /A</p> <p>11.The promotion of government campaigns is in place. (44) /A</p> <p>12.Handling interpersonal relationships handy; (11) /B</p> <p>13.Like the help of friends; (12) /B</p> <p>14.Communication with others can improve learning efficiency; (13) /B</p> <p>15.Parents are satisfied with their care; (14) /B</p> <p>16.Satisfied with the conditions of the school canteen; (16)/ B</p> <p>17.Living expenses level can maintain life; (17) /B</p> <p>18.Rapid information capture;</p>	<p>S12, O38, O41: Enrich the campus sports culture, carry out various sports associations, activities to stimulate student enthusiasm for participation;</p> <p>S8, S10, O16, O17, O20, S26, S28, S32: Innovate types, activities of leisure sports activities to meet the personalized and diversified needs of student;</p> <p>S24, S40: Improve student leisure sports entertainment, sociability, creative recovery of physical mental content;</p> <p>S11, O23, O34: To learn from University of Thailand to set up activities and increase activities numbers;</p> <p>O19, O29: Cultivate leisure sports talents, embody sports value and form culture;</p> <p>O9, O27, S42, O44: With the help of network media, expand the impact of leisure sports development,</p> <p>S1, S2, S5, O11: Promoting the increase of sports population;</p> <p>S8, S9, O13, O18: Sports common sense dissemination;</p> <p>O14, 16,17,20, S35, S36, Satisfaction with family relationships and the environment;</p> <p>S6, S10, O12: To carry out social activities, such as the</p>	<p>W30, W31, O19, O23, O34, O38: Adjust the curriculum structure, increase leisure time;</p> <p>W18, O9, O27, O29: Increase leisure sports guidance and consulting services;</p> <p>W33, O16, O17, O20, O41: Reform the content of leisure sports courses and carry out student preference projects in line with reality;</p> <p>W13, W15, O44: Guide student to spend on leisure sports,</p> <p>W3, O18: Change the teaching mode, to explore suitable for the professional way;</p> <p>W4, O20: Reduce the arrangement of classes and give more rest time;</p> <p>W7, O11, O12, O13, O14, O16, O17: Dredging student emotions in a timely manner and establishing a psychological support group.</p>

(18) /B 19.School environment satisfaction. (20) /B	new games, dormitory design competition and so on.	
Threat T	ST Combination	WT Combination
<p>1.Lack of sports venues; (21) /A 2.There are few activity groups; (22, 39) /A 3.There are few types of government promotion. (43) /A 4.No time to participate in leisure sports activities; (25) /A 5. Poor spirit; (7) /A 6.parental conflicts interfere with life; (15) /B 7.School facilities do not meet the daily study and life. (19) /B</p>	<p>S7, T21: Social sports facilities continue to improve, to provide student with a good exercise environment; T19: Open and increase school leisure sports facilities; S12, S14, S26, S42: Government organization and coordination, expand the promotion platform; S35, S36, S37: government, school to increase hardware, software investment; T22, T39, S11, S24, S40: government, school, colleges and universities to develop leisure sports research route and location; T43, S8, S10, S28, S32: Combined with the local characteristics of Putian to carry out leisure sports activities, T15, S6, S9, S10: Strengthen contact with parents, timely guidance; S1, S2, S5, S8: Use all available places for physical exercise; S21, S25, T19: Choose activities that are not restricted by venue or time, such as Tai Chi, Mazu Kung, etc.</p>	<p>W18, T25: Enrich the competition between colleges and universities to promote mutual exchanges and make up for differences; W15: Increase the paid service part to solve the student economic tension dilemma: W13: School to increase sports volunteer positions, to solve the economic difficulties of student; W7, W30, W31, W33: Hold leisure sports events, strengthen the combination of tourism, T25: Increase the time spent on leisure sports activities; W4, T15: Parents and teachers care about student psychological state; W3: To carry out targeted psychological symposium; W7: Establish psychological salon; T19: Open school fitness facility venues.</p>

Note: Leisure sports development questionnaire (7 to 44)/A, quality of life questionnaire (1 to 20/B).

4.2.2 Research on the Countermeasures of College Student Leisure Sports Development and Quality of Life Development in Putian City

1. SO Countermeasure

SO1: Enrich campus sports culture, carry out various sports associations and activities, and stimulate student enthusiasm for participation;

SO2: Innovate the types and activities of leisure sports activities to meet the personalized and diversified needs of student;

SO3: Improve the entertainment and socialization of student leisure sports and creative recovery of physical and mental content;

SO4: To learn from the University of Thailand's program of activities to increase the number of activities;

SO5: Cultivate leisure sports talents, embody sports values, and form culture;

SO6: With the help of network media, expand the impact of leisure sports development;

SO7: Promote the increase of the leisure sports population,

SO8: The dissemination of sports common sense;

2. ST Countermeasure

ST1: Social sports facilities continue to improve to provide student with a good exercise environment;

ST2: Open and increase school leisure sports facilities;

ST3: Government organization and coordination, expand the promotion platform;

ST4: The government school to increase hardware and software investment;

ST5: Government, school, colleges, and universities to develop leisure sports research routes and locations;

ST6: Carry out leisure sports activities in combination with the local characteristics of Putian;

ST7: Strengthen contact with parents and timely guidance;

ST8: Make use of all the places available for physical exercise, such as parks and open spaces;

ST9: Choose activities that are not restricted by venue or time, such as Tai Chi, Mazu Kung, etc.;

3. WO Countermeasure

WO1: Adjust the curriculum structure to increase leisure time;

WO2: Increase leisure sports guidance and consulting services;

WO3: Reform the content of leisure sports courses and carry out student preference projects in line with reality;

WO4: Guide student in spending time on leisure sports;

WO5: Change the teaching mode to explore suitable for all professional ways;

WO6: Reduce class schedules and give more rest time;

WO7: Guide student emotions in a timely manner and establish a psychological support group;

4. WT Countermeasure

WT1: Enriching competitions between colleges and universities to promote mutual communication and make up for differences;

WT2: Increase the paid service part to solve the student economic tension dilemma;

WT3: School to increase sports volunteer positions to solve the economic difficulties of student;

WT4: Hold leisure sports events and strengthen the combination with tourism,

WT5: Parents and teachers care about student psychological state;

WT6: Target to carry out psychological seminars;

WT7: Build a Psychological Salon;

WT8: Open School Fitness Facilities;

4.3 The Evaluation of Strategies

4.3.1 Experts Discussion

1. Discussion Process

Step 1: Determine the discussion time and publish the invitation letter,

Step 2: Inform 9 experts to use the tool, Tencent meeting,

Step 3: At the beginning of the discussion, 9 experts were introduced,

Step 4: Introduce the theme of this discussion and the rules of the ballot. In the given countermeasures, select the most suitable SO, ST, WO, and WT countermeasures, multiple data can be selected;

Step 5: According to the results of the TOWS matrix and expert interviews, determine the initial strategy of SO, ST, WO, WT,

Step 6: The voting was conducted by filling in a form, and each strategy of each group received more than 4 votes. After discussion by experts, the final strategy was determined,

Step 7: SO countermeasures: a total of 8;

Step 8: ST countermeasures: a total of 9;

Step 9: WO strategy: a total of 7;

Step 10: WT countermeasures: a total of 8,

Step 11: 9 experts explain the reasons for choosing and not choosing SO strategy, ST strategy, WO strategy, and WT strategy, respectively;

Step 12: Thank you for this seminar and conclude this seminar.

Table 29 Expert Discussion Results

Strategy	Items	Expert 1	Expert 2	Expert 3	Expert 4	Expert 5	Expert 6	Expert 7	Expert 8	Expert 9	Summary
SO	SO1: Enrich campus sports culture, carry out various sports associations and activities, and stimulate student enthusiasm for participation;	1			1		1				3
	SO2: Innovate the types and activities of leisure sports activities to meet the personalized and diversified needs of student;		1	1		1			1		4
	SO3: Improve the entertainment and sociability of student leisure sports and creative recovery of physical and mental content;						1		1	1	3
	SO4: Learn the activity plan from the University of Thailand and increase the number of activities;	1		1				1			3
	SO5: To cultivate leisure sports talents, embody sports value and form culture;	1	1	1	1	1	1	1	1	1	9
	SO6: With the help of network media, expand the influence of leisure sports development;		1		1				1	1	4
	SO7: Promote the increase of leisure sports population;		1		1			1			3
	SO8: The dissemination of sports common sense.		1	1	1	1	1				4
ST	ST1: Social sports facilities continue to improve, to provide student with a good exercise environment;	1			1	1		1			4
	ST2: Open and increase school leisure sports facilities;		1		1		1				3
	ST3: Government organization and coordination, expand the promotion platform;	1	1	1	1	1	1	1	1	1	9
	ST4: The government and school increase hardware and software capital investment;		1		1	1				1	4
	ST5: Government, school, colleges and universities to develop leisure sports research route and location;	1	1		1			1		1	5
	ST6: Carry out leisure sports activities in combination with the local characteristics of Putian;		1	1			1				3
	ST7: Strengthen contact with parents, timely						1		1		1

Strategy	Items	Expert 1	Expert 2	Expert 3	Expert 4	Expert 5	Expert 6	Expert 7	Expert 8	Expert 9	Summary
	guidance;										
	ST8: Make use of all the places available for physical exercise, such as parks, open spaces;		1	1	1	1	1				5
	ST9: Choose activities that are not restricted by venue or time, such as Tai Chi, Mazu Kung, etc.	1		1		1		1	1		5
W O	WO1: Adjust the curriculum structure, increase leisure time;	1		1		1	1	1			5
	WO2: Increase leisure sports guidance and consulting services;		1	1					1		3
	WO3: Reform the content of leisure sports courses, and carry out student preference projects in line with reality;		1	1	1		1				4
	WO4: Guide the student leisure sports spending;							1	1	1	3
	WO5: Change the teaching mode, to explore suitable for all professional way;	1	1	1	1	1	1	1	1	1	9
	WO6: Reduce class schedules and give more time off;		1		1			1			3
	WO7: Guide student emotions in a timely manner and establish a psychological support group.			1			1	1	1	1	6
W T	WT1: Enrich the competition between colleges and universities, promote mutual communication and make up for differences;	1	1	1	1	1	1	1	1	1	9
	WT2: Increase the paid service part to solve the student economic tension dilemma;	1		1	1						3
	WT3: School to increase sports volunteer positions to solve the economic difficulties of student;			1			1	1	1		4
	WT4: Hold leisure sports events, strengthen the combination with the tourism industry;				1		1		1		3
	WT5: Parents and teachers care about student psychological state;		1		1	1	1		1	1	6
	WT6: Targeted Psychological Symposium;						1	1	1		3
	WT7: Build a Psychological Salon;			1	1					1	3
	WT8: Open School Fitness Facilities.		1	1			1	1		1	5

Note: Experts suggest which one is marked with 1, in which one strategy is selected as the main strategy and multiple as the secondary strategy.

2. SO Strategy

After expert discussion, SO2: Innovate the types and activities of leisure sports activities to meet the personalized and diversified needs of student; SO5: training leisure sports talents, reflecting sports value, forming culture, SO6: With the help of network media, expand the impact of leisure sports development; SO8: the spread of sports knowledge.

3. ST Strategy

After expert discussion, we agreed that ST1: leisure sports facilities continue to improve to provide student with a good exercise environment; ST3: government organization and coordination, expanding the promotion platform and expanding the leisure sports base project is an urgent countermeasure, ST5: the government, school, colleges, and universities to develop leisure sports research route and location; ST8: use all available places for physical exercise, such as parks, open space; ST9: Choose projects that are not limited by the venue, such as Tai Chi, Mazu Gong, etc.

4. WO Strategy

After expert discussion, Choose WO1: adjust the curriculum structure, increase leisure time; WO3: Reform the content of leisure sports courses and develop projects that student like in a practical way; WO5 was selected: change the teaching mode and explore the way suitable for each major, with the largest number of people, WO7: timely dredge student emotions and establish a psychological support group.

5. WT Strategy

After expert discussion, we have always believed that WT1: rich competition between colleges and colleges, promote mutual communication and make up for differences, WT3: School to increase sports volunteer positions, to solve the economic difficulties of student; WT5: Parents and teachers care about student psychological state; WT8: Open school fitness facility venues. It is WT s best countermeasure.

Summary: After expert discussion, SO strategies: SO2: innovate the types and activities of leisure sports activities to meet the personalized and diversified needs of student; SO5: cultivate leisure sports talents, embody sports value and form culture; SO6: With the help of network media, expand the influence of leisure sports development. ST strategies: ST1: leisure sports facilities are constantly improved to provide student with a good exercise environment; ST3: government organization and coordination, expand the promotion platform and expand the leisure sports base project; ST4: the government, school to increase hardware and software investment; ST5: the government, school, colleges, and universities to develop leisure sports research route and location. WO strategies: WO1: adjust the curriculum structure and increase leisure time; WO5: change the teaching mode to explore suitable for all professional ways; WO7: timely dredge student emotions and establish a psychological support group. WT strategies: WT1: enrich the competition between colleges and colleges, promote mutual communication, and make up for differences; WT3: The school increases the position of sports volunteers to solve the economic difficulties of student. The above strategy is the final strategy.

6. Expert Discussion Analysis of SO, ST, WO, WT strategy selection and non-selection reasons

Table 30 Statistics of SO Strategy Selection and Non-Selection Reasons Discussed by Experts

SO Strategy	Choose or not	Expert	Case analysis
SO1: Enrich campus sports culture, carry out various sports associations and activities, and stimulate student enthusiasm for participation	Yes	Expert 1	Carrying out various sports activities can stimulate student enthusiasm.
		Expert 4	Enriching the types of activities can stimulate student participation.
		Expert 6	Student participate in a variety of activities, can slowly form a culture.
	No	Expert 2	At present, there are many school activities.
		Expert 3	Student are under great pressure to learn and have no extra time to participate in activities.
		Expert 5	The interest of student to participate in is to add credits, in the activities of hobbies, the number of participants may be less.
		Expert 7	Student need more time in this major and have no time to participate in various activities.
		Expert 8	It is recommended to create good activities, brand activities.
		Expert 9	Student enthusiasm for participation lies not in more activities, but in credits.
		SO2: Innovate the types and activities of leisure sports activities to meet the individual and diversified needs of student	Yes
Expert 3	Innovation is a recent requirement introduced by China's Ministry of Education.		
Expert 5	The times are progressing and we must learn to be novel.		
Expert 8	Now Putian college student need new ideas to enter, remove the old things.		
No	Expert 1		Often, innovative activities fade over time and cannot be sustained.
	Expert 4		Not all activities need innovation, on the basis of the original.
	Expert 6		It feels difficult to implement.

SO Strategy	Choose or not	Expert	Case analysis
		Expert 7	Student innovation is based on the support of leaders, and it is not clear whether it can be achieved.
		Expert 9	The idea is very good, the approval process is very long, fresh strength, the project has not.
SO3: Improve the entertainment and socialization of student leisure sports and creative recovery of physical and mental content	Yes	Expert 5	Entertainment is very important for Chinese student.
		Expert 7	At present, Chinese student lack social interaction and creativity.
		Expert 8	The characteristics of leisure sports are entertainment, socialization and creativity, which need to help student find the essence.
	No	Expert 1	Learning pressure is too much, there is no extra time.
		Expert 2	Student need more time to practice in this major, and it is not recommended to consume in other aspects.
		Expert 3	It can be recommended that physical education teachers directly reform the course content, mostly based on entertainment.
		Expert 4	There is no fundamental solution.
		Expert 6	Not applicable to all student, to be selective.
		Expert 9	Unable to achieve.
SO4: Learning from the University of Thailand programmed of activities to increase the number of activities	Yes	Expert 1	Learning from other countries can better develop Chinese students.
		Expert 3	After learning about Thailand, I believe it has done well in this area.
		Expert 6	Aim to follow Thailand and let students truly step off campus.
	No	Expert 2	don t knows about foreign culture.
		Expert 4	The specific scheme in Thailand is unclear.
		Expert 5	Thailand s program is not necessarily suitable for Chinese student.
		Expert 7	What is the difference between Thailand and China.

SO Strategy	Choose or not	Expert	Case analysis
		Expert 8	Thailand s plan is placed in China, and security issues will not pass.
		Expert 9	I hope I can go out and feel it in the future, and then promote it.
SO5: Cultivating leisure sports talents, reflecting sports value and forming culture	Yes	Expert 1	A sports event forms a culture.
		Expert 2	Dr. emphasizes the most important strategy, which should not be phased.
		Expert 3	As long as talent shows its value, it can have a big impact.
		Expert 4	After the formation of culture, it is important for publicity and popularization.
		Expert 5	I think SO5 should be paid more attention.
		Expert 6	I think SO5 strategy contains SO6.
		Expert 7	The doctor emphasizes that the ultimate strategy should be to form a culture.
		Expert 8	Dr. emphasizes the ultimate strategy, and I think that cultivating talents is the ultimate goal.
		Expert 9	After the culture is formed, student will spontaneously participate, without urging or media intervention.
SO6: With the help of network media, expand the influence of leisure sports development	Yes	Expert 2	Today is the era of network information, information transmission speed.
		Expert 4	Student receive information mainly through the network, the network has a great impact on the lives of college student.
		Expert 7	The Internet has a great influence on the progress of society.
		Expert 8	Through the network, video, short video publicity and dissemination, to promote college student to understand and understand the development of leisure sports, acceptance and recognition faster.
	No	Expert 1	The development of things will eventually form a culture for a long time.
		Expert 3	Don t just think about the present, to long-term development.
		Expert 5	Not the final way.

SO Strategy	Choose or not	Expert	Case analysis
		Expert 6	The rapid growth of the network has both pros and cons.
		Expert 9	SO5 strategy contains SO6.
SO7: Promote the increase of leisure sports population	Yes	Expert 2	The population determines the development of the project.
		Expert 4	The increase in number people represents development leisure sports.
		Expert 6	With the help of population growth, the rapid development of leisure sports.
	No	Expert 1	Other strategies are to promote the growth of leisure sports population.
		Expert 3	Not the direct cause.
		Expert 5	Increasing sports participation isn't advised for developing school leisure sports.
		Expert 7	There should be a more reasonable way.
		Expert 8	Don't assume this strategy is applicable.
		Expert 9	Strategy is less suitable compared others.
SO8: the spread of sports common sense	Yes	Expert 2	Only by understanding, can we develop better.
		Expert 3	Spread well, in order to develop well.
		Expert 4	Should be promoted.
		Expert 5	Cognition outweighs practice; start with understanding.
	No	Expert 1	It is not the best solution for developing leisure sports.
		Expert 6	The dissemination of sports common sense is too simple.
		Expert 7	Compared with other strategies, this one is not suitable.
		Expert 8	It does not meet the current urgent problems.
		Expert 9	Not very practical.

Summary: After expert discussion, each expert is asked separately, which strategies to choose SO strategy and which strategies not to choose are published, and the reasons are analyzed one by one.

**Table 31 Experts Discuss ST Strategy Selection and Non-selection
Reasons Statistics**

ST strategy	Choose or not	Expert	Case analysis
ST1: Leisure sports facilities continue to improve, to provide student with a good environment for exercise	Yes	Expert 1	Sports facilities are directly related to sports skills.
		Expert 4	The lack of venues and equipment hinders the improvement of sports skills.
		Expert 5	The lack of space equipment has affected the number of leisure sports enthusiasts, thus psychologically generated unfavorable factors and reduced the love of sports.
		Expert 7	If you want to develop leisure sports, you should first prepare for the construction of the venue. With the venue, college student can get better sports.
	No	Expert 2	At present, most of the leisure sports facilities are idle.
		Expert 3	We should make use of the existing equipment and supplement the missing equipment.
		Expert 6	The existing equipment construction can reach the standard of student use.
		Expert 8	Equipment utilization is too low.
		Expert 9	No organizer, no more equipment is also a waste.
ST2: Open and increase school leisure sports facilities	Yes	Expert 2	Most of the sports equipment is closed and not used by student.
		Expert 4	Aerobics hall, gymnastics hall, swimming pool, strength room and so on are not open to the whole school.
		Expert 6	Students must pay to exercise at school.
	No	Expert 1	No professionals manage the closed venues.
		Expert 3	In order to ensure the safety of student.
		Expert 5	Most of the student in the new campus, venues are now in the old campus, student should not use.
		Expert 7	Physical Education Institute cannot reach the standard to start using.
		Expert 8	Concerns about student safety.
		Expert 9	Security issues need to be considered.

ST strategy	Choose or not	Expert	Case analysis
ST3: government organization and coordination, expand the promotion platform	Yes	Expert 1	The final strategy, that should be the government work in the back.
		Expert 2	Chinese society, with the participation the government, get twice result with half effort.
		Expert 3	In order to develop leisure sports and expand the participation of college student, it must be supported and managed by the government.
		Expert 4	The government has a greater say.
		Expert 5	The government should collaborate with the Ministry of Education for the long-term development of leisure sports.
		Expert 6	The government has more power than schools, making it the final authority.
		Expert 7	The government holds large-scale events, which is easier to attract more people to participate in sports.
		Expert 8	The government s competition is larger and the platform is wider.
		Expert 9	The government is determined to do things, easier to succeed.
ST4: Government, school to increase hardware, software funding	Yes	Expert 2	Competitions and equipment need capital investment to develop.
		Expert 4	Need a lot of human and financial support and protection.
		Expert 5	In order to develop leisure sports and expand its influence, the source of funds needs to be fixed.
		Expert 9	The government s capital investment has accelerated the spread and better development of leisure sports.
	No	Expert 1	There is no large-scale event, the government has no special funds.
		Expert 3	The government will not invest in leisure sports funds every year.
		Expert 6	The government and school will only invest in large-scale events.
		Expert 7	With the economic downturn, the government has no excess funds to invest in projects without competitions.

ST strategy	Choose or not	Expert	Case analysis
		Expert 8	Compared with the funds invested in school, the government is more willing to invest in society and has greater influence.
ST5: the government, school, colleges and universities to develop leisure sports research route and location	Yes	Expert 1	Should keep up with the country's big policy on research.
		Expert 2	Practice tests the truth, and hopes that student can go out.
		Expert 4	Studying once is more exercise than holding many activities in school.
		Expert 6	Can exercise various abilities.
	No	Expert 8	It can not only drive GDP, but also promote tourist attractions.
		Expert 3	It costs more.
		Expert 5	The number of students actively participating is small.
		Expert 7	Propaganda is not enough to drive student to participate.
		Expert 9	Did not see a broader prospect.
ST6: Combining the local characteristics of Putian to carry out leisure sports activities	Yes	Expert 2	Putian needs publicity, so it needs to be driven by all aspects.
		Expert 3	Need to develop leisure sports market.
		Expert 5	New power injection is needed.
	No	Expert 1	A lot of money is needed.
		Expert 4	Need to understand the market.
		Expert 6	The government needs to take the lead.
		Expert 7	Can not meet the needs of most student.
		Expert 8	Need professional people to do.
		Expert 9	The Putian government should prioritize this to promote it.
ST7: Strengthen contact with parents, timely counseling	Yes	Expert 5	Parents, students have a close relationship.
		Expert 7	Children's right to speak is greater in front of parents.
		Expert 9	Children should contact their parents in time to understand the dynamics.
	No	Expert 1	Most of the student are resident student.
		Expert 2	Most Chinese parents do not tell their children the real situation.
		Expert 3	At present, China's divorce rate is too high, most of them are separated when the children

ST strategy	Choose or not	Expert	Case analysis
			are young, and the children are less separated when they grow up.
		Expert 4	As a parent, I am not in harmony with my lover, and I will not inform my children.
		Expert 6	Most parents feel that their children are small and cannot solve the contradiction between parents.
		Expert 8	Do not want to add trouble to the child.
ST8: Use all available places for physical exercise, such as parks, open spaces	Yes	Expert 2	The new campus is sparsely populated and can make use of spare places.
		Expert 3	There are many leisure sports fitness equipment in the park, which can be used.
		Expert 4	Find a place for yourself to exercise.
		Expert 5	You can look for places that are suitable for exercise programs, such as venues that are not available in school.
		Expert 6	The park project is more abundant and supports going to the park.
	No	Expert 1	The new campus is in the suburbs, and the park is far away, so it is not recommended to go out of the school.
		Expert 7	Security issues.
		Expert 8	Access is inconvenient.
		Expert 9	It is far away from the park, cannot be reached on foot, can only take a car, it is not convenient to consider.
		Expert 1	Simple and easy.
ST9: Choose activities that are not restricted by venue or time, such as Tai Chi, Mazu Kung, etc.	Yes	Expert 3	The content learned in class is convenient for exercise.
		Expert 5	It can not only review the content of the class, but also exercise the body.
		Expert 7	It can carry forward Mazu Gong, a project with Putian characteristics.
		Expert 8	Fitness at any time, without restriction.
		Expert 2	Innovation is needed.
	No	Expert 4	Do not understand the popularity.
		Expert 6	Feel the intensity is not enough.
		Expert 9	It is hoped that student can learn new content through self-study.

Summary: Interview with experts to explain the reasons for choosing ST strategy and the reasons for not choosing, and record.

Table 32 Experts Discuss WO Strategy Selection and Unselected Reason Statistics

WO strategy	Choose or not	Expert	Case analysis
WO1: Adjust the curriculum structure and increase leisure time	Yes	Expert 1	The physical health of college student is the top priority of the country and should be paid attention to.
		Expert 3	At present, the student physical decline is serious, which should be paid attention to by all departments.
		Expert 5	The state requires that student be guaranteed one hour of exercise every day.
		Expert 6	Through reform, student can be attracted to exercise.
		Expert 7	Linked to national policies.
	No	Expert 2	At present, student should make use of the given time instead of increasing leisure time.
		Expert 4	Leisure time is too long, easy to form a lazy character.
		Expert 8	Teachers have too much pressure and have no time to reform.
		Expert 9	There are too many meetings to consider reforming the curriculum.
WO2: increase leisure sports guidance and consulting services	Yes	Expert 2	Lack of professional guidance.
		Expert 3	It can improve student professional level.
		Expert 8	Project development, consulting services and guidance can be an extension of development.
	No	Expert 1	Leisure projects are now developed.
		Expert 4	This is a process, first drive the student.
		Expert 5	After the development and expansion of the project, professional guidance will naturally be formed.
		Expert 6	Student who does not participate do not need guidance at present.
		Expert 7	Not the direct cause.
		Expert 9	Not clear.
	Yes	Expert 2	The arrangement of the school curriculum is very arbitrary and basically does not take

WO strategy	Choose or not	Expert	Case analysis
WO3: Reform the content of leisure sports courses and carry out student preference projects in line with reality			into account the needs of student.
		Expert 3	All courses should serve student and should not be separated from student.
		Expert 4	Interest is the best teacher, student do not like, there is no meaning in class.
		Expert 6	The course content is old be reformed.
	No	Expert 1	The teaching mode has changed, and the content can naturally change.
		Expert 5	WO3 and WO5 mean basically the same.
		Expert 7	Most student are busy with the professional content.
		Expert 8	Uncertain whether it can be promoted.
		Expert 9	The mode is greater than the course.
WO4: Guiding student to spend on leisure sports	Yes	Expert 7	For playing games and shopping, it is better to guide sports consumption.
		Expert 8	Student use money in more useful places.
		Expert 9	Most monthly living expenses can be spent on sports, as long as student are willing.
	No	Expert 1	At present, the price is more expensive, hoping that student will use the money to improve food.
		Expert 2	It's better for learning than wasting too many sports products.
		Expert 3	A pair of shoes can be worn for 2 years and do not need to be replaced in time.
		Expert 4	Most of the student are poor student.
		Expert 5	There is no need to guide consumption too much, should guide to make money.
		Expert 6	It is necessary to guide student how to help parents save and reduce costs.
		WO5: Change the teaching mode and explore the suitable way for each major	Yes
Expert 2	The reform of the course content is ultimately to change the teaching mode.		
Expert 3	The times are changing, and the professions are also changing. We should find a way suitable for each profession.		
Expert 4	Change the teaching mode, also changed the teaching content.		

WO strategy	Choose or not	Expert	Case analysis
		Expert 5	Liberal arts, science student employment direction is not the same, the demand is not the same, should be reformed.
		Expert 6	The model involves more departments and takes a long time to implement, but once the reform is carried out, the effect is better than the reform course.
		Expert 7	I think the curriculum model contains the course content.
		Expert 8	If the final strategy is selected, we should find a way suitable for each profession.
		Expert 9	Without change, it will be abandoned by the times, and all walks of life should be changed in time.
WO6: Reduce class schedules and give more rest time	Yes	Expert 2	You can start from the physical education teacher.
		Expert 4	Most of the time is the teacher in the arrangement, should learn to change.
		Expert 7	It should be the content of future change.
	No	Expert 1	University is an important stage towards society. It needs to accumulate learning content in order to support student to move towards society.
		Expert 3	You can learn enough to better base yourself on society.
		Expert 5	The life of the body, the foundation of the body, to learn more is.
		Expert 6	College student are the pillars of national development, now rest, what to do in the future.
		Expert 6	Not studying at the age of the study will ruin your life in the future.
		Expert 9	This strategy guidance does not apply to the current situation of Chinese student.
WO7: Counseling student emotions in a timely manner and establishing a psychological support	Yes	Expert 3	There are many mental problems of college student.
		Expert 5	Pressure is too large, the urgent need to guide.
		Expert 6	Psychological guidance can better beautify

WO strategy	Choose or not	Expert	Case analysis
group			the campus.
		Expert 7	Psychological problems are the root of everything, timely counseling.
		Expert 8	The hope of a family in college student, cannot be delayed and affected by psychological problems.
		Expert 9	College student have more psychological problems.
	No	Expert 1	There are too many counselor meetings and there is no time to care about every student.
		Expert 2	To be professional, not all professional student need.
		Expert 4	Not considered very important strategy.

Summary: After expert discussion, the experts asked the reasons for choosing the WO strategy, and the reasons for not choosing the strategy were also analyzed.

Table 33 Experts Discuss WT Strategy Selection and Non-Selection Reasons Statistics

WT strategy	Choose or not	Expert	Case analysis
WT1: Enrich the competition between colleges, promote mutual communication and make up for differences	Yes	Expert 1	The competition increases, the student income will also increase.
		Expert 2	University campus is a big family, should strengthen the communication.
		Expert 3	The number of competitions has increased, requiring more student to help, and can also help more difficult student.
		Expert 4	The school student sports ability is enhanced, and the competition can be done as a brand, which can also drive the local tourism industry.
		Expert 5	Compare the differences, in order to progress.
		Expert 6	In order to maintain the level of exercise, even better and better.
		Expert 7	Closed doors are left behind, we should regularly connect with colleges and teams.
		Expert 8	To narrow down the competition items and create classic items.
		Expert 9	College student have great learning

WT strategy	Choose or not	Expert	Case analysis
			pressure, and exercise is an important way and method to regulate student psychology.
WT2: Increase the paid service part to solve the student economic tension dilemma.	Yes	Expert 1	To solve the economic difficulties of college student, why not.
		Expert 3	It is necessary to solve the student economic difficulties by holding some activities.
		Expert 4	It is the gospel of poor college student.
	No	Expert 2	I hope that the money earned by the student themselves can fall into place.
		Expert 5	For student funds, procedures and procedures can be reduced.
		Expert 6	College funding is tight, cannot do a lot of increase.
		Expert 7	Unable to achieve.
		Expert 8	Not the best strategy.
		Expert 9	Not clear.
WT3: School to increase sports volunteer positions, to solve the economic difficulties of student	Yes	Expert 3	Increase student income, should be promoted.
		Expert 6	Recommended implementation.
		Expert 7	Can solve the student difficulties, can be considered.
		Expert 8	It is recommended to add more jobs.
	No	Expert 1	It can't suddenly increase much.
		Expert 2	Can not be achieved.
		Expert 4	Hope is good, implementation is not in place.
		Expert 5	There are many student volunteer positions at present.
		Expert 9	The possibility is not great.
WT4: Organizing leisure sports events and strengthening the combination with tourism	Yes	Expert 4	Can expand the content.
		Expert 6	Played a role in carrying forward.
		Expert 8	It is very good to set the future goal.
	No	Expert 1	A lead unit is needed.
		Expert 2	Need leadership attention.
		Expert 3	Ordinary teachers cannot do it.
		Expert 5	I hope leaders see and implement.
		Expert 7	It is only a suggestion, not an effect.
Expert 9	The idea is better, the implementation is		

WT strategy	Choose or not	Expert	Case analysis
			difficult.
WT5: Parents and teachers care about student psychological state	Yes	Expert 2	Can care.
		Expert 4	Student need to care.
		Expert 5	Most student are in the field and need to pay attention to their psychological state in time.
		Expert 6	Care is the emotional bond.
		Expert 8	More communication, more chat positive content.
		Expert 9	Care and love can cure psychology.
	No	Expert 1	Not the best strategy.
		Expert 3	Repeat with the following.
		Expert 7	There is a generation gap, student don t like to communicate.
WT6: Targeted Psychological Symposium	Yes	Expert 6	The symposium is different from the salon.
		Expert 7	The symposium is just to convene several students.
		Expert 8	Organizers are different.
	No	Expert 1	For the WT strategy, WT6 is not the most direct reason to solve.
		Expert 2	Once can, many times is not easy to achieve.
		Expert 3	Repeat with WT7.
		Expert 4	Repeated with WT7, the effect is similar.
		Expert 5	Without teacher organization, it is difficult to achieve.
		Expert 9	Repeat with WT7, keep one.
WT7: Building a Psychological Salon	Yes	Expert 3	Student have more psychological problems.
		Expert 4	Can help student better establish mental health.
		Expert 9	Can be promoted.
	No	Expert 1	Propaganda is not strong, easy to lose.
		Expert 2	Teachers are busy and have no time to think.
		Expert 5	Student have greater academic pressure.
		Expert 6	It is difficult to implement.
		Expert 7	There won't be too many people involved.
		Expert 8	According to past experience, it cannot be implemented.

WT strategy	Choose or not	Expert	Case analysis
WT8: Open School Fitness Facilities	Yes	Expert 2	Contribute to the development of college student transport skills.
		Expert 3	Can improve the utilization rate.
		Expert 5	Student need a venue for fitness facilities.
		Expert 6	A lot of strategies are recommended.
		Expert 8	Student need such an environment.
	No	Expert 1	No professional guidance.
		Expert 4	Student safety issues cannot be guaranteed.
		Expert 7	Lack of professional student.
		Expert 9	Large security risks.

Summary: After expert discussion, the reasons for the WT strategy are analyzed, and each expert is required to explain the reasons for selection and non-selection.

7. Research on the Relationship Between the Four Final Strategies and the Six Leisure Sports Theories

Table 34 Relationship Between Strategy and Leisure Sports Theory

Final Strategy		6 Leisure Sports Development Theory					
		Leisure Sports Cognition	Exercise motivation	Leisure sports participation	Leisure sports consumption	Social support	Information channels
SO strategy	SO2: Innovate the types and activities of leisure sports activities to meet the individual and diversified needs of student			√		√	
	SO5: Cultivating leisure sports talents, reflecting sports value and forming culture	√					
	SO6: With the help of network media, expand the influence of leisure sports development		√				√
ST strategy	ST1: Leisure sports facilities continue to improve, to provide student with a good environment for exercise			√		√	

Final Strategy	6 Leisure Sports Development Theory					
	Leisure Sports Cognition	Exercise motivation	Leisure sports participation	Leisure sports consumption	Social support	Information channels
ST3: government organization and coordination, expand the promotion platform and expand the leisure sports base project					√	
ST4: Government, school to increase hardware, software funding				√	√	
ST5: the government, school, colleges and universities to develop leisure sports research route and location			√		√	
WO strategy	WO1: Adjust the curriculum structure and increase leisure time	√				
	WO5: Change the teaching mode and explore the suitable way for each major		√		√	
	WO7: Counseling student emotions in a timely manner and establishing a psychological support group				√	
WT strategy	WT1: Enrich the competition between colleges, promote mutual communication and make up for differences		√	√		
	WT3: School to increase sports volunteer positions, to solve the economic difficulties of student				√	

(1) SO Strategy

The content of SO strategy is closely related to leisure sports cognition. Leisure sports were first invented by retirees and then slowly promoted by middle-aged and elderly people. After years of development, it is now slowly entering public life and enriching people daily lives. It is now extended to student lives. The unique entertainment and fitness value of leisure sports and the simple operation have the characteristics of low requirements for physical fitness, which is in line with the

physical and mental health of college student. With the continuous development of leisure sports, slowly the campus began to open leisure sports courses, on the one hand, to promote the cultural knowledge of leisure sports and improve the physical health of college student. On the other hand, the school trains a large number of sports personnel, transports competitive talents for the country, and promotes the spirit of sports. The publicity and popularization of the school and the participation of a large number of students will greatly promote the development of leisure sports, reflect the value of leisure sports, enrich the influence, and finally form the campus culture, slowly expand and form the hometown of leisure sports.

(2) ST strategy

ST strategy is directly related to social support and information channels. Leisure sports want to occupy a larger market and get more college student to participate. So, it must be supported and managed by the government. First of all, the government should cooperate with the Ministry of Education to set up leisure sports courses for primary and secondary school in Putian City so that leisure sports can be accompanied by student and contribute to the long-term development of leisure sports. The government should increase the construction of venues and equipment to attract more people to participate in leisure sports. Secondly, the government holds large-scale competitions to attract people at all levels to participate, such as school groups and social groups, so as to promote exchanges between school, business units, and middle-aged and elderly people in the community, form a complete system, cover all levels, and let leisure sports go deep into life and become an indispensable part. Finally, the government should make full use of all resources to mobilize all the masses to participate in leisure sports, to achieve the effect of mutual exchange and cooperation at all levels, and to promote the overall improvement of leisure sports in Putian City.

(3) WO strategy

The reform of leisure sports teaching in colleges and universities in Putian City faces issues like low integration of sports elements such as curriculum content and structure. The main issue is that the school does not effectively integrate leisure sports teaching into the physical education curriculum system, nor does it leverage modern sports forms to explore leisure sports resources deeply. Consequently, optimizing and innovating leisure sports teaching becomes challenging. Leisure sports emphasize entertainment and fitness but lack a mature, complete theoretical support system. In the reform process of physical education in Putian's colleges, the theoretical framework for integrating leisure sports with modern sports has not been established, making it difficult to guide material selection, enhance teachers' skills, and optimize teaching methods. Addressing these issues could provide a stronger foundation for sustainable improvements in leisure sports education and better meet students' evolving needs.

(4) WT strategy

WT strategy is directly related to leisure sports participation and leisure sports consumption. A total of 22 secondary colleges in Putian University have emerged as enthusiasts of leisure sports. Through the competition, it can be concluded that the development of each college is unbalanced, which greatly affects the overall development level of leisure sports at Putian University. At present, the influence of sports events is increasing; the higher the event, the higher the public attention is. In the process of developing leisure sports, we should vigorously develop competitions, create higher-level competitions, and make sports events involve a wider range of fields so as to promote the development of catering, tourism, and other industries and build an economic community. Competitive sports can create influence and enrich their own competition experience, which helps participants understand the development level of different colleges. The successful holding of relevant events can promote the value of leisure sports and show the style and spirit of the participants; the school should organize more leisure sports competitions, encourage college student to participate actively, can achieve the leisure sports cultural exchanges of each college, learn from each other, make up for the lack of technology so that each team can achieve common progress, promote leisure sports to a higher stage.

4.3.2 Focus Group Discussion

1. Process:

Step 1: Explore the list of questions in the early stage and list the questions to ask;

Step 2: Determine the order of the problem;

Step 3: The expression of open questions;

Step 4: Estimate the time of each problem;

Step 5: After steps 1-4, a list of questions is formed, and the consent of the tutor is sought.

Step 6: Modify the list of issues;

Step 7: Test the list of questions.

2. Analysis of Focus Group Discussion Results

In this study, FGD was conducted on 15 people, including 5 teachers and 10 college students, a total of 18 topics; the specific results are as follows:

Table 35 FGD Personnel Information Statistics

Items	Class	Name	Professional Title	Department
1	Teachers	LBR	Doctor	Physical Culture Institute
2		CHC	Doctor	Physical Culture Institute
3		WGY	Associate Professor	Physical Culture Institute
4		ZJF	Associate Professor	Scientific Research Department
5		LLX	Dean / Professor	Physical Culture Institute

Items	Class	Name	Professional Title	Department
6	Student	YZY	Grade 2021	Leisure Sport
7		LZK	Grade 2021	Civil Engineering
8		ZJJ	Grade 2020	Leisure Sport
9		LXD	Grade 2021	Academy of Fine Arts
10		GQF	Grade 2020	Electromechanical College
11		LST	Grade 2022	Leisure Sport
12		DZL	Grade 2022	Leisure Sport
13		LZX	Grade 2023	Information Engineering
14		DH	Grade 2023	College of Liberal Arts
15		YSH	Grade 2023	Leisure Sport

3. Summary of Student FGD Results

According to the analysis of student FGD results, the following factors are summarized:

- (1) Leisure sports: Different types
- (2) Interest: To understand the needs and preferences of college student
- (3) Function: Improve physical mental health, social skills, master motor skills
- (4) Disadvantages: Low participation, insufficient equipment, lack of funds, venues, facilities and other resources
- (5) Innovative types and activities: Fitness challenge interesting sports activities, rainbow running, frisbee, national traditional sports activities, emerging sports events
- (6) Requirements: According to the needs of student, simple and easy to understand, high popularity, reduce the cost of activities
- (7) Registration: Digital Sports
- (8) Leisure sports talents: Expand the talent base, expand the influence of the project, complete the chain, enhance the degree of attention, promote industrial development
- (9) Influence: Putian characteristic sports, network media, artistic creation, official website, public number, Tik Tok account, data analysis
- (10) Sports facilities: Preliminary research needs, prevent waste, regular maintenance, diversification, inspection and update, guidance training
- (11) Government coordination: Talent training, preferential policies, online promotion, national fitness, target population, sports event brand
- (12) Hardware and software input: Commercial value, reasonable planning
- (13) Research route: Integration of sports and tourism, combination of education and practice, consideration of climate, geography, multi-faceted development
- (14) Curriculum structure adjustment: Sufficient disposable time and extended break time are needed to ensure the effectiveness of leisure time.
- (15) Teaching mode: The employment situation, the new model needs to adapt, understand the needs
- (16) Psychological assistance: Anonymous organizations, professionals, prevention work, the establishment of group leaders, online and offline combination,

privacy protection

(17) College competition: Teachers and student and faculty mixed participation, competition diversification, teachers as referees, safety principles

(18) Volunteer positions: Open, transparent, audit standards

(19) Recommendation: Choose diversification

(20) Help: Improve physical and mental health, enhance social interaction, relieve stress, competitiveness, develop hobbies, lifelong sports, social platforms and opportunities, improve physical fitness

4. Summary of Teachers FGD Results

According to the analysis of teachers FGD Results, the following factors are summarized:

(1) Help: Enhance students' quality of life, support physical and mental health, reduce stress, cultivate interests

(2) Shortcomings: Limited resources, low participation, difficulty in assessing long-term effects, lack of sustainability and follow-up support

(3) Sports activities: In-depth research, personalized service, strengthened publicity, teacher training, incentive mechanism

(4) Sports talents: Clear training objectives, strengthen practical teaching, promote sports value, establish evaluation system, form sports culture

(5) Expand influence: Establish an official media platform, interaction and community building, data analysis and precise push, continuous update and optimization, social marketing media

(6) Perfection of sports facilities: Comprehensive planning, reasonable layout, facility renewal and maintenance, environmental protection and sustainability, openness and sharing, and optimization of use environment

(7) Government to expand the platform: Policy formulation and guidance, media publicity, social media marketing, industrial integration, ecological resource utilization

(8) Hardware and software investment: Government-led, social donations, education informatization, technical training

(9) Research route: Resource integration, safety assurance, practical experience, evaluation feedback, professional guidance

(10) Curriculum structure: Optimize the curriculum, increase leisure time, encourage independent learning, flexible adjustment of curriculum, digital teaching

(11) Teaching mode: Individualized teaching, flexible teaching, practice-oriented, reform assessment methods

(12) Psychological support: Psychological counseling services, support groups, feedback mechanisms

(13) College competition: Diversified competition, regular organization, strengthen cooperation, establish feedback mechanism

(14) Volunteers: Diversified positions, clear compensation, training

(15) Suggestions: Diversified development, demand research, facilities

improvement, integration of local characteristics, sustainable development

(16) Help: Enhance physical fitness, relieve learning pressure, social interaction, provide sports resources

5. FGD Summary

Based on the results of student interviews and teacher interviews, it is summarized as follows:

(1) Help: Improve physical and mental health, master sports skills, improve the quality of life, relieve student pressure, cultivate interest and hobbies, enhance social and sports resources

(2) Shortcomings: Limited resources, low participation, difficulty in assessing long-term effects, lack of sustainability and follow-up support

(3) Promote diverse sports activities—fitness challenges, rainbow runs, frisbee, traditional and emerging sports—through research, personalized services

(4) Expand the sports talent base, strengthen project influence, develop a clear training path, and build a sports culture through focused teaching, evaluation, and industry promotion

(5) Expand the impact: Putian characteristic sports, network media, artistic creation, official website, public number, Tik Tok account, interaction and community building, data analysis and accurate push, continuous update and optimization, social marketing media

(6) Improve sports facilities: Preliminary research needs, prevention waste, regular maintenance, diversification, inspection and update, guidance and training, comprehensive planning, rational layout, facilities update and maintenance, environmental protection and sustainability, openness and sharing, use of environmental optimization

(7) Government to expand the platform: Personnel training, preferential policies, online promotion, national fitness, target groups, sports brand, policy formulation and guidance, media promotion, social media marketing, industrial integration, ecological resource utilization

(8) Hardware and software investment: Commercial value, rational planning, government-led, social donations, education informatization, technical training

(9) Research route: Integration of sports and tourism, combination of education and practice, consideration of climate, geography and safety factors, multi-faceted development, resource integration, safety guarantee, practical experience, evaluation feedback, professional guidance

(10) Curriculum structure: Provide ample free time, extend breaks, optimize courses, increase leisure time, support self-learning, allow flexible scheduling

(11) Teaching mode: Employment situation, new mode needs to adapt, understand the needs, personalized teaching, flexible teaching, practice orientation, reform assessment methods

(12) Psychological assistance: Anonymous organizations, professionals, prevention work, the establishment of group leaders, online and offline combination,

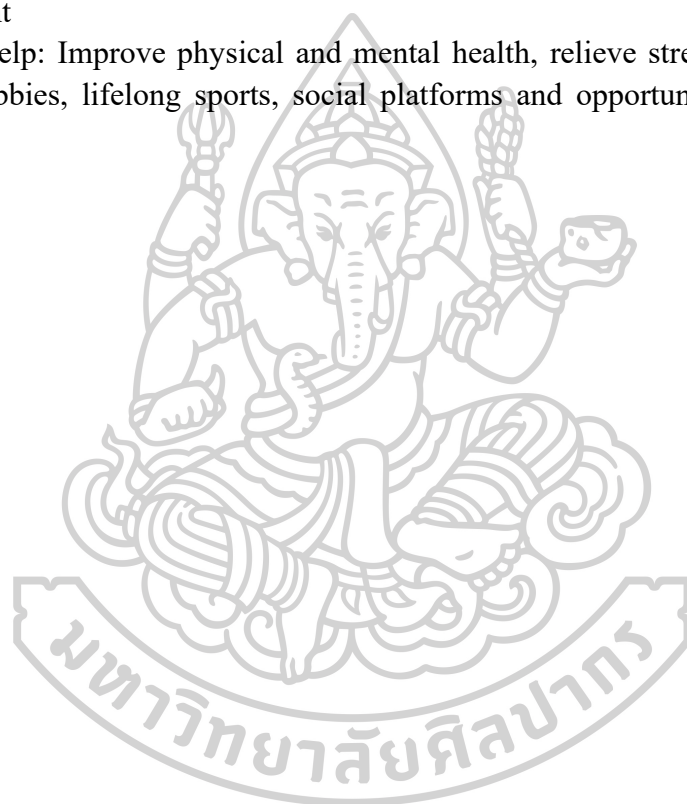
privacy protection, psychological counseling services, support groups, feedback mechanisms

(13) College competition: Mixed participation of teachers, student and staff, diversified competition, teachers as referees, safety principles, diversified competition, regular organization, strengthening cooperation and establishing feedback mechanism

(14) Volunteers: Openness, transparency, audit standards, diversified positions, clear compensation, training and support, incentive mechanism, publicity and guidance

(15) Suggestions: Choose diversification, diversified development, demand research, facilities improvement, integration of local characteristics, sustainable development

(16) Help: Improve physical and mental health, relieve stress, competitiveness, develop hobbies, lifelong sports, social platforms and opportunities, provide sports resources



Chapter 5: Summary, Discussion and Suggestions

This chapter studies the development strategy of leisure sports to promote the quality of life of college student in Putian City, and summarizes and discusses the research results.

1. Research Summary
2. Study and Discuss
3. Research Suggestions

5.1 Research Summary

5.1.1 In Order to Study the Current Situation of College Student Leisure Sports Development in Putian city.

Putian University, as the only public undergraduate 4-year university in Putian City, is a coastal city, but it lacks corresponding quality of life education, which is not conducive to the health of college student. The research on the quality of life and the development of leisure sports for college student in Putian will help the university to form a leisure sports development that can effectively improve the quality of life and also provide a scientific basis for the education authorities to formulate educational programs.

5.1.2 In Order to Develop the Leisure Sports Strategy of College Student in Putian City.

The proposal of leisure sports should pay attention to people subjective feelings, and the quality of life is a good embodiment of people subjective feelings. The improvement of quality of life plays a subtle role in promoting student all-round development. The research on the quality of life in foreign countries rose in the 1950s and 1960s, and the research on the quality of life is relatively perfect. However, the research on the role of leisure and leisure sports development in promoting the quality of life is still lacking. There is a large amount of literature in China on the exploration of quality of life, but there is a lack of correlation between research and other contents. The research objects are more elderly people in the developed eastern coastal areas, and there are few studies on college student. However, the research on the development strategy of leisure sports to improve the quality of life of college student is not perfect. The research in this paper enriches and improves the system of quality of life and explores the development strategy of leisure sports.

5.1.3 In Order to Check the Effectiveness of the Existing Leisure Sports Development of College Student in Putian City, the Final Strategy is Proposed.

The study of college student can inspire them to contribute to socialist construction. World competition is an all-round economic competition. Every citizen and family constitute a country. The competition of international innovation is essentially the competition of talents. As a socialist country, the purpose of national

development is to improve the quality of life of the people continuously. Putian area is located in the core area of Fujian Province and is a development area in the southeast area. The research on the quality of life of local college student and the development of leisure sports also shows their concern and attention, which is conducive to their better service for the country's local economic construction. College student is the future of the motherland, and the full play of their intelligence mainly depends on their quality of life. Student with a high quality of life can better contribute to society. If the quality of life is high, the efficiency and innovation of college student learning will be improved accordingly; if the quality of life is low, it will lead to the waste of talent and indirectly affect the stability and prosperity of the country. Therefore, paying attention to the quality of life of college student and the development of leisure sports is an important way to motivate talent.

Provide a scientific reference for education authorities. Through research, this paper explores the local leisure sports curriculum in Putian City and provides a reference for the scientific lifestyle. College student improve their quality of life through the development of scientific leisure sports, and they provide the basis for the education department to formulate reasonable regulations and courses.

5.2 Study and Discuss

5.2.1 In Order to Study the Current Situation of College Student Leisure Sports Development in Putian city.

Under the strategy of fitness in China and national fitness, sports must be used as a medium to achieve the ultimate goal of national health. Nowadays, there are many leisure sports events, and few of them can make college student actively love and participate in sports. Leisure sports, with its unique value and advantages, will be able to attract the love of college student. The popularity of leisure sports can open up the leisure sports market, and there will be a leisure sports market economy, driving the consumption of college student; exercise expenditure is also a form of external material expenditure accompanied by subjective psychological activity characteristics, which is a manifestation of the need to improve living standards. This study is consistent with the research results of the following two scholars. For example, Xu Zhongren (Xu, 1989) believes that sports consumption includes two aspects: sports administrative organization and people spending. Zhong Tianlang pointed out that the unilateral expenditure of individuals during exercise is exercise expenditure. Zhu Baining (Zhu, 1998) believes that exercise expenditure is an organic unity of external and internal needs, and consumption is realized through various payment methods such as purchasing sportswear and participating in sports skills training. To drive the economic development of Putian City. The greater popularity of leisure sports in Putian City will attract leisure sports enthusiasts from all over the country to participate, which can promote cultural exchanges and influence Putian City. Therefore, it is necessary to follow the government's policy and the corresponding

national call to open up the sports market and cultivate talents in leisure sports.

Leisure sports were invented by retired workers, developed by the elderly, and began to slowly promote into public life and enrich people daily lives. The unique fitness and entertainment value of leisure sports and the characteristics of simple operation and low physical fitness requirements align with people physical and mental health. With the continuous development of leisure sports, it slowly entered the campus and began to set up leisure sports courses. On the one hand, it promoted the knowledge of leisure sports culture and improved the health of student. On the other hand, the school trains a large number of sports personnel, transports competitive talents for the country, and promotes the spirit of sports. The publicity and popularization of the school and the participation of many students will greatly facilitate the development of leisure sports, reflect the value of leisure sports, enrich the influence, and finally form the campus culture, slowly expanding and forming the hometown of leisure sports.

5.2.2 In Order to Develop the Leisure Sports Strategy of College Student in Putian City.

Through the design of various leisure sports activities, encourage and drive student to participate in activities, create a good leisure sports culture atmosphere, thus forming a better publicity effect. For example, the organization of the establishment of leisure sports competition associations and leisure sports associations as a platform to carry out campus leisure sports competition March 3 leisure sports fun competition and other activities to attract more student to participate in leisure sports to expand the scope of the spread of leisure sports, enhance the influence of leisure sports teaching, but also continue to improve teachers and student and even college student understanding of the value of leisure sports.

The purposeful planning and construction of a leisure sports publicity platform through the development of sports games, cultural festivals, art festivals, and other campus activities as a platform to promote leisure sports and leisure sports culture. In order to improve the effectiveness of the application of sports publicity platforms and strengthen the publicity effect of leisure sports, Putian University carries out statistics and analysis on leisure sports projects and strengthens the publicity of leisure sports projects lacking publicity and promotion; this study is consistent with the results of this study. The latest research from the Massachusetts Institute of Technology found that the social network of exercisers has an important impact on their exercise habits (Aral et al., 2017). The channels for obtaining information have changed from single to multiple, and people tend to obtain information through computers and mobile phones. Therefore, it is believed that intervention measures that take social communication into consideration may be able to spread sports information more effectively. In addition, colleges and universities can make full use of Weibo, WeChat, campus websites, school radio stations, and other platforms to expand the scope of leisure sports publicity, improve student awareness of leisure sports, and lay a solid foundation for the dissemination of sports culture.

Leisure sports are an important part of China's sports culture. It plays an important role in physical education with its unique emerging cultural form. Putian universities should actively promote the integration of leisure sports into the physical education curriculum system and increase the proportion of leisure sports in physical education teaching based on the existing advantages of leisure sports college student, such as solid foundation and few teaching restrictions. We should actively develop and integrate leisure sports, enrich the form and content of physical education, and create a more distinctive campus sports culture to enhance student national self-confidence and national pride, and cultivate student awareness of promoting leisure sports culture, to lay a solid foundation for the reform and optimization of physical education teaching mode and the integrated development of leisure sports in Putian universities.

5.2.3 In Order to Check the Effectiveness of the Existing Leisure Sports Development of College Student in Putian City, the Final Strategy is Proposed.

In order to ensure the construction of sports training base and the improvement of student comprehensive ability, Putian University adopts the method of all-round evaluation of physical education teaching to comprehensively evaluate the actual situation of student participation in sports activities and dynamically adjust and optimize the physical education teaching mode according to the evaluation results. It should be noted that in the design of evaluation factors, colleges and universities should ensure that the evaluation factors are multi-dimensional so that the evaluation has a positive effect on the improvement of student comprehensive ability. The study highlights that college students' participation in leisure sports is influenced by intrinsic motivation, social norms, and perceived control, aligning with Li Jincheng's findings (Li Jingcheng, 1999; Hagger MS et al., 2014). A key barrier to forming exercise habits is the lack of sociability, as many students feel they have no one to exercise with or feel embarrassed, compounded by modern technology that reduces opportunities for physical activity.

Exercise motivation is primarily driven by the desire to improve physical fitness and enhance interpersonal relationships. The interaction between individuals and their environment during sports activities contributes to enjoyable experiences, stress relief, and habit formation. Theories like self-efficacy and competence needs support the idea that fostering awareness, interest, and self-discipline in exercise is crucial for developing exercise habits. Active participation, goal satisfaction, and the joy derived from physical activity are key factors in sustaining regular sports participation (Hu Penghui et al., 2019).

The study revealed low student participation in leisure sports, with a preference for spectator activities over active involvement. Key influences on exercise habits include the quality of physical education, teacher competence, and access to sports facilities, particularly in urban schools. Improving these resources, along with addressing social and economic factors, is essential for promoting lifelong physical activity (He Xiaolong, 2015).

The study found that while most students spend money on leisure sports, the amounts are relatively low, with common purchases being sports clothing and footwear. Research shows that parents' views on physical exercise play a key role in shaping students' sports behavior. Additionally, family income significantly influences adolescents' participation in paid sports activities (Dong Hongwei, 2010). The impact of grandparents raising children on youth sports habits is an emerging issue in China, though the broader influence of family communication on exercise habits may be less significant.

The study emphasizes that access to fitness information and government promotion of public sports values, along with large-scale sports events, can influence adolescents' exercise habits. Research shows that urban environmental factors, such as walkability, play a significant role in promoting physical activity and reducing disparities in gender and BMI (Althoff et al., 2017). A Stanford study further highlighted that walkable cities increase physical activity, particularly among women, across various demographics, suggesting the importance of urban design in shaping exercise habits.

The results highlight the significant influence of social networks on exercise habit formation, as evidenced by a study from MIT (Aral et al., 2017). This study also found that young people now access a wider range of information channels, especially through computers and smartphones. Consequently, incorporating social media communication into interventions may be more effective in promoting and fostering exercise habits.

5.3 Research Suggestions

5.3.1 Recommendations for this Study

1. Innovating leisure sports activities and activities to meet the personalized and diversified needs of student

In-depth research, diversified design, personalized service, innovative forms, strengthening publicity, establishing feedback, teacher training, establishing cooperation.

2. Cultivating leisure sports talents, reflecting sports values, and forming a culture

Clearly define training goals, optimize curriculum settings, strengthen practical teaching, strengthen teacher team building, promote sports values, form sports culture, and establish an evaluation system.

3. Innovating leisure sports activities and activities to meet the personalized and diversified needs of student

In-depth market research, diversification and integration, personalized customization, interaction and social interaction, and the use of technological means.

4. Expanding the impact of leisure sports development through the role of online

media

Establishing an official media platform, content innovation and quality improvement, interaction and community building, cooperation and cross-border integration, data analysis and precise push.

5. Improving leisure sports facilities and providing student with a good exercise environment

Comprehensive planning, reasonable layout, diversified facilities to meet different needs, facility update and maintenance, intelligent management, openness and sharing.

6. Government organization and coordination, expanding promotion platforms, and expanding leisure sports base projects

Policy formulation and guidance, media publicity, digital platform construction, social media marketing.

7. Increasing hardware and software funding for governments and school

The government should play a leading role, encourage teachers and student to participate in the construction of educational informatization.

8. Adjusting course structure and increasing leisure time

Optimize course settings, increase leisure time, encourage independent learning, and flexibly adjust the class schedule.

9. Changing the teaching mode and exploring methods suitable for each major

Personalized teaching and practice-oriented.

10. Enriching Competitions Between Colleges and Promoting Mutual Exchanges

Diversified competitions, regularly held, strengthen cooperation, Establish a feedback mechanism.

11. School to Increase Sports Volunteer Positions and Solve Student with Financial Difficulties

Diversified positions, Clarify remuneration, Training and support, Incentive mechanism, Propaganda and guidance.

12. Development Strategy of Leisure Sports for the Purpose of Promoting the Quality of Life of College Student in Putian

Diversified development, Demand research, Perfect facilities, The integration of local characteristics, Sustainable development.

5.3.2 Further suggestions

1. Sustainable development: While innovating activities pay attention to the sustainability and environmental protection of activities. For example, promote green sports methods, reduce the impact of activities on the environment, and encourage student to participate in sports activities with environmental protection themes.

2. Continuous evaluation and feedback: Establish an effective evaluation mechanism, regularly collect student feedback on innovative activities, and continuously optimize the content and form of activities based on the feedback results.

At the same time, pay attention to student participation, satisfaction, and growth changes to ensure that innovative activities can continue to meet student needs.

3. Cooperation and sharing: Establish cooperative relationships with other school, communities, or enterprises, share resources and experiences, and jointly promote the innovation and development of leisure sports activities. Through cooperation, more innovative elements and resources can be introduced to provide student with more diverse activity options.

4. Online and offline linkage: Combine online media with offline activities to form an online and offline linkage communication model. Promote offline activities through online media to attract more people to participate; at the same time, integrate online media elements into offline activities, such as live broadcasting, photo-taking, social media sharing, etc., to enhance the interactivity and communication power of activities.

5. Continuous update and optimization: Online media platforms need to be continuously updated and optimized to adapt to the ever-changing user needs and market environment. Regularly evaluate the platform operation effect, collect user feedback, and update and optimize content, functions, and technology.

6. Combined with campus culture: Combine the construction of leisure sports facilities with campus culture to create a unique campus sports culture atmosphere. For example, set up propaganda columns and display walls around the facilities to show student sports style and achievements; organize a variety of sports activities and events to stimulate student enthusiasm for sports and participation awareness.



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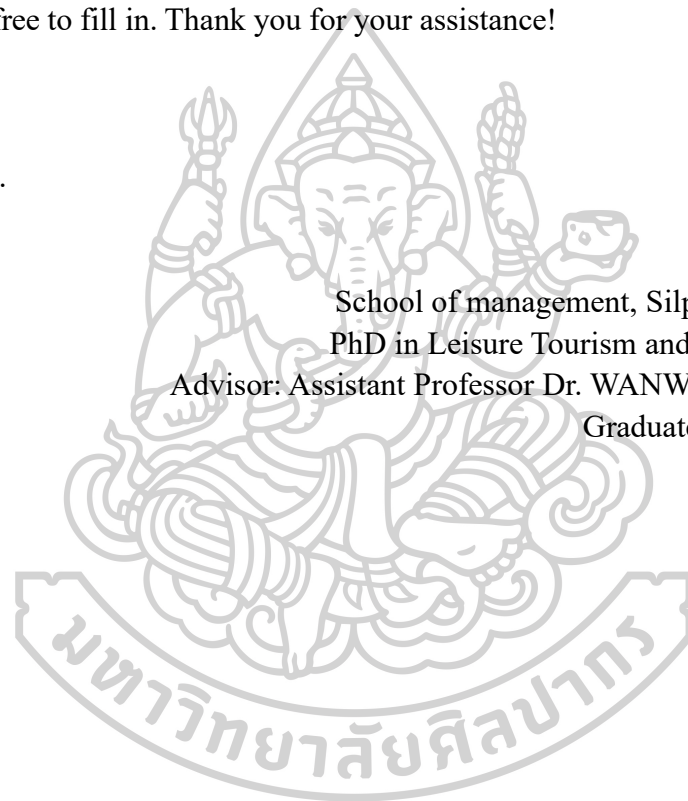


Prediction Questionnaire

Hello, Putian university student:

This is an academic questionnaire, the purpose is to understand your participation in leisure sports activities in the quality of life, your detailed answer will help to understand the leisure sports activities to people s physical and psychological benefits, and then the promotion of leisure sports activities more popular to the public. This questionnaire is divided into three parts, your opinions are absolutely confidential, please feel free to fill in. Thank you for your assistance!

Best wishes.



School of management, Silpakorn University
PhD in Leisure Tourism and Sports Management

Advisor: Assistant Professor Dr. WANWISA BUNGMARK

Graduate student: Lizhi Liu

Appendix I Putian City College Student Leisure Sports Development Questionnaire (Prediction Questionnaire)

One: Basic Data

1. **Gender:** 1. Male 2. Female
2. **Your grade:** 1.2023 2.2022 3.2021 4.2020
3. **Your nationality:** 1. Han nationality 2. Minority
4. **Your place of origin:** 1. City 2. Rural
5. **Your professional type:**
1. Literature 2. Science 3. physical education
6. **Are you an only child:** 1. Yes 2. No

Two: Frequency

7. **In the last month, how many times a week you spend in class, doing homework, watching TV, playing games or eating. Is there a mentally bad situation?**

1. Never
2. One time a week
3. Two to three times a week
4. More than four times a week

8. **How long is the average time you actually move in a class during physical education class this semester?**

1. I do not participate in physical education
2. less than 10 minutes
3. 11-20 minutes
4. 21-30 minutes
5. 31-40 minutes
6. 41-50 minutes
7. 51-60 minutes

9. **What do you usually do in your free time? (Multiple choice)**

1. Sleeping
2. Reading
3. Internet
4. Playing games
5. Working
6. Shopping
7. Traveling
8. Friends
9. Chess and cards
10. Sports
11. Others

10. **At which time do you generally take part in sports**

activities?

1. morning 2. afternoon 3. evening 4. no fixed time

11. The number of times you participate in leisure sports every week?

1. 0 times
 2. 1 times
 3. 2 times
 4. 3 times
 5. 4 times
 6. 5 times or more

12. Do you spend money on leisure sports during the school year? (If yes, continue to complete 13-14 questions, if no, directly complete 15 questions)

1. Yes 2. No

13. If yes, the cost of participating in leisure sports activities is:

1. 100 yuan below
 2. 101-500 yuan
 3. 501-1000 yuan
 4. 1000 yuan above

14. What are the main aspects of your consumption in leisure sports activities: (Multiple choices)

1. Buy sportswear, shoes, etc.
 2. Buy dumbbells, rope skipping and other sports equipment
 3. Health card, skill learning class
 4. Buy sports magazines, journals, etc.
 5. Watching sports events
 6. Online resources

15. The key reasons why you are restricted from spending on leisure sports are:

1. No money
 2. The influence of people around
 3. Less time
 4. No need
 5. Other

16. Categories in which you participate in leisure sports (Multiple choices):

1. Ornamental
 2. Participatory
 3. Adventure
 4. Fitness
 5. Entertainment

17. What are your motivations for participating in leisure sports activities?

- 1. Improve my physical fitness
- 2. Improving interpersonal relationship
- 3. Pleasant enjoyment of body and mind
- 4. Learn and consolidate some sports skills
- 5. Strengthening body shape and improving image
- 6. Other

18. Did you participate in sports clubs (excluding physical education classes) in school or communities this semester?

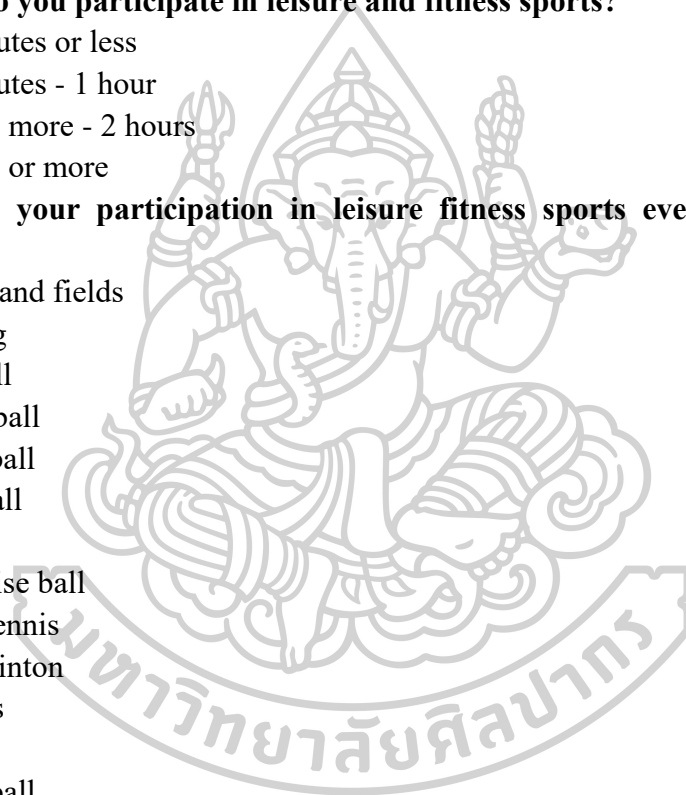
- 1. No 2. Yes

19. when do you participate in leisure and fitness sports?

- 1. 30 minutes or less
- 2. 30 minutes - 1 hour
- 3. 1 hours more - 2 hours
- 4. 2 hours or more

20. What is your participation in leisure fitness sports every time? (Multiple choices)

- 1. Tracks and fields
- 2. Jogging
- 3. Football
- 4. Basketball
- 5. Volleyball
- 6. Handball
- 7. Rugby
- 8. Franchise ball
- 9. Table tennis
- 10. Badminton
- 11. Tennis
- 12. Golf
- 13. Golf ball
- 14. Baseball
- 15. Dry land ice
- 16. Judo
- 17. Martial arts
- 18. Taekwondo
- 19. Karate
- 20. Tai Chi
- 21. Dragon dance lion
- 22. Gymnastics
- 23. Gymnastics
- 24. La exercise
- 25. dance



- 26. Skateboarding
- 27. Sails/windsurfing
- 28. Rowing/dragon boat
- 29. Stone climbing
- 30. Archery
- 31. Skating
- 32. Rolling
- 33. Bicycle
- 34. Billiards
- 35. Bowling
- 36. Pitching
- 37. Playing drums
- 38. Swimming
- 39. Other

21. Where do you usually do sports in the past three months? (Multiple choices)

- 1. Sports facilities provided by the Government
- 2. At home
- 3. Office
- 4. School / College / University Facilities
- 5. Private residential facilities (such as buildings or community sports facilities, space)
- 6. Private clubs (such as private industry clubs, football clubs, tennis clubs, golf clubs, etc.)
- 7. Commercial fitness center
- 8. Park outskirts
- 9. General open space (such as empty stadiums, empty stadium, stadium, park, swimming pool)
- 10. Other (please specify):

22. By which group did the campaign in the last three months take place? (Multiple choices)

- 1. Government sports department
- 2. Other government agencies
- 3. School / academia
- 4. Private clubs (such as private industry club football club, etc.)
- 5. Commercial fitness center
- 6. Private residential facilities (such as buildings or community sports facilities, space)
- 7. General Association of Sports Activities
- 8. Community
- 9. Arrangement by oneself or friends
- 10. Other (please specify)
- 11. Don't know

23. Who do you usually do exercise with in the past three months? (up to two items, 1 is the most common, 2 is the second most common)

- 1. Parents
- 2. Brothers and sisters
- 3. Teacher
- 4. Coach
- 5. Friends
- 6. Relatives
- 7. Classmates
- 8. Family helpers
- 9. Alone yourself
- 10. Pets
- 11. Other (please specify):

24. How many times a week do you engage in physical activity with others (including parents, friends, classmates, etc.)

- 1. No
- 2. 1 days
- 3. 2 days
- 4. 3 days
- 5. 4 days
- 6. 5 days
- 7. 6 days
- 8. 7 days

25. What are the reasons why you can't insist on leisure and sports activities?

- 1. No partners and guidance
- 2. Lazy don't like sports
- 3. Health factors
- 4. Insufficient resources (venues, equipment, equipment, costs)
- 5. Activities are not rich enough
- 6. Sorry
- 7. Economic conditions do not permit
- 8. No time
- 9. Think there is no benefit to participate in leisure sports activities
- 10. Family reasons
- 11. Weather factors

26. What do you think of leisure and physical exercise affects?

- 1. Increase physical strength, strong physique
- 2. Promoting health
- 3. Promote friendship and increase interaction
- 4. Let life be better and work be better
- 5. Enjoy the fun of sports, relieve stress
- 6. Modify the body, improve the image

7. Sleep better, full of spirit

27. What channels or media do you know about the government's sports promotion plan (more than one option)?

- 1. Newspapers or magazines
- 2. Network
- 3. TV
- 4. Posters or leaflets / banners
- 5. Radio
- 6. Friends / classmates
- 7. School
- 8. Families / relatives
- 9. Sports venues provided by the government
- 10. Other

Three: Rating Scale

28. What is your assessment of your health status?

- 1. Very good
- 2. Good
- 3. General
- 4. Not very good
- 5. Very bad

29. Do you think leisure sport is important to health?

- 1. Very important
- 2. Important
- 3. General
- 4. Not important
- 5. Not Important at all

30. Have you had any mental problems in class in the last month?

- 1. No problem at all
- 2. No problem
- 3. Generally
- 4. Some problems
- 5. Great problems

31. In the last month, what do you think of your overall sleep quality?

- 1. Very good
- 2. Good
- 3. General
- 4. Some bad
- 5. Very bad

32. Do you have asthma, heart disease, hypertension, diabetes, injuries to hands and feet (physical disorders) diseases?

- 1. Very healthy
- 2. Healthy
- 3. Average
- 4. Unhealthy
- 5. Very unhealthy

33. Do you like physical education?

- 1. Like it very much
- 2. Like
- 3. General
- 4. Dislike
- 5. Don't like very much

34. Does the school support and encourage you to participate in sports?

- 1. Very supportive
- 2. Support
- 3. General
- 4. Not support
- 5. No support at all

35. Does the teacher support and encourage you to participate in sports?

- 1. Very supportive
- 2. Support
- 3. General
- 4. Not support
- 5. No support at all

36. Do parents support and encourage you to participate in the campaign?

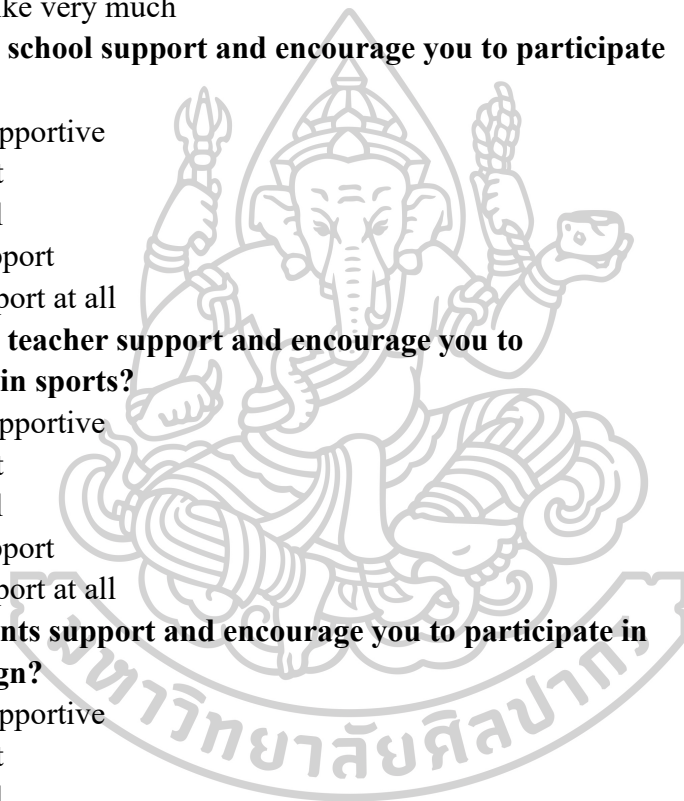
- 1. Very supportive
- 2. Support
- 3. General
- 4. Not support
- 5. No support at all

37. Do classmates and friends support and encourage you to participate in sports?

- 1. Very supportive
- 2. Support
- 3. General
- 4. Not support
- 5. No support at all

38. Does the development of school sports activities have a great impact on your participation in leisure sport?

- 1. Very large



- 2. Large
- 3. General
- 4. Not large
- 5. Very small

39. Does your department regularly carry out leisure sports activities?

- 1. Unclear
- 2. Not to carry out
- 3. Still can carry out
- 4. Occasionally carry out
- 5. Frequently carry out

40. Do you think you have enough physical activity in your daily life? (Including physical education)

- 1. Very enough
- 2. Enough
- 3. Not enough
- 4. Very insufficient
- 5. Don't know

41. Do you think the current (urban) sports facilities are sufficient?

- 1. Very enough
- 2. Enough
- 3. Not enough
- 4. Very not enough
- 5. No opinion

42. Do you often pay attention to exercise-related data or messages now? (e.g., television, newspapers and magazines)

- 1. Pay very close attention
- 2. Attention
- 3. General
- 4. Don't pay attention
- 5. Not at all

43. To the best of your knowledge, to what extent does your government support the outreach campaign?

- 1. Very supportive
- 2. Support
- 3. General
- 4. Not support
- 5. No support at all

44. As you know, does your government now have a promotion plan to promote citizens to do sports?

- 1. Very well understood
- 2. Understanding
- 3. General
- 4. Don't know
- 5. Not at all

Appendix II Putian City College Student Quality of Life Questionnaire

Note: The purpose of this questionnaire is to understand the quality of life of college student. Please respond according to your own standards and intuition. Please note that all questions are your situation in the last two weeks. For example: Can you get the support you need?

A, not B at all, very little C, can (general) D, most can E, completely can
Fill in according to the actual situation, such as you never get support then choose A, in the past two weeks have been supported once or twice choose B, and so on.

Please read each question, according to their own feelings, choose the most suitable answer for you.

1.Does pain prevent you from doing what you like?

- A. Very hindering
- B. Obstructing
- C. Generally
- D. Not hindering
- E. Very not hindering

2.Do you often suffer from injury?

- A. Often
- B. Occasionally
- C. Normal
- D. Less
- E. Never

3.Do you have enough energy to deal with what happens in life?

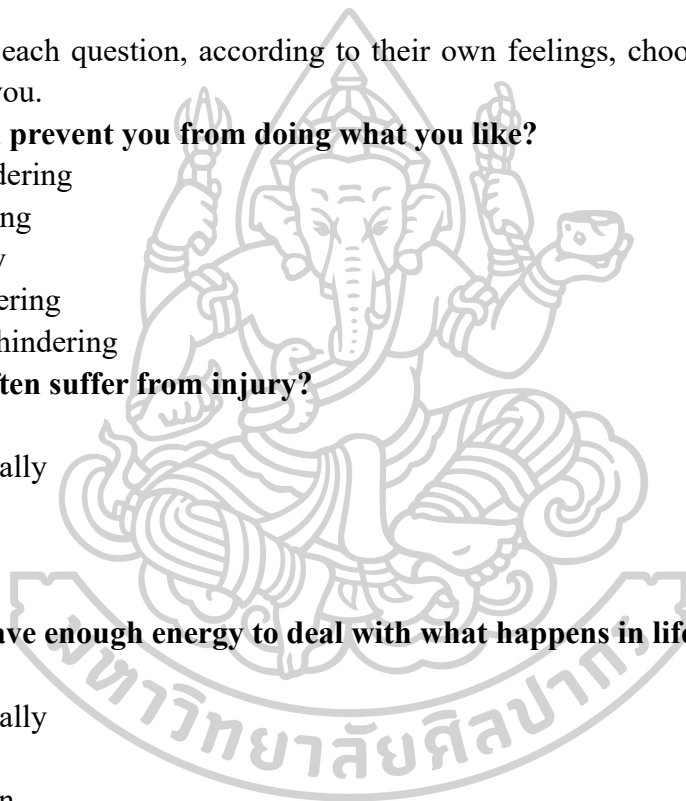
- A. Never
- B. Occasionally
- C. Normal
- D. More than
- E. Very

4.How do you feel about your rest?

- A. Bad
- B. Bad
- C. Normal
- D. Better
- E. Very good

5. Do you have a good appetite?

- A. Very bad
- B. No appetite
- C. Normal
- D. Stomach



E. Good appetite

6.Are you interested in life?

A. I hate

B. Have a little interest

C. Still

D. Interested

E. Specially interested

7.Have you ever felt pessimistic?

A. I'm optimistic

B. I've experienced a little

C. I've experienced

D. I've experienced several

E. I've experienced every day

8.Concentrate Can you, do it?

A. Can't do

B. Sometimes can-do

C. Also

D. Generally, can do

E. Very simple

9.Do you like yourself?

A. Very hate

B. Don't like

C. Generally

D. Like

E. Very like

10.Can you feel peaceful in practice?

A. Can't feel

B. Can't feel

C. Can feel

D. Can feel

E. Very peaceful.

11.What is the handling of interpersonal relationships in society?

A. A mess

B. Bad treatment

C. Good treatment

D. Good treatment

E. Good treatment

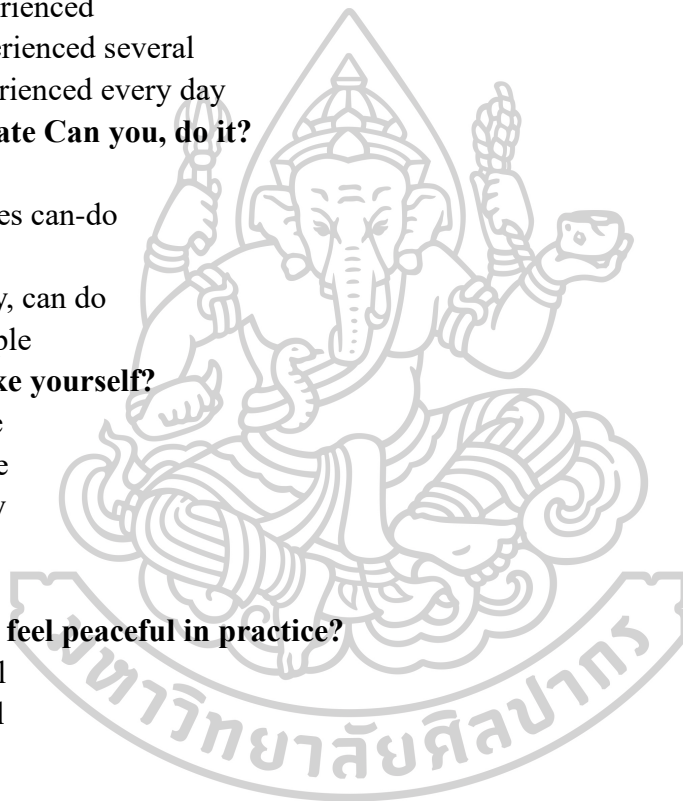
12.How do you feel about the help from your friends?

A. Feeling bad

B. Bad

C. Still good

D. Better



E. Very good

13. Do you agree that learning efficiency can be improved by communicating with others?

A. Completely disagree with

B. Agree with a part of

C. Agree with

D. Basically agree with

E. Very agree with

14. Are you satisfied with your parent's care?

A. Very not satisfied

B. Not satisfied

C. Not satisfied

D. Not satisfied

E. Very satisfied

15. Do parents conflicts interfere with your life?

A. Very large interference

B. Interfered

C. Also

D. Basically no interference

E. No interference

16. Are you satisfied with the conditions of eating in the school canteen?

A. Very disappointed

B. Sometimes contented

C. Still do

D. Contented

E. Very contented

17. What is your living expenses level?

A. Very poor

B. Low level

C. Generally

D. High level

E. High level

18. Can you know what you want to know in time and quickly?

A. Not at all

B. Rarely

C. Normal

D. Basically able to do

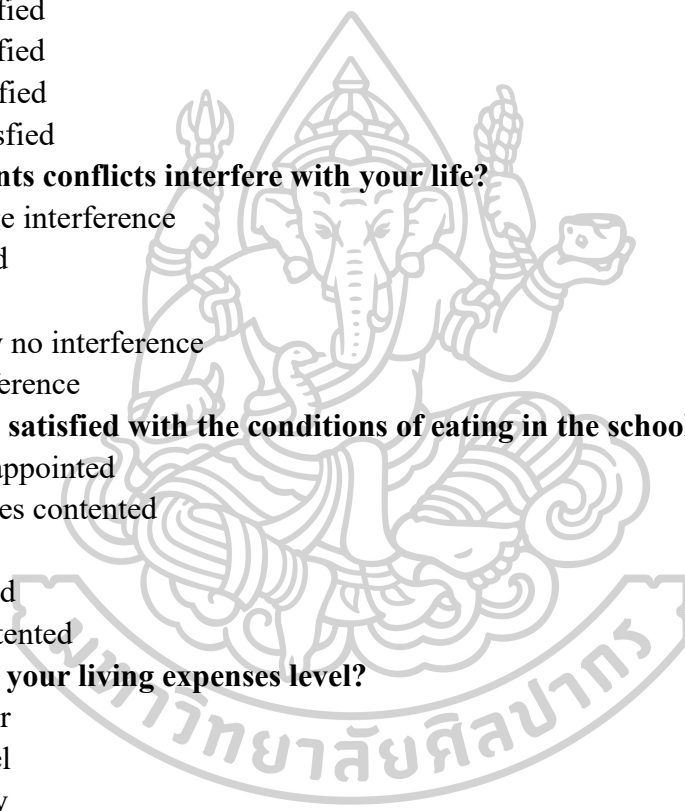
E. Very easy to understand.

19. Can school facilities provide daily learning and living use?

A. Serious shortage of facilities

B. Sometimes can provide the use of

C. Normal



- D. Most can
- E. No problem

20. Can the school environment meet the needs of daily classes?

- A. A lot less
- B. Most cannot
- C. Almost
- D. Most can
- E. Completely can

21. If you can (physical health, mental health, independence and the surrounding environment, etc.) on their own quality of life score how many points you give? (with 100 points for the full score)



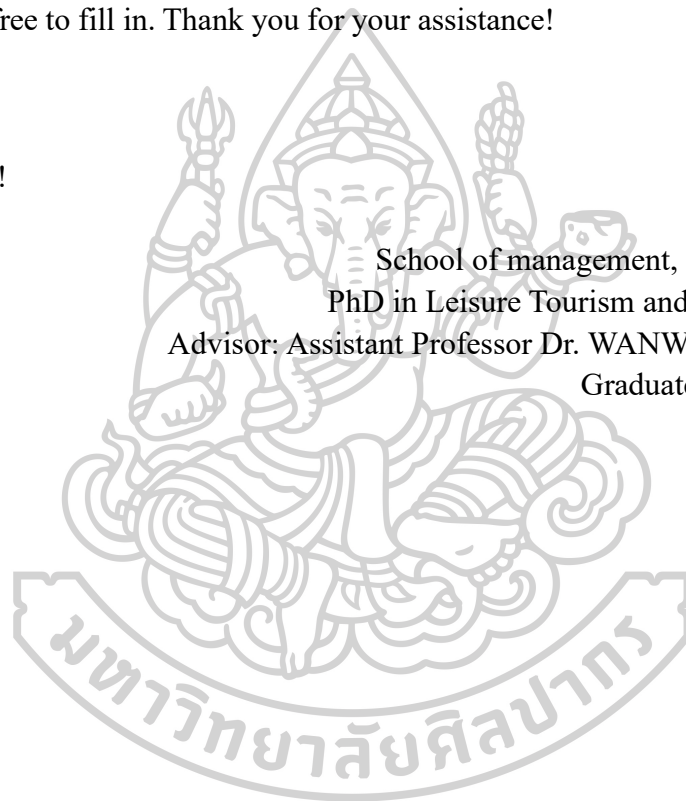
Formal Questionnaire

Hello, Putian University Student:

This is an academic questionnaire, the purpose is to understand your participation in leisure sports activities in the quality of life, your detailed answer will help to understand the leisure sports activities to people s physical and psychological benefits, and then the promotion of leisure sports activities more popular to the public. This questionnaire is divided into three parts, your opinions are absolutely confidential, please feel free to fill in. Thank you for your assistance!

Best wishes!

School of management, Silpakron University
PhD in Leisure Tourism and Sports Management
Advisor: Assistant Professor Dr. WANWISA BUNGMARK
Graduate student: Lizhi Liu



Appendix I Putian City College Student Leisure Sports Development Questionnaire (Formal Questionnaire)

One: Basic Data

1. **Gender:** 1. Male 2. Female
 2. **Your grade:** 1.2023 2.2022 3.2021 4.2020
 3. **Your nationality:** 1. Han nationality 2. Minority
 4. **Your place of origin:** 1. City 2. Rural
 5. **Your professional type:** 1. Literature 2. Science
 6. **Are you an only child:** 1. Yes 2. No

Two: Frequency

7. **In the last month, how many times a week you spend in class, doing homework, watching TV, playing games or eating. Is there a mentally bad situation?**

1. Never
 2. One time a week
 3. Two to three times a week
 4. More than four times a week

8. **How long is the average time you actually move in a class during physical education class this semester?**

1. I do not participate in physical education
 2. Less than 10 minutes
 3. 11-20 minutes
 4. 21-30 minutes
 5. 31-40 minutes
 6. 41-50 minutes
 7. 51-60 minutes

9. **What do you usually do in your free time? (Multiple choice)**

1. Sleeping
 2. Reading
 3. Internet
 4. Playing games
 5. Working
 6. Shopping
 7. Traveling
 8. Friends
 9. Chess and cards
 10. Sports
 11. Others

10. **At which time do you generally take part in sports**

activities?

- 1. Morning
- 2. Afternoon
- 3. Evening
- 4. No fixed time

11. The number of times you participate in leisure sports every week?

- 1.0 times
- 2.1 times
- 3.2 times
- 4.3 times
- 5.4 times
- 6.5 times or more

12. Do you spend money on leisure sports during the school year? (If yes, continue to complete 13.14 questions, if no, directly complete 15 questions)

- 1. Yes 2. No

13. If yes, the cost of participating in leisure sports activities is:

- 1. 100 yuan below
- 2. 101-500 yuan
- 3. 501-1000 yuan
- 4. 1000 yuan above

14. What are the main aspects of your consumption in leisure sports activities: (Multiple choices)

- 1. Buy sportswear, shoes, etc.
- 2. Buy dumbbells, rope skipping and other sports equipment
- 3. Health card, skill learning class
- 4. Buy sports magazines, journals, etc.
- 5. Watching sports events
- 6. Online resources

15. The key reasons why you are restricted from spending on leisure sports are:

- 1. No money
- 2. The influence of people around
- 3. Less time
- 4. No need
- 5. Other

16. Categories in which you participate in leisure sports (Multiple choices):

- 1. Ornamental
- 2. Participatory

- 3. Adventure
- 4. Fitness
- 5. Entertainment

17. What are your motivations for participating in leisure sports activities?

- 1. Improve my physical fitness
- 2. Improving interpersonal relationship
- 3. Pleasant enjoyment of body and mind
- 4. Learn and consolidate some sports skills
- 5. Strengthening body shape and improving image
- 6. Other

18. Did you participate in sports clubs (excluding physical education classes) in school or communities this semester?

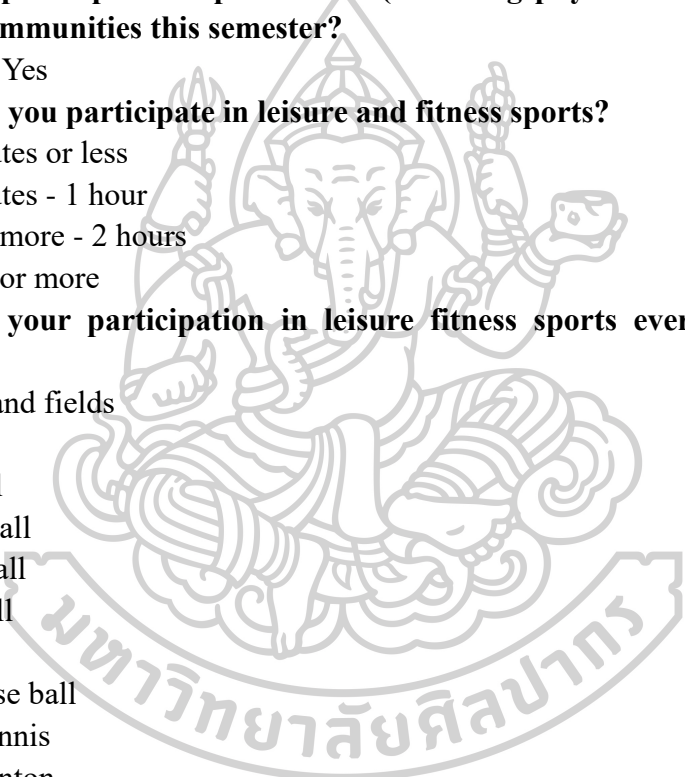
- 1. No 2. Yes

19. when do you participate in leisure and fitness sports?

- 1. 30 minutes or less
- 2. 30 minutes - 1 hour
- 3. 1 hours more - 2 hours
- 4. 2 hours or more

20. What is your participation in leisure fitness sports every time? (Multiple choices)

- 1. Tracks and fields
- 2. Jogging
- 3. Football
- 4. Basketball
- 5. Volleyball
- 6. Handball
- 7. Rugby
- 8. Franchise ball
- 9. Table tennis
- 10. Badminton
- 11. Tennis
- 12. Golf
- 13. Golf ball
- 14. Baseball
- 15. Dry land ice
- 16. Judo
- 17. Martial arts
- 18. Taekwondo
- 19. Karate
- 20. Tai Chi
- 21. Dragon dance lion
- 22. Gymnastics



- 23. Gymnastics
- 24. La exercise
- 25. Dance
- 26. Skateboarding
- 27. Sails/windsurfing
- 28. Rowing/dragon boat
- 29. Stone climbing
- 30. Archery
- 31. Skating
- 32. Rolling
- 33. Bicycle
- 34. Billiards
- 35. Bowling
- 36. Pitching
- 37. Playing drums
- 38. Swimming
- 39. other

21. Where do you usually do sports in the past three months? (Multiple choices)

- 1. Sports facilities provided by the Government
- 2. At home
- 3. Office
- 4. School / College / University Facilities
- 5. Private residential facilities (such as buildings or community sports facilities, space)
- 6. Private clubs (such as private industry clubs, football clubs, tennis clubs, golf clubs, etc.)
- 7. Commercial fitness center
- 8. Park outskirts
- 9. General open space (such as empty stadiums, empty stadium, stadium, park, swimming pool)
- 10. Other (please specify):

22. By which group did the campaign in the last three months take place? (Multiple choices)

- 1. Government sports department
- 2. Other government agencies
- 3. School / academia
- 4. Private clubs (such as private industry club football club, etc.)
- 5. Commercial fitness center
- 6. Private residential facilities (such as buildings or community sports facilities, space)
- 7. General Association of Sports Activities
- 8. Community

- 9. Arrangement by oneself or friends
- 10. Other (please specify):
- 11. Don't know

23. Who do you usually do exercise with in the past three months? (up to two items, 1 is the most common, 2 is the second most common)

- 1. Parents
- 2. Brothers and sisters
- 3. Teacher
- 4. Coach
- 5. Friends
- 6. Relatives
- 7. Classmates
- 8. Family helpers
- 9. Alone yourself
- 10. Pets
- 11. Other (please specify):

24. How many times a week do you engage in physical activity with others (including parents, friends, classmates, etc.)

- 1. No
- 2. 1 days
- 3. 2 days
- 4. 3 days
- 5. 4 days
- 6. 5 days
- 7. 6 days
- 8. 7 days

25. What are the reasons why you can't insist on leisure and sports activities?

- 1. No partners and guidance
- 2. Lazy don't like sports
- 3. Health factors
- 4. Insufficient resources (venues, equipment, equipment, costs)
- 5. Activities are not rich enough
- 6. Sorry
- 7. Economic conditions do not permit
- 8. No time
- 9. Think there is no benefit to participate in leisure sports activities
- 10. Family reasons
- 11. Weather factors

26. What do you think of leisure and physical exercise affects?

- 1. Increase physical strength, strong physique
- 2. Promoting health
- 3. Promote friendship and increase interaction

- 4. Let life be better and work be better
- 5. Enjoy the fun of sports, relieve stress
- 6. Modify the body, improve the image
- 7. Sleep better, full of spirit

27. What channels or media do you know about the government's sports promotion plan (more than one option)?

- 1. Newspapers or magazines
- 2. Network
- 3. TV
- 4. Posters or leaflets / banners
- 5. Radio
- 6. Friends / classmates
- 7. School
- 8. Families / relatives
- 9. Sports venues provided by the government
- 10. Other

Three: Rating Scale

28. What is your assessment of your health status?

- 1. Very good
- 2. Good
- 3. General
- 4. Not very good
- 5. Very bad

29. Do you think leisure sport is important to health?

- 1. Very important
- 2. Important
- 3. General
- 4. Not important
- 5. Not Important at all

30. Have you had any mental problems in class in the last month?

- 1. No problem at all
- 2. No problem
- 3. Generally
- 4. Some problems
- 5. Great problems

31. In the last month, what do you think of your overall sleep quality?

- 1. Very good
- 2. Good
- 3. General
- 4. Some bad

5. Very bad

32. Do you have asthma, heart disease, hypertension, diabetes, injuries to hands and feet (physical disorders) diseases?

1. Very healthy

2. Healthy

3. Average

4. Unhealthy

5. Very unhealthy

33. Do you like physical education?

1. Like it very much

2. Like

3. General

4. Dislike

5. Dont like very much

34. Does the school support and encourage you to participate in sports?

1. Very supportive

2. Support

3. General

4. Not support

5. No support at all

35. Does the teacher support and encourage you to participate in sports?

1. Very supportive

2. Support

3. General

4. Not support

5. No support at all

36. Do parents support and encourage you to participate in the campaign?

1. Very supportive

2. Support

3. General

4. Not support

5. No support at all

37. Do classmates and friends support and encourage you to participate in sports?

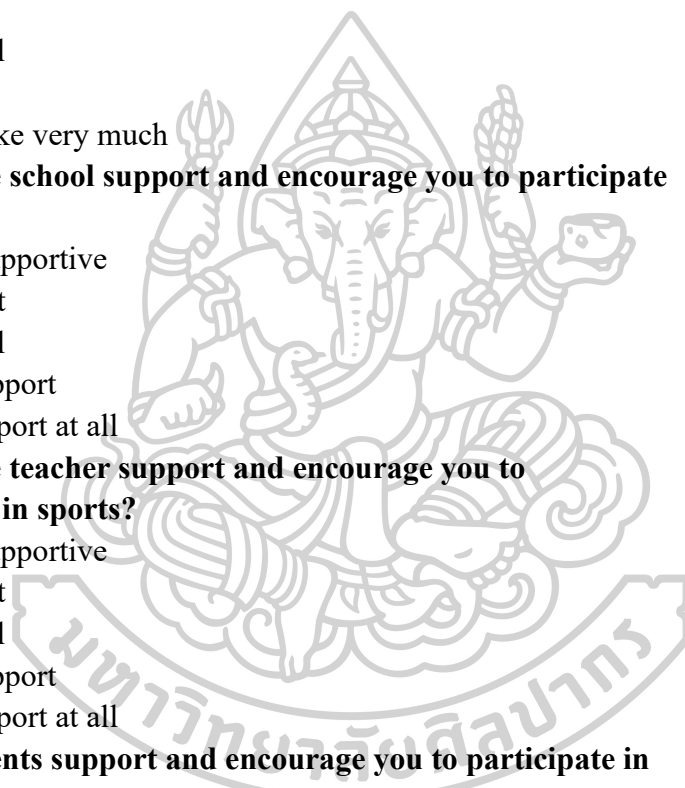
1. Very supportive

2. Support

3. General

4. Not support

5. No support at all



38. Does the development of school sports activities have a great impact on your participation in leisure sport?

- 1. very large
- 2. large
- 3. general
- 4. not large
- 5. very small

39. Does your department regularly carry out leisure sports activities?

- 1. Unclear
- 2. Not to carry out
- 3. Still can carry out
- 4. Occasionally carry out
- 5. Frequently carry out

40. Do you think you have enough physical activity in your daily life?

- 1. Very enough
- 2. Enough
- 3. Not enough
- 4. Very insufficient
- 5. Don't know

41. Do you think the current (urban) sports facilities are sufficient?

- 1. Very enough
- 2. Enough
- 3. Not enough
- 4. very not enough
- 5. no opinion

42. Do you often pay attention to exercise-related data or messages now? (e.g., television, newspapers and magazines)

- 1. Pay very close attention
- 2. Attention
- 3. General
- 4. Don't pay attention
- 5. Not at all

43. To the best of your knowledge, to what extent does your government support the outreach campaign?

- 1. Very supportive
- 2. support
- 3. General
- 4. not support
- 5. No support at all

44. As you know, does your government now have a promotion plan to promote citizens to do sports?

1. Very well understood 2. Understanding 3. General 4. Don't know 5. Not at all



**Attachment I-1 Putian University Student Leisure Sports Development Survey
Form IOC Expert Evaluation Form**

Dear expert, hello!

The purpose of this questionnaire is to evaluate the validity of this questionnaire. Note that you do not need to answer the following questions, but please determine the effectiveness of each question. in,

+1: It means that the measurement problem meets its goals;

0: It means whether the problem is uncertain whether the measurement problem meets its goals;

-1: It means that the measurement problem has not achieved its goal.

Subject	Fraction		
Questions1-6 to understand: Basic Data	+1	0	-1
1. Gender			
2. Your grade			
3. Your nationality			
4. Your place of origin			
5. Your professional type			
6. Are you an only child			
Questions 7-27 to understand: Frequency	+1	0	-1
7. In the last month, how many times a week you spend in class, doing homework, watching TV, playing games or eating. Is there a mentally bad situation?			
8. How long is the average time you actually move in a class during physical education class this semester?			
9. What do you usually do in your free time? (Multiple choice)			
10. At which time do you generally take part in sports activities?			
11. The number of times you participate in leisure sports every week?			
12. Do you spend money on leisure sports during the school year?			
13. If yes, the cost of participating in leisure sports activities is:			
14. What are the main aspects of your consumption in leisure sports activities: (Multiple choices)			
15. The key reasons why you are restricted from spending on leisure sports are:			
16. Categories in which you participate in leisure sports:			
17. What are your motivations for participating in leisure sports activities?			
18. Did you participate in sports clubs (excluding physical education classes)			

Subject	Fraction		
in school or communities this semester?			
19. when do you participate in leisure and fitness sports?			
20. What is your participation in leisure fitness sports every time? (Multiple choices)			
21. Where do you usually do sports in the past three months? (Multiple choices)			
22. By which group did the campaign in the last three months take place? (Multiple choices)			
23. Who do you usually do exercise with in the past three months?			
24. How many times a week do you engage in physical activity with others (including parents, friends, classmates, etc.)			
25. What are the reasons why you can't insist on leisure and sports activities?			
26. What do you think of leisure and physical exercise affects?			
27. What channels or media do you know about the government's sports promotion plan (more than one option)?			
Questions 28-44 to understand: Rating Scale	+1	0	-1
28. What is your assessment of your health status?			
29. Do you think leisure sport is important to health?			
30. Have you had any mental problems in class in the last month?			
31. In the last month, what do you think of your overall sleep quality?			
32. Do you have asthma, heart disease, hypertension, diabetes, injuries to hands and feet (physical disorders) diseases?			
33. Do you like physical education?			
34. Does the school support and encourage you to participate in sports?			
35. Does your teacher support and encourage you to participate in sports?			
36. Does your parents support and encourage you to participate in sports?			
37. Does your department often carry out leisure sports activities?			
38. What is the main content of your participation in physical education?			
39. Does your department regularly carry out leisure sports activities?			
40. Do you think you have enough leisure sports activities in your daily life?			
41. Do you think the current sports facilities are sufficient?			
42. Do you often pay attention to exercise-related data or messages now?			
43. To the best of your knowledge, to what extent does your government support the outreach campaign?			
44. As you know, does your government now have a promotion plan to			

Subject	Fraction		
promote citizens to do sports?			

Attachment I-2 Putian University Student Leisure Sports Development

Survey Form IOC Experts Collect Evaluation Form

Dear expert, hello!

The purpose of this questionnaire is to evaluate the validity of this questionnaire. Note that you do not need to answer the following questions, but please determine the effectiveness of each question. in,

+1: It means that the measurement problem meets its goals;

0: It means whether the problem is uncertain whether the measurement problem meets its goals;

-1: It means that the measurement problem has not achieved its goal.

Subject	Fraction		
Questions1-6 to understand: Basic Data	+1	0	-1
1. Gender	+1		
2. Your grade	+1		
3. Your nationality	+1		
4. Your place of origin	+1		
5. Your professional type (Remove sports major)		0	
6. Are you an only child	+1		
Questions 7-27 to understand: Frequency	+1	0	-1
7. In the last month, how many times a week you spend in class, doing homework, watching TV, playing games or eating. Is there a mentally bad situation?	+1		
8. How long is the average time you actually move in a class during physical education class this semester?	+1		
9. What do you usually do in your free time? (Multiple choice)	+1		
10. At which time do you generally take part in sports activities?		0	
11. The number of times you participate in leisure sports every week?	+1		
12. Do you spend money on leisure sports during the school year?	+1		
13. If yes, the cost of participating in leisure sports activities is:	+1		
14. What are the main aspects of your consumption in leisure sports activities: (Multiple choices)	+1		

Subject	Fraction		
15. The key reasons why you are restricted from spending on leisure sports are:	+1		
16. Categories in which you participate in leisure sports (Multiple choices):	+1		
17. What are your motivations for participating in leisure sports activities?	+1		
18. Did you participate in sports clubs (excluding physical education classes) in school or communities this semester?	+1		
19. when do you participate in leisure and fitness sports?	+1		
20. What is your participation in leisure fitness sports every time? (Multiple choices)	+1		
21. Where do you usually do sports in the past three months? (Multiple choices)	+1		
22. By which group did the campaign in the last three months take place? (Multiple choices)	+1		
23. Who do you usually do exercise with in the past three months? (up to two items, 1 is the most common, 2 is the second most common)	+1		
24. How many times a week do you engage in physical activity with others (including parents, friends, classmates, etc.)	+1		
25. What are the reasons why you can't insist on leisure and sports activities?	+1		
26. What do you think of leisure and physical exercise affects?	+1		
27. What channels or media do you know about the government's sports promotion plan (more than one option)?	+1		
Questions 28-44 to understand: Rating Scale	+1	0	-1
28. What is your assessment of your health status?	+1		
29. Do you think leisure sport is important to health?	+1		
30. Have you had any mental problems in class in the last month?	+1		
31. In the last month, what do you think of your overall sleep quality?	+1		
32. Do you have asthma, heart disease, hypertension, diabetes, injuries to hands and feet (physical disorders) diseases? (It is recommended to delete some)		0	
33. Do you like physical education?	+1		
34. Does the school support and encourage you to participate in sports?	+1		
35. Does your teacher support and encourage you to participate in sports?	+1		
36. Does your parents support and encourage you to participate in sports?	+1		

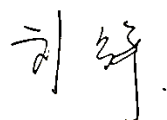
Subject	Fraction		
37. Does your department often carry out leisure sports activities?	+1		
38. What is the main content of your participation in physical education?	+1		
39. Does your department regularly carry out leisure sports activities?	+1		
40. Do you think you have enough leisure sports activities in your daily life? (Including physical education)	+1		
41. Do you think the current (urban) sports facilities are sufficient?	+1		
42. Do you often pay attention to exercise-related data or messages now?	+1		
43. To the best of your knowledge, to what extent does your government support the outreach campaign?	+1		
44. As you know, does your government now have a promotion plan to promote citizens to do sports?	+1		

Suggestions:

5. Your professional type (Remove sports major)

32. Do you have asthma, heart disease, hypertension, diabetes, injuries to hands and feet (physical disorders) diseases? (It is recommended to delete some)

Signature:




**Attachment I-3 Putian University Student Leisure Sports Development Survey
Form IOC Experts Collect Evaluation Form**

Dear expert, hello!

The purpose of this questionnaire is to evaluate the validity of this questionnaire. Note that you do not need to answer the following questions, but please determine the effectiveness of each question. in,

+1: It means that the measurement problem meets its goals;

0: It means whether the problem is uncertain whether the measurement problem meets its goals;

-1: It means that the measurement problem has not achieved its goal.

Subject	Fraction		
Questions1-6 to understand: Basic Data	+1	0	-1
1.Gender	+1		
2.Your grade	+1		
3.Your nationality	+1		
4.Your place of origin	+1		
5.Your professional type	+1		
6. Are you an only child	+1		
Questions 7-27 to understand: Frequency	+1	0	-1
7.In the last month, how many times a week you spend in class, doing homework, watching TV, playing games or eating. Is there a mentally bad situation?	+1		
8.How long is the average time you actually move in a class during physical education class this semester?	+1		
9. What do you usually do in your free time? (Multiple choice)	+1		
10. At which time do you generally take part in sports activities?	+1		
11. The number of times you participate in leisure sports every week?	+1		
12. Do you spend money on leisure sports during the school year?	+1		
13.If yes, the cost of participating in leisure sports activities is:		0	
14. What are the main aspects of your consumption in leisure sports activities: (Multiple choices)		0	
15. The key reasons why you are restricted from spending on leisure sports are:	+1		
16. Categories in which you participate in leisure sports (Multiple choices):	+1		
17. What are your motivations for participating in leisure sports	+1		

Subject	Fraction		
activities?			
18. Did you participate in sports clubs (excluding physical education classes) in school or communities this semester?	+1		
19. when do you participate in leisure and fitness sports?	+1		
20. What is your participation in leisure fitness sports every time? (Multiple choices)	+1		
21. Where do you usually do sports in the past three months? (Multiple choices)	+1		
22. By which group did the campaign in the last three months take place? (Multiple choices)	+1		
23. Who do you usually do exercise with in the past three months? (up to two items, 1 is the most common, 2 is the second most common)	+1		
24. How many times a week do you engage in physical activity with others (including parents, friends, classmates, etc.)	+1		
25. What are the reasons why you can't insist on leisure and sports activities?	+1		
26. What do you think of leisure and physical exercise affects?	+1		
27. What channels or media do you know about the government's sports promotion plan (more than one option)?	+1		
Questions 28-44 to understand: Rating Scale	+1	0	-1
28. What is your assessment of your health status?	+1		
29. Do you think leisure sport is important to health?	+1		
30. Have you had any mental problems in class in the last month?	+1		
31. In the last month, what do you think of your overall sleep quality?	+1		
32. Do you have asthma, heart disease, hypertension, diabetes, injuries to hands and feet (physical disorders) diseases?	+1		
33. Do you like physical education?	+1		
34. Does the school support and encourage you to participate in sports?	+1		
35. Does your teacher support and encourage you to participate in sports?	+1		
36. Does your parents support and encourage you to participate in sports?	+1		
37. Does your department often carry out leisure sports activities?	+1		
38. What is the main content of your participation in physical education?	+1		
39. Does your department regularly carry out leisure sports activities?	+1		
40. Do you think you have enough leisure sports activities in your daily life? (Including physical education)	+1		
41. Do you think the current (urban) sports facilities are sufficient?	+1		

Subject	Fraction		
42. Do you often pay attention to exercise-related data or messages now?	+1		
43. To the best of your knowledge, to what extent does your government support the outreach campaign?		0	
44. As you know, does your government now have a promotion plan to promote citizens to do sports?	+1		

Suggestions:

13. If yes, how much do you spend on leisure sports activities?

Nowadays, college student has more living expenses, so sports expenses should be set aside a little more

Signature:



Attachment I-4 Putian University Student Leisure Sports Development Survey Form IOC Experts Collect Evaluation Form

Dear expert, hello!

The purpose of this questionnaire is to evaluate the validity of this questionnaire. Note that you do not need to answer the following questions, but please determine the effectiveness of each question. in,

+1: It means that the measurement problem meets its goals;

0: It means whether the problem is uncertain whether the measurement problem meets its goals;

-1: It means that the measurement problem has not achieved its goal.

Subject	Fraction		
	+1	0	-1
Questions 1-6 to understand: Basic Data	+1	0	-1
1. Gender	+1		
2. Your grade	+1		
3. Your nationality	+1		
4. Your place of origin	+1		
5. Your professional type	+1		
6. Are you an only child	+1		
Questions 7-27 to understand: Frequency	+1	0	-1
7. In the last month, how many times a week you spend in class, doing homework, watching TV, playing games or eating. Is there a mentally bad situation?		0	
8. How long is the average time you actually move in a class during physical education class this semester?	+1		
9. What do you usually do in your free time? (Multiple choice)	+1		
10. At which time do you generally take part in sports activities?	+1		
11. The number of times you participate in leisure sports every week?	+1		
12. Do you spend money on leisure sports during the school year?	+1		
13. If yes, the cost of participating in leisure sports activities is:	+1		
14. What are the main aspects of your consumption in leisure sports activities: (Multiple choices)	+1		
15. The key reasons why you are restricted from spending on leisure sports are:	+1		
16. Categories in which you participate in leisure sports (Multiple choices):	+1		

Subject	Fraction		
17. What are your motivations for participating in leisure sports activities?	+1		
18. Did you participate in sports clubs (excluding physical education classes) in school or communities this semester?	+1		
19. when do you participate in leisure and fitness sports?	+1		
20. What is your participation in leisure fitness sports every time? (Multiple choices)	+1		
21. Where do you usually do sports in the past three months? (Multiple choices)	+1		
22. By which group did the campaign in the last three months take place? (Repeat location, excluding college/university)		0	
23. Who do you usually do exercise with in the past three months? (up to two items, 1 is the most common, 2 is the second most common)	+1		
24. How many times a week do you engage in physical activity with others (including parents, friends, classmates, etc.)	+1		
25. What are the reasons why you can't insist on leisure and sports activities?	+1		
26. What do you think of leisure and physical exercise affects?	+1		
27. What channels or media do you know about the government's sports promotion plan (more than one option)?	+1		
Questions 28-44 to understand: Rating Scale	+1	0	-1
28. What is your assessment of your health status?	+1		
29. Do you think leisure sport is important to health?	+1		
30. Have you had any mental problems in class in the last month?	+1		
31. In the last month, what do you think of your overall sleep quality?	+1		
32. Do you have asthma, heart disease, hypertension, diabetes, injuries to hands and feet (physical disorders) diseases?	+1		
33. Do you like physical education?	+1		
34. Does the school support and encourage you to participate in sports?	+1		
35. Does your teacher support and encourage you to participate in sports?	+1		
36. Does your parents support and encourage you to participate in sports?	+1		
37. Does your department often carry out leisure sports activities?	+1		
38. What is the main content of your participation in physical education?	+1		
39. Does your department regularly carry out leisure sports activities?	+1		
40. Do you think you have enough leisure sports activities in your daily life? (Including physical education)	+1		

Subject	Fraction		
41. Do you think the current (urban) sports facilities are sufficient?	+1		
42. Do you often pay attention to exercise-related data or messages now?	+1		
43. To the best of your knowledge, to what extent does your government support the outreach campaign?	+1		
44. As you know, does your government now have a promotion plan to promote citizens to do sports?	+1		

Suggestions:

By which group did the campaign in the last three months take place? (Repeat location, excluding college/university)

Signature:

林朝晖



Appendix I-5 Putian City College Student Leisure Sports Development Questionnaire IOC Scoring Table Results

Topic	L	L	W	IOC
1	+1	+1	+1	1
2	+1	+1	+1	1
3	+1	+1	+1	1
4	+1	+1	+1	1
5	+1	0	+1	0.67
6	+1	+1	+1	1
7	0	+1	+1	0.67
8	+1	+1	+1	1
9	+1	+1	+1	1
10	+1	+1	+1	1
11	+1	+1	+1	1
12	+1	+1	+1	1
13	+1	+1	+1	1
14	+1	+1	+1	1
15	+1	+1	+1	1
16	+1	+1	+1	1
17	+1	+1	+1	1
18	+1	+1	+1	1
19	+1	+1	+1	1
20	+1	+1	+1	1
21	+1	+1	+1	1
22	+1	+1	0	0.67
23	+1	+1	+1	1
24	+1	+1	+1	1
25	+1	+1	+1	1
26	+1	+1	+1	1
27	+1	+1	+1	1
28	+1	+1	+1	1
29	+1	+1	+1	1
30	+1	+1	+1	1
31	+1	+1	+1	1
32	+1	+1	+1	1
33	+1	+1	+1	1
34	+1	+1	+1	1
35	+1	+1	+1	1
36	+1	+1	+1	1
37	+1	+1	+1	1

Topic	L	L	W	IOC
38	+1	+1	+1	1
39	+1	+1	+1	1
40	+1	+1	+1	1
41	+1	+1	+1	1
42	+1	+1	+1	1
43	+1	+1	+1	1
44	+1	+1	+1	1



Appendix II Putian City College Student Quality of Life Questionnaire

Note: The purpose of this questionnaire is to understand the quality of life of college student. Please respond according to your own standards and intuition. Please note that all questions are your situation in the last two weeks. For example: Can you get the support you need?

A, not B at all, very little C, can (general) D, most can E, completely can
Fill in according to the actual situation, such as you never get support then choose A, in the past two weeks have been supported once or twice choose B, and so on.

Please read each question, according to their own feelings, choose the most suitable answer for you.

1.Does pain prevent you from doing what you like?

- A. Very hindering
- B. Obstructing
- C. Generally
- D. Not hindering
- E. Very not hindering

2.Do you often suffer from injury?

- A. Often B. Occasionally C. Normal D. Less E. Never

3.Do you have enough energy to deal with what happens in life?

- A. Never B. Occasionally C. Normal D. More than E. Very

4.How do you feel about your rest?

- A. Bad B. Bad C. Normal D. Better E. Very good

5. Do you have a good appetite?

- A. Very bad B. No appetite C. Normal D. Stomach E. Good appetite

6.Are you interested in life?

- A. I hate
- B. Have a little interest
- C. Still
- D. Interested
- E. Specially interested

7.Have you ever felt pessimistic?

- A. I'm optimistic
- B. I've experienced a little
- C. I've experienced
- D. I've experienced several
- E. I've experienced every day

8.Concentrate Can you, do it?

- A. Can t do
- B. Sometimes can-do
- C. Also

D. Generally, can do

E. Very simple

9. Do you like yourself?

A. Very hate B. Don't like C. D. Like E. Very like

10. Can you feel peaceful in practice?

A. Can't feel

B. Can't feel

C. Can feel

D. Can feel

E. Very peaceful.

11. What is the handling of interpersonal relationships in society?

A. A mess

B. Bad treatment

C. Good treatment

D. Good treatment

E. Good treatment

12. How do you feel about the help from your friends?

A. Feeling bad B. Bad C. Still good D. Better E. Very good

13. Do you agree that learning efficiency can be improved by communicating with others?

A. Completely disagree with

B. Agree with a part of

C. Agree with

D. Basically agree with

E. Very agree with

14. Are you satisfied with your parent's care?

A. Very not satisfied

B. Not satisfied

C. Not satisfied

D. Not satisfied

E. Very satisfied

15. Do parents conflicts interfere with your life?

A. Very large interference

B. Interfered

C. Also

D. Basically no interference

E. No interference

16. Are you satisfied with the conditions of eating in the school canteen?

A. Very disappointed

B. Sometimes contented

C. Still do

D. Contented

E. Very contented

17. What is your living expenses level?

A. Very poor

B. Low level

C. Generally

D. High level

E. High level

18. Can you know what you want to know in time and quickly?

A. Not at all B. Rarely

C. Normal

D. Basically able to do

E. Very easy to understand.

19. Can school facilities provide daily learning and living use?

A. Serious shortage of facilities

B. Sometimes can provide the use of

C. Normal

D. Most can

E. No problem

20. Can the school environment meet the needs of daily classes?

A. A lot less

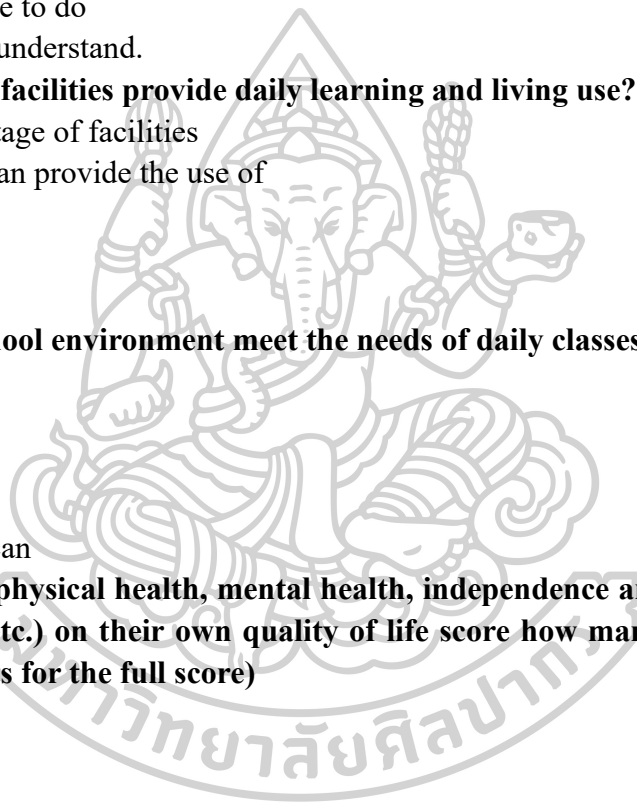
B. Most cannot

C. Almost

D. Most can

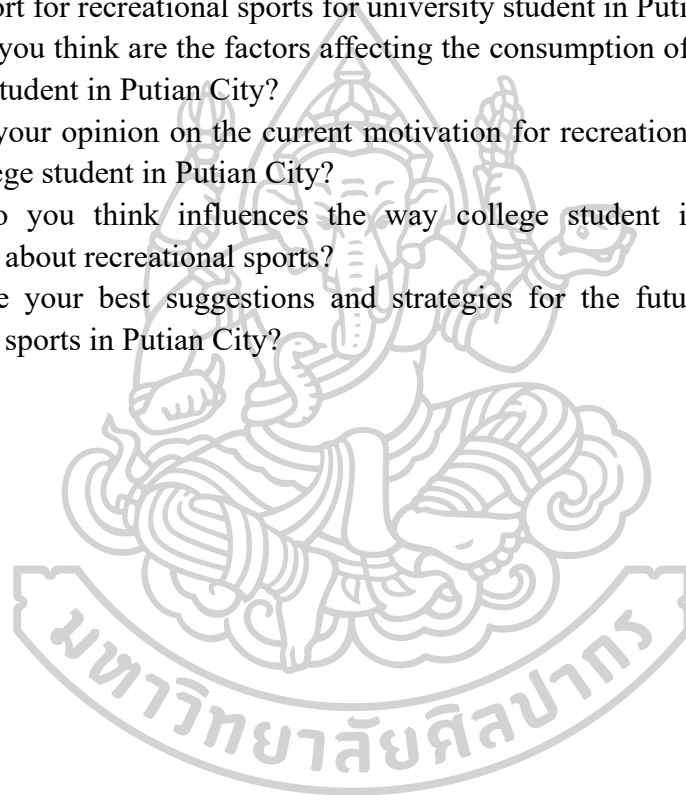
E. Completely can

21. If you can (physical health, mental health, independence and the surrounding environment, etc.) on their own quality of life score how many points you give? (with 100 points for the full score)



Appendix III Outline of Interview with Putian City Leisure Sports Development Experts

1. What do you think about the current perception of the development of recreational sports for college student in Putian City?
2. What do you think about the current situation of college student participation in recreational sports in Putian City?
3. What do you think are the strengths and weaknesses of the current development of social support for recreational sports for university student in Putian?
4. What do you think are the factors affecting the consumption of recreational sports by college student in Putian City?
5. What is your opinion on the current motivation for recreational physical activity among college student in Putian City?
6. What do you think influences the way college student in Putian City get information about recreational sports?
7. What are your best suggestions and strategies for the future development of recreational sports in Putian City?



Appendix III-1 Results of interview outlines with experts on the development of leisure sports in Putian City

1 What are your views on the current development of leisure sports for college student in Putian City?

Expert 1: I think there are some problems in the cognition of leisure sports development of college student in Putian City. College student awareness of leisure sports is not high enough, and many people lack understanding of the concept and significance of leisure sports, resulting in low participation.

Expert 2: There are also some problems in the way college student participates in leisure sports. Many people only know physical exercise or pay attention to the improvement of sports skills, but ignore the entertainment, sociability and creativity of leisure sports.

Expert 3: There are also some problems in college student consumption concept of leisure sports. Many people think that leisure sports consumption is a waste, and they are not willing to invest more funds and time.

Expert 4: In view of these problems, I think we should strengthen the publicity and education of college student leisure sports, and improve their awareness and participation. At the same time, we should pay attention to the entertainment and sociability of leisure sports, so that college student can feel happy and relaxed in the process of participating in leisure sports. In addition, we should also strengthen the guidance of college student leisure sports consumption, let them realize the importance and necessity of leisure sports consumption, so as to improve their consumption willingness and consumption level.

Expert 5: Poor cognition, most people do not know very well.

2 What are your views on the current status of leisure sports participation of college student in Putian City?

Expert 1: The current situation of college student participation in leisure sports in Putian City shows a positive trend. Most student can realize the positive role of leisure sports in physical and mental health, social ability and so on, and are willing to participate in it.

Expert 2: Social sports facilities are also constantly improving, providing student with a certain exercise environment. At the same time, the campus sports culture is also gradually formed, and the rich and diverse sports associations and activities have stimulated student enthusiasm for participation.

Expert 3: There are some problems. On the one hand, school sports facilities (especially leisure sports facilities) are still not satisfactory. Some student has less leisure time due to academic pressure, employment pressure and other reasons, and the frequency and intensity of participating in sports activities are insufficient. In addition, leisure sports guidance and consulting services still need to be strengthened to meet the personalized and diversified needs of student.

Expert 4: In order to further promote the development of leisure sports for college student in Putian City, it is suggested to strengthen the construction of school sports facilities, enrich sports associations and activities, and provide professional sports guidance and consulting services to meet the actual needs of student.

Expert 5: Participation should not be very high, and the participants should be mostly male, female college student should be not much.

3 What are the advantages and disadvantages of Putian City s social support for college student leisure sports development?

Expert 1: I believe that the current advantage of Putian City s social support for college student leisure sports is the continuous improvement of the construction of basic sports facilities in school, which provides student with a certain exercise ring. Disadvantages: School sports facilities (especially leisure sports facilities) are not satisfactory. Some student has less leisure time due to academic pressure, employment pressure and other reasons, and the frequency and intensity of participating in sports activities are insufficient.

Expert 2: Advantages: Campus sports culture has gradually formed, and the diversity of various sports associations and activities has stimulated student enthusiasm for participation. Disadvantages: leisure sports guidance and consulting services still need to be strengthened to meet the personalized and diversified needs of student.

Expert 3: I think the advantage is reflected in the continuous improvement of social sports facilities, providing student with more leisure sports choices. The disadvantage is that most parents lack support and supervision for their children s exercise.

Expert 4: Advantages do not want to mention, mainly about the disadvantages: (1) There are also some problems in the participation of college student in leisure sports. Many people only know physical exercise or pay attention to the improvement of sports skills, while ignoring the entertainment and socialization of leisure sports and creative recovery of body and mind. (2) There are also some problems in college student consumption concept of leisure sports. Many people think that leisure sports consumption is a waste, and they are not willing to invest more money and time.

Expert 5: government units in the promotion of leisure sports affairs, for less college student, for the whole public more.

4 What do you think are the factors that affect the leisure sports consumption of college student in Putian?

Expert 1: There are many factors that affect the leisure sports consumption of college student in Putian City. The main economic factors are as follows: the economic sources of college student are limited, mainly relying on family support and part-time income. Therefore, leisure sports consumption will be limited by personal economic status and family support.

Expert 2: Cultural factors: The cultural atmosphere and traditional values of Putian City may affect the concept of leisure sports consumption of college student.

For example, the degree of attention and willingness to participate in sports activities will directly affect consumption decisions.

Expert 3: Educational factors: The quality and curriculum of school physical education will affect student interest in sports and consumption habits. If school physical education is missing or insufficient, it may affect student willingness to consume leisure sports.

Expert 4: Social factors: the social sports atmosphere, the perfection of sports facilities and the richness of leisure sports activities will affect the leisure sports consumption choice of college student.

Expert 5: The main reasons are interest, personality traits, personal leisure habits, and learning environment. Because the leisure participation of today's college student in their leisure time is mostly based on mobile games and dramas, most of them do not want to move. In addition, the growth background of the family, the monthly income of the family, and the use of personal disposable money will affect their consumption in leisure sports.

5 What are your views on the motivation of college student leisure physical exercise in Putian City?

Expert 1: I think at present, the motivation of college student leisure physical exercise in Putian City shows a trend of diversification: with the improvement of health awareness, more and more college student begin to realize the importance of leisure physical exercise to their physical health. Therefore, health has become one of the main motivations for them to participate in leisure physical exercise.

Expert 2: With the increase of social competition pressure, college student has begun to realize the importance of leisure physical exercise to relieve stress and improve psychological quality. Therefore, leisure physical exercise has become one of the important ways for them to relieve stress and relax.

Expert 3: With the increase of social needs, college student also begins to regard leisure physical exercise as a kind of social activity. By participating in various sports associations and activities, they can make friends with similar interests and expand interpersonal relationships.

Expert 4: On the one hand, due to academic pressure, employment pressure and other reasons, some student have less leisure time, and the frequency and intensity of participation in sports activities are insufficient. On the other hand, leisure sports guidance and consulting services still need to be strengthened to meet the personalized and diversified needs of student. In addition, college student awareness of leisure sports is not high enough, and many people lack understanding of the concept and significance of leisure sports, resulting in low participation.

Expert 5: (1) Limited by the requirements of campus running, most of them are coping with nature. (2) Due to the lack of space, student leisure sports exercise motivation is not high.

6 What do you think affects the access to leisure sports information for college student in Putian City?

Expert 1: I think there are many factors that affect Putian college student access to leisure sports information. The development of Internet technology provides college student with convenient access to information, such as social media, sports news websites and so on. These platforms not only update the information quickly, but also have strong interactivity, so that college student can timely understand and participate in leisure sports activities.

Expert 2: School physical education is also an important way to influence college student access to leisure sports information. Through physical education courses, sports associations and other forms, the school teaches student sports knowledge and skills, guides them to form correct sports values, and stimulates their interest in leisure sports.

Expert 3: Family environment, circle of friends and so on also have an impact on college student leisure sports information acquisition. The sports hobbies of family members and the sports atmosphere in the circle of friends will subtly affect the sports choices of college student.

Expert 4: Some foreign websites can increase student horizons, such as Tic Tool, All Sports, World Sports Electronic Newspapers and so on.

Expert 5: (1) network information; (2) Interpersonal communication; (3) School promotion.

7. What are your good suggestions and strategies for the future development of leisure sports in Putian City?

Expert 1: The future development potential of leisure sports in Putian City is huge, and I suggest starting with diversified leisure sports.

Expert 2: I suggest improving leisure sports facilities.

Expert 3: Promote leisure sports knowledge.

Expert 4: Organize leisure sports events and strengthen the combination with tourism.

Expert 5: At present, the society is still guided by the square dance, the development of leisure sports, can have the following measures: (1) The municipal government should establish Putian city leisure sports information network, let the student know there are available for leisure sports venues, such as Putian city hiking network, camping area information, sports venues, etc. (2) The use of idle and space facilities, set up a simple basketball court (such as viaduct), village BA stadium, park greenway, development of mountaineering leisure trails, and bicycle lanes.



No. 8612/134

Faculty of Education, Silpakorn University
Sanamchandra Palace Campus,
Nakhon Pathom 73000, Thailand

January 12, 2024

Title: Invitation to be an inspector of research tool quality

Dear Associate Professor Min Wu,

Mrs. Lizhi LIU is a graduate student ID 640630065 at Silpakorn University and is studying for Doctor of Philosophy Program in Recreation Tourism and Sport Management at Faculty of Education, Silpakorn University. Currently, she is conducting her Independent study entitled: Strategy Development of Leisure Sports to Promote the Quality of Life for Putian University students. In this regard, Faculty of Education, Silpakorn University would like to invite you to inspect the quality of research tools for the student.

Your kind assistance and academic contribution is much appreciated.

Yours sincerely,

A handwritten signature in black ink that reads 'Sirivan.V'.

Asst. Prof. Dr. Sirivan Vanichwatanavorachai
Deputy Dean for Academic Affairs

Faculty of Education, Silpakorn University
Nakhon Pathom, Office Tel. 034-255-095



No. 8612/135

Faculty of Education, Silpakorn University
Sanamchandra Palace Campus,
Nakhon Pathom 73000, Thailand

January 19, 2024

Title: Invitation to be an inspector of research tool quality

Dear Professor Zheng LIN,

Mrs. Lizhi LIU is a graduate student ID 640630065 at Silpakorn University and is studying for Doctor of Philosophy Program in Recreation Tourism and Sport Management at Faculty of Education, Silpakorn University. Currently, she is conducting her Independent study entitled: Strategy Development of Leisure Sports to Promote the Quality of Life for Putian University students. In this regard, Faculty of Education, Silpakorn University would like to invite you to inspect the quality of research tools for the student.

Your kind assistance and academic contribution is much appreciated.

Yours sincerely,

A handwritten signature in black ink that reads 'Siriwan. V.'

Asst. Prof. Dr. Siriwon Vanichwatanavorachai
Deputy Dean for Academic Affairs

Faculty of Education, Silpakorn University
Nakhon Pathom, Office Tel. 034-255-095



No. 8612/136

Faculty of Education, Silpakorn University
Sanamchandra Palace Campus,
Nakhon Pathom 73000, Thailand

January 12, 2024

Title: Invitation to be an inspector of research tool quality

Dear Professor Chaohui LIN,

Mrs.Lizhi LIU is a graduate student ID 640630065 at Silpakorn University and is studying for Doctor of Philosophy Program in Recreation Tourism and Sport Management at Faculty of Education, Silpakorn University. Currently, she is conducting her Independent study entitled: Strategy Development of Leisure Sports to Promote the Quality of Life for Putian University students. In this regard, Faculty of Education, Silpakorn University would like to invite you to inspect the quality of research tools for the student.

Your kind assistance and academic contribution is much appreciated.

Yours sincerely,

A handwritten signature in black ink that reads "Siriwan.Y".

Asst. Prof. Dr.Siriwan Vanichwatanavorachai
Deputy Dean for Academic Affairs

Faculty of Education, Silpakorn University
Nakhon Pathom, Office Tel. 034-255-095



No. 8612/2696

Faculty of Education, Silpakorn University
Sanamchandra Palace Campus,
Nakhon Pathom 73000, Thailand

July 25, 2024

Title: Invitation to Attend the Expert Reference Seminar on Connoisseurship

Dear Professor LIN Lixin,

Mrs. Lizhi LIU is a graduate student ID 640630065 at Silpakorn University and is studying for Doctor of Philosophy Program in Recreation Tourism and Sport Management at Faculty of Education, Silpakorn University. Currently, she is conducting her Independent study entitled: Strategy Development of Leisure Sports to Promote the Quality of Life for Putian University students. would like to invite you to join the expert reference seminar (Connoisseurship) to support the dissertation process

Your kind assistance and academic contribution is much appreciated.

Yours sincerely,

A handwritten signature in blue ink that reads "Sirivan V."

Asst. Prof. Dr. Sirivan Vanichwatanavorachai
Deputy Dean for Academic Affairs

Faculty of Education, Silpakorn University
Nakhon Pathom, Office Tel. 034-255-095



No. 8612/2695

Faculty of Education, Silpakorn University
Sanamchandra Palace Campus,
Nakhon Pathom 73000, Thailand

July , 2024

Title: Invitation to Attend the Expert Reference Seminar on Connoisseurship

Dear Professor LIU Qingjian,

Mrs. Lizhi LIU is a graduate student ID 640630065 at Silpakorn University and is studying for Doctor of Philosophy Program in Recreation Tourism and Sport Management at Faculty of Education, Silpakorn University. Currently, she is conducting her Independent study entitled: Strategy Development of Leisure Sports to Promote the Quality of Life for Putian University students. would like to invite you to join the expert reference seminar (Connoisseurship) to support the dissertation process

Your kind assistance and academic contribution is much appreciated.

Yours sincerely,

A handwritten signature in blue ink that reads "Siriwan V."

Asst. Prof. Dr. Siriwat Vanichwatanavorachai
Deputy Dean for Academic Affairs

Faculty of Education, Silpakorn University
Nakhon Pathom, Office Tel. 034-255-095



No. 8612/2194

Faculty of Education, Silpakorn University
Sanamchandra Palace Campus,
Nakhon Pathom 73000, Thailand

July 25, 2024

Title: Invitation to Attend the Expert Reference Seminar on Connoisseurship

Dear Associate Professor ZHU Meijuan,

Mrs. Lizhi LIU is a graduate student ID 640630065 at Silpakorn University and is studying for Doctor of Philosophy Program in Recreation Tourism and Sport Management at Faculty of Education, Silpakorn University. Currently, she is conducting her Independent study entitled: Strategy Development of Leisure Sports to Promote the Quality of Life for Putian University students. would like to invite you to join the expert reference seminar (Connoisseurship) to support the dissertation process

Your kind assistance and academic contribution is much appreciated.

Yours sincerely,

A handwritten signature in blue ink that reads "Siriwan Y."

Asst. Prof. Dr. Siriwon Vanichwatanavorachai
Deputy Dean for Academic Affairs

Faculty of Education, Silpakorn University
Nakhon Pathom, Office Tel. 034-255-095



No. 8112/2193

Faculty of Education, Silpakorn University
Sanamchandra Palace Campus,
Nakhon Pathom 73000, Thailand

July 25, 2024

Title: Invitation to Attend the Expert Reference Seminar on Connoisseurship

Dear Associate Professor Xufan,

Mrs. Lizhi LIU is a graduate student ID 640630065 at Silpakorn University and is studying for Doctor of Philosophy Program in Recreation Tourism and Sport Management at Faculty of Education, Silpakorn University. Currently, she is conducting her independent study entitled: Strategy Development of Leisure Sports to Promote the Quality of Life for Putian University students. would like to invite you to join the expert reference seminar (Connoisseurship) to support the dissertation process

Your kind assistance and academic contribution is much appreciated.

Yours sincerely,

A handwritten signature in blue ink that reads 'Siriwan Y'.

Asst. Prof. Dr. Siriwon Vanichwatanavorachai
Deputy Dean for Academic Affairs

Faculty of Education, Silpakorn University
Nakhon Pathom, Office Tel. 034-255-095



No. 8612/2602

Faculty of Education, Silpakorn University
Sanamchandra Palace Campus,
Nakhon Pathom 73000, Thailand

July 25, 2024

Title: Invitation to Attend the Expert Reference Seminar on Connoisseurship

Dear Professor CAI Xiangyang,

Mrs.Lizhi LIU is a graduate student ID 640630065 at Silpakorn University and is studying for Doctor of Philosophy Program in Recreation Tourism and Sport Management at Faculty of Education, Silpakorn University. Currently, she is conducting her Independent study entitled: Strategy Development of Leisure Sports to Promote the Quality of Life for Putian University students. would like to invite you to join the expert reference seminar (Connoisseurship) to support the dissertation process

Your kind assistance and academic contribution is much appreciated.

Yours sincerely,

A handwritten signature in blue ink that reads 'Siriwan V.'

Asst. Prof. Dr.Siriwan Vanichwatanavorachai
Deputy Dean for Academic Affairs

Faculty of Education, Silpakorn University
Nakhon Pathom, Office Tel. 034-255-095

No. 8612/2691



Faculty of Education, Silpakorn University
Sanamchandra Palace Campus,
Nakhon Pathom 73000, Thailand

July 25, 2024

Title: Invitation to Attend the Expert Reference Seminar on Connoisseurship

Dear Associate Professor HU junwei,

Mrs.Lizhi LIU is a graduate student ID 640630065 at Silpakorn University and is studying for Doctor of Philosophy Program in Recreation Tourism and Sport Management at Faculty of Education, Silpakorn University. Currently, she is conducting her Independent study entitled: Strategy Development of Leisure Sports to Promote the Quality of Life for Putian University students. would like to invite you to join the expert reference seminar (Connoisseurship) to support the dissertation process

Your kind assistance and academic contribution is much appreciated.

Yours sincerely,

A handwritten signature in blue ink, appearing to read 'Siriwan V.' with a checkmark at the end.

Asst. Prof. Dr.Siriwan Vanichwatanavorachai
Deputy Dean for Academic Affairs

Faculty of Education, Silpakorn University
Nakhon Pathom, Office Tel. 034-255-095



No. ๙๖๙๒/๒๖๙๐

Faculty of Education, Silpakorn University
Sanamchandra Palace Campus,
Nakhon Pathom 73000, Thailand

July ๒๕, 2024

Title: Invitation to Attend the Expert Reference Seminar on Connoisseurship

Dear Associate Professor CAI Qing,

Mrs. Lizhi LIU is a graduate student ID 640630065 at Silpakorn University and is studying for Doctor of Philosophy Program in Recreation Tourism and Sport Management at Faculty of Education, Silpakorn University. Currently, she is conducting her independent study entitled: Strategy Development of Leisure Sports to Promote the Quality of Life for Putian University students. would like to invite you to join the expert reference seminar (Connoisseurship) to support the dissertation process

Your kind assistance and academic contribution is much appreciated.

Yours sincerely,

A handwritten signature in blue ink that reads 'Siriwan V.' with a checkmark at the end.

Asst. Prof. Dr. Siriwon Vanichwatanavorachai
Deputy Dean for Academic Affairs

Faculty of Education, Silpakorn University
Nakhon Pathom, Office Tel. 034-255-095



No. 8642/2689

Faculty of Education, Silpakorn University
Sanamchandra Palace Campus,
Nakhon Pathom 73000, Thailand

July 16, 2024

Title: Invitation to Attend the Expert Reference Seminar on Connoisseurship

Dear Professor ZHANG xiaoming,

Mrs.Lizhi LIU is a graduate student ID 640630065 at Silpakorn University and is studying for Doctor of Philosophy Program in Recreation Tourism and Sport Management at Faculty of Education, Silpakorn University. Currently, she is conducting her independent study entitled: Strategy Development of Leisure Sports to Promote the Quality of Life for Putian University students. would like to invite you to join the expert reference seminar (Connoisseurship) to support the dissertation process

Your kind assistance and academic contribution is much appreciated.

Yours sincerely,

A handwritten signature in blue ink that reads 'Siriwon V.'

Asst. Prof. Dr.Siriwan Vanichwatanavorachai
Deputy Dean for Academic Affairs

Faculty of Education, Silpakorn University
Nakhon Pathom, Office Tel. 034-255-095



No. 9642/2698

Faculty of Education, Silpakorn University
Sanamchandra Palace Campus,
Nakhon Pathom 73000, Thailand

July 25, 2024

Title: Invitation to Attend the Expert Reference Seminar on Connoisseurship

Dear Professor HAO fengxia,

Mrs.Lizhi LIU is a graduate student ID 640630065 at Silpakorn University and is studying for Doctor of Philosophy Program in Recreation Tourism and Sport Management at Faculty of Education, Silpakorn University. Currently, she is conducting her Independent study entitled: Strategy Development of Leisure Sports to Promote the Quality of Life for Putian University students. would like to invite you to join the expert reference seminar (Connoisseurship) to support the dissertation process

Your kind assistance and academic contribution is much appreciated.

Yours sincerely,

A handwritten signature in blue ink that reads 'Siriwan V.'

Asst. Prof. Dr.Siriwan Vanichwatanavorachai
Deputy Dean for Academic Affairs

Faculty of Education, Silpakorn University
Nakhon Pathom, Office Tel. 034-255-095

Appendix IV Focus Group Interview Outline

Note: The purpose of this questionnaire is to understand the status of college student leisure sports development strategies. Please answer according to your own standards and intuition.

a. The feasibility of The Development Strategy of Leisure Sports for Promoting the Quality of Life of College Student in Putian City

1. What do you think the project of The Development Strategy of Leisure Sports for Promoting the Quality of Life of College Student in Putian City is helpful to you?
2. Do you think there is anything particularly frustrating about the project of The Development Strategy of Leisure Sports for Promoting the Quality of Life of College Student in Putian City?
3. Do you think the strategy of innovating the types and activities of leisure sports activities to meet the individualized and diversified needs of student is feasible? Do you have any suggestions?
4. Do you think the strategy of cultivating leisure sports talents, embodying sports value and forming culture is feasible? Do you have any suggestions?
5. Do you think the strategy of expanding the influence of leisure sports development with the help of network media is feasible? Do you have any suggestions?
6. Do you think the strategy of leisure sports facilities continue to improve, to provide student with a good exercise environment is feasible? Do you have any suggestions?
7. Do you think the strategy of government organization and coordination, expanding the promotion platform and expanding the leisure sports base project is feasible? Do you have any suggestions?
8. Do you think the strategy of government, school increase hardware and software investment are feasible? Do you have any suggestions?
9. Do you think the strategy of government, school, colleges and universities to develop leisure sports research routes and locations is feasible? Do you have any suggestions?
10. Do you think the strategy of adjusting the curriculum structure and increasing leisure time is feasible? Do you have any suggestions?
11. Do you think the strategy of changing the teaching mode and exploring the way suitable for each major is feasible? Do you have any suggestions?
12. Do you think the strategy of easing student emotions in time and establishing a psychological support group is feasible? Do you have any suggestions?
13. Do you think the strategy of Enriching competitions between colleges, promoting mutual communication, and making up for differences is feasible? Do you have any suggestions?
14. Do you think the strategy of increasing the number of sports volunteer positions in school to solve the financial difficulties of student is feasible? Do you have any suggestions?

15.If you do not agree with The Development Strategy of Leisure Sports for Promoting the Quality of Life of College Student in Putian City, what are your suggestions?

16.Do you think these strategies are appropriate?

17.Will you recommend to other student, colleagues, The Development Strategy of Leisure Sports for Promoting the Quality of Life of College Student in Putian City?

b. Do you think that leisure sports development strategies can help college student improve their quality of life?



Appendix IV-1 IOC Expert Evaluation Form for Focus Group Interview on the Development Strategy of Leisure Sports for College Student in Putian City

Dear expert, hello!

The purpose of this questionnaire is to evaluate the validity of this questionnaire. Note that you do not need to answer the following questions, but please determine the effectiveness of each question. in,

+1: It means that the measurement problem meets its goals;

0: It means whether the problem is uncertain whether the measurement problem meets its goals;

-1: It means that the measurement problem has not achieved its goal.

Subject	Fraction		
	+1	0	-1
Questions 1-18 topic: The feasibility of The Development Strategy of Leisure Sports for Promoting the Quality of Life of College Student in Putian City			
1.What do you think the project of The Development Strategy of Leisure Sports for Promoting the Quality of Life of College Student in Putian City is helpful to you?	+1		
2.Do you think there is anything particularly frustrating about the project of The Development Strategy of Leisure Sports for Promoting the Quality of Life of College Student in Putian City?	+1		
3.Do you think the strategy of innovating the types and activities of leisure sports activities to meet the individualized and diversified needs of student is feasible? Do you have any suggestions?	+1		
4.Do you think the strategy of cultivating leisure sports talents, embodying sports value and forming culture is feasible? Do you have any suggestions?	+1		
5.Do you think the strategy of expanding the influence of leisure sports development with the help of network media is feasible? Do you have any suggestions?	+1		
6.Do you think the strategy of leisure sports facilities continue to improve, to provide student with a good exercise environment is feasible? Do you have any suggestions?	+1		
7.Do you think the strategy of government organization and coordination, expanding the promotion platform and expanding the leisure sports base project is feasible? Do you have any suggestions?	+1		
8.Do you think the strategy of government, school increase hardware and software investment are feasible? Do you have any suggestions?	+1		
9.Do you think the strategy of government, school, colleges and	+1		

Subject	Fraction		
universities to develop leisure sports research routes and locations is feasible? Do you have any suggestions?			
10.Do you think the strategy of adjusting the curriculum structure and increasing leisure time is feasible? Do you have any suggestions?	+1		
11.Do you think the strategy of changing the teaching mode and exploring the way suitable for each major is feasible? Do you have any suggestions?		0	
12.Do you think the strategy of easing student emotions in time and establishing a psychological support group is feasible? Do you have any suggestions?		0	
13.Do you think the strategy of Enriching competitions between colleges, promoting mutual communication, and making up for differences is feasible? Do you have any suggestions?	+1		
14.Do you think the strategy of increasing the number of sports volunteer positions in school to solve the financial difficulties of student is feasible? Do you have any suggestions?	+1		
15.If you do not agree with The Development Strategy of Leisure Sports for Promoting the Quality of Life of College Student in Putian City, what are your suggestions?	+1		
16.Do you think these strategies are appropriate?	+1		
17.Will you recommend to other student, colleagues, The Development Strategy of Leisure Sports for Promoting the Quality of Life of College Student in Putian City?	+1		
Questions19 topic: Help for the development strategy of leisure sports in Putian City to improve the quality of life of college student	+1	0	-1
18. Do you think that leisure sports development strategies can help college student improve their quality of life?	+1		

(Suggestion: 11. The curriculum is arranged uniformly across the school, so this strategy cannot be implemented, cut off, 12. The workload is too large to be realized, Cut off)

Signature:

林朝晖

Appendix IV-2 IOC Expert Evaluation Form for Focus Group Interview on the Development Strategy of Leisure Sports for College Student in Putian City

Dear expert, hello!

The purpose of this questionnaire is to evaluate the validity of this questionnaire. Note that you do not need to answer the following questions, but please determine the effectiveness of each question. in,

+1: It means that the measurement problem meets its goals;

0: It means whether the problem is uncertain whether the measurement problem meets its goals;

-1: It means that the measurement problem has not achieved its goal.

Subject	Fraction		
	+1	0	-1
Questions 1-18 topic: The feasibility of The Development Strategy of Leisure Sports for Promoting the Quality of Life of College Student in Putian City			
1.What do you think the project of The Development Strategy of Leisure Sports for Promoting the Quality of Life of College Student in Putian City is helpful to you?	+1		
2.Do you think there is anything particularly frustrating about the project of The Development Strategy of Leisure Sports for Promoting the Quality of Life of College Student in Putian City?	+1		
3.Do you think the strategy of innovating the types and activities of leisure sports activities to meet the individualized and diversified needs of student is feasible? Do you have any suggestions?	+1		
4.Do you think the strategy of cultivating leisure sports talents, embodying sports value and forming culture is feasible? Do you have any suggestions?	+1		
5.Do you think the strategy of expanding the influence of leisure sports development with the help of network media is feasible? Do you have any suggestions?	+1		
6.Do you think the strategy of leisure sports facilities continue to improve, to provide student with a good exercise environment is feasible? Do you have any suggestions?	+1		
7.Do you think the strategy of government organization and coordination, expanding the promotion platform and expanding the leisure sports base project is feasible? Do you have any suggestions?	+1		
8.Do you think the strategy of government, school increase hardware and software investment are feasible? Do you have any suggestions?	+1		
9.Do you think the strategy of government, school, colleges and universities to develop leisure sports research routes and locations is feasible? Do you have any suggestions?	+1		
10.Do you think the strategy of adjusting the curriculum structure and	+1		

Subject	Fraction		
increasing leisure time is feasible? Do you have any suggestions?			
11.Do you think the strategy of changing the teaching mode and exploring the way suitable for each major is feasible? Do you have any suggestions?	+1		
12.Do you think the strategy of easing student emotions in time and establishing a psychological support group is feasible? Do you have any suggestions?	+1		
13.Do you think the strategy of Enriching competitions between colleges, promoting mutual communication, and making up for differences is feasible? Do you have any suggestions?	+1		
14.Do you think the strategy of increasing the number of sports volunteer positions in school to solve the financial difficulties of student is feasible? Do you have any suggestions?	+1		
15.If you do not agree with The Development Strategy of Leisure Sports for Promoting the Quality of Life of College Student in Putian City, what are your suggestions?	+1		
16.Do you think these strategies are appropriate? :	+1		
17.Will you recommend to other student, colleagues, The Development Strategy of Leisure Sports for Promoting the Quality of Life of College Student in Putian City?	+1		
Questions19 topic: Help for the development strategy of leisure sports in Putian City to improve the quality of life of college student	+1	0	-1
18. Do you think that leisure sports development strategies can help college student improve their quality of life?	+1		

Signature:




Appendix IV-3 IOC Expert Evaluation Form for Focus Group Interview on the Development Strategy of Leisure Sports for College Student in Putian City

Dear expert, hello!

The purpose of this questionnaire is to evaluate the validity of this questionnaire. Note that you do not need to answer the following questions, but please determine the effectiveness of each question. in,

+1: It means that the measurement problem meets its goals;

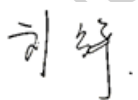
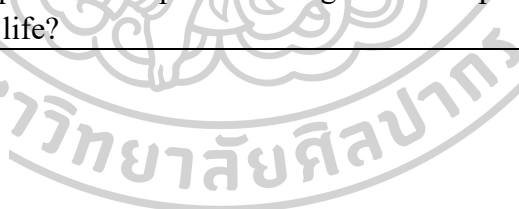
0: It means whether the problem is uncertain whether the measurement problem meets its goals;

-1: It means that the measurement problem has not achieved its goal.

Subject	Fraction		
	+1	0	-1
Questions 1-18 topic: The feasibility of The Development Strategy of Leisure Sports for Promoting the Quality of Life of College Student in Putian City	+1	0	-1
1.What do you think the project of The Development Strategy of Leisure Sports for Promoting the Quality of Life of College Student in Putian City is helpful to you?	+1		
2.Do you think there is anything particularly frustrating about the project of The Development Strategy of Leisure Sports for Promoting the Quality of Life of College Student in Putian City?	+1		
3.Do you think the strategy of innovating the types and activities of leisure sports activities to meet the individualized and diversified needs of student is feasible? Do you have any suggestions?	+1		
4.Do you think the strategy of cultivating leisure sports talents, embodying sports value and forming culture is feasible? Do you have any suggestions?	+1		
5.Do you think the strategy of expanding the influence of leisure sports development with the help of network media is feasible? Do you have any suggestions?	+1		
6.Do you think the strategy of leisure sports facilities continue to improve, to provide student with a good exercise environment is feasible? Do you have any suggestions?	+1		
7.Do you think the strategy of government organization and coordination, expanding the promotion platform and expanding the leisure sports base project is feasible? Do you have any suggestions?	+1		
8.Do you think the strategy of government, school increase hardware and software investment are feasible? Do you have any suggestions?	+1		
9.Do you think the strategy of government, school, colleges and universities to develop leisure sports research routes and locations is feasible? Do you have any suggestions?	+1		
10.Do you think the strategy of adjusting the curriculum structure and	+1		

Subject	Fraction		
increasing leisure time is feasible? Do you have any suggestions?			
11.Do you think the strategy of changing the teaching mode and exploring the way suitable for each major is feasible? Do you have any suggestions?	+1		
12.Do you think the strategy of easing student emotions in time and establishing a psychological support group is feasible? Do you have any suggestions?	+1		
13.Do you think the strategy of Enriching competitions between colleges, promoting mutual communication, and making up for differences is feasible? Do you have any suggestions?	+1		
14.Do you think the strategy of increasing the number of sports volunteer positions in school to solve the financial difficulties of student is feasible? Do you have any suggestions?	+1		
15.If you do not agree with The Development Strategy of Leisure Sports for Promoting the Quality of Life of College Student in Putian City, what are your suggestions?	+1		
16.Do you think these strategies are appropriate? :	+1		
17.Will you recommend to other student, colleagues, The Development Strategy of Leisure Sports for Promoting the Quality of Life of College Student in Putian City?	+1		
Questions19 topic: Help for the development strategy of leisure sports in Putian City to improve the quality of life of college student	+1	0	-1
18. Do you think that leisure sports development strategies can help college student improve their quality of life?	+1		

Signature:

Appendix IV-4 IOC Scoring Table

Topic	L	L	W	IOC
1	+1	+1	+1	1
2	+1	+1	+1	1
3	+1	+1	+1	1
4	+1	+1	+1	1
5	+1	+1	+1	1
6	+1	+1	+1	1
7	+1	+1	+1	1
8	+1	+1	+1	1
9	+1	+1	+1	1
10	+1	+1	+1	1
11	0	+1	+1	0.67
12	0	+1	+1	0.67
13	+1	+1	+1	1
14	+1	+1	+1	1
15	+1	+1	+1	1
16	+1	+1	+1	1
17	+1	+1	+1	1
18	+1	+1	+1	1



Appendix IV-5 Results of Focus Group Interviews on the Development Strategy of Leisure Sports for College Student in Putian City

1. What do you think the Putian City to promote the quality of life of college student for the purpose of leisure sports development strategy research project is helpful to you?

A: Contact with more different types of leisure sports projects. **(Student 1)**

It can help me better understand the needs and preferences of college student, so as to provide more accurate suggestions. **(Student 2)**

Improve physical and mental health, social skills. **(Student 3, 6)**

It can increase leisure entertainment activities and exercise at the same time. **(Student 4)**

Let me come into contact with more sports, enrich the amateur life. **(Student 5)**

Heard for the first time to improve the quality of life of student, feel new. **(Student 7)**

With the direct purpose of improving the quality of life, it can provide convenience for my life and optimize the quality. **(Student 8)**

As a college student, I believe that the policy has improved the quality of my school life in many ways and enriched my campus life. **(Student 9)**

Through leisure sports activities in spare time, we can learn or consolidate some basic sports skills and expand the richness of extracurricular sports activities. It can help us to develop sports expertise and habits, and lay the foundation for lifelong sports. **(Student 10)**

This research topic focuses on the improvement of the quality of life of college student, which is a very positive and meaningful aspect. It makes me realize that in addition to learning, the physical and mental health of college student is equally important. As a way to promote physical and mental health, leisure sports can not only alleviate academic pressure, but also help college student develop hobbies and enhance social skills. These are all indispensable factors to improve the quality of life. **(Teachers 1, 2, 3)**

The development policy of Putian City provides more sports resources, including venues and equipment, for school and urban planning. For example, new sports equipment and public sports venues are set up, and school are opened for citizens to exercise during the holidays. It makes it easier for me to engage in sports activities in urban and campus life. **(Teachers 4,5)**

2. Do you think there is anything particularly frustrating about the project of Research on the development strategy of leisure sports in Putian City for the purpose of promoting the quality of life of college student?

A: The leisure sports resources in Putian City are limited, and it is difficult for Putian City to support leisure sports in terms of policy, which makes it difficult for related industries to develop and lacks economic foundation. Finally, the leisure sports activities that college student participate in are mostly experiential and difficult to

develop sustainably. **(Student 1)**

College student participation in leisure sports activities is not high. **(Student 2, 3)**

Don't understand. **(Student 4)**

The equipment is not perfect enough to meet the needs of most student. **(Student 5)**

Very good. **(Student 6)**

The lack of funds, venues, facilities and other resources may be a major obstacle in the implementation of the project. **(Student 7)**

Leisure sports for college student generally lack of cognition. **(Student 8)**

I think there is nothing particularly frustrating about this development strategy research. Through this development strategy, it is overall and positive, which has significantly improved the quality of campus life of our college student and accelerated the construction and opening up of sports venues in our city. **(Student 9, 10)**

Limited resources: lack of funds, venues, facilities and other resources may be a major obstacle in the implementation of the project. Insufficient support: Government or school support is not enough to provide adequate sports facilities and equipment, limiting the diversity and participation of leisure sports activities. **(Teacher 1)**

Participation is not high: Although the original intention is good, college student may not be motivated to participate in leisure sports activities because of academic pressure, personal interest, time management and other reasons. This may lead to a reduction in the effectiveness of the project, or even make it difficult to continue. **(Teacher 2)**

The long-term effect is difficult to assess: the impact of leisure sports on the quality of life is often long-term, subtle, rather than immediate. Therefore, how to scientifically and effectively evaluate the long-term effect of the project may be a challenging task. The lack of clear evaluation indicators and effective evaluation methods may make it difficult for project results to be fully recognized. **(Teacher 3)**

Lack of continuity and follow-up support: Some projects may be vigorous at the beginning, but over time, due to various reasons (such as shortage of funds, personnel changes, etc.) may gradually lose motivation and support, resulting in projects that cannot be sustained or ineffective. **(Teachers 4,5)**

3. Do you think that the strategy of innovating the types and activities of leisure sports activities to meet the individualized and diversified needs of student is OK? Do you have any suggestions?

A: Yes, I personally suggest that we should build a perfect activity mechanism. The first is to set up leisure sports activities courses, set up various types of leisure sports activities, including directional sports, rock climbing, rafting and other activities and guided by professional tutors, combined with information technology, to achieve visual appointment process. Second, student-centered, in the course of the movement, student is encouraged to take risks within the scope allowed by the order

and cultivate student innovative consciousness. Third, establish a curriculum activity evaluation mechanism, strengthen the organization of communication and activities through the construction of the community, and use the social influence of the community to drive social resources to participate in leisure sports, so as to obtain financial and material support, set up appropriate prizes, and continuously expand the scale of activities to drive certain economic development. **(Student 1)**

Feasible, can attract more student to participate. Through the questionnaire survey to understand the student interests and preferences and design in line with the student leisure sports activities, regular sports activities such as fitness challenges and other interesting sports activities. **(Student 2)**

Yes, to investigate student interests and needs. While innovating sports activities, opening up more feasible forms and simple and easy-to-understand projects can better popularize and reduce the cost of activities. **(Student 3, 4, 5)**

Yes, according to the needs of different student to innovate, in line with the actual situation of student. **(Student 6)**

Therefore, it is recommended not to blindly increase, but to carry out student-centered innovation. **(Student 7, 8)**

A variety of open forms of activities: more simple and flexible organizations, sports activities that can be carried out without a good foundation of sports skills, enhance student interest and participation. For example, rainbow running, frisbee and other simple and interesting sports games. In addition, it is also possible to organize more traditional sports activities and emerging sports to meet the interests and needs of different student. **(Student 9)**

Yes, digital sports: use digital software, social media public number, video number and other forms to facilitate student to understand activity information, sign up for participation and exchange feelings. **(Student 10)**

Yes, in-depth research: to understand the preferences and needs of college student for leisure sports. Diversified design: Develop leisure sports activities that cover traditional and emerging, combined with local characteristics. **(Teacher 1)**

Personalized service: provide personalized options such as small class teaching, one-to-one guidance and so on. Innovation form: make the activity more interesting and attractive. **(Teacher 2)**

Yes, strengthen publicity: use multi-channel publicity to increase the visibility of the event. Establish feedback: collect feedback in time and optimize activities. **(Teacher 3)**

Yes, teacher training: improve teachers' professional quality and encourage innovative teaching. Establish cooperation: cooperate with off-campus institutions to jointly innovate sports activities. **(Teacher 4)**

Yes, reward mechanism: in the organization of leisure sports activities, you can communicate with the college, set up reward and certification system, encourage student to actively participate in, enhance student enterprising spirit. For example, honor certificates, credits, etc. **(Teacher 5)**

4. Do you think that the strategy of cultivating leisure sports talents, reflecting sports value and forming culture is OK? Do you have any suggestions?

A: Yes, I think that leisure sports lack certain cultural value at present, and most of them are regarded as entertainment projects. Therefore, I think we should first expand the base of leisure sports talents, expand the influence of a certain sport, transmit the unique sports culture of different sports in the development of sports, and establish a complete chain of athletes, referees, coaches, fans, and related practitioners. **(Student 1)**

Feasible, this can enhance the community's emphasis on leisure sports and promote its development. Suggestions: Encourage college student to innovate and start businesses in the field of leisure sports and promote leisure sports culture. **(Student 2)**

It can not only promote the sports industry but also help to form a positive sports culture. **(Student 3)**

Yes, but pay attention to the combination of real life and community operations to ensure long-term maintenance. **(Student 4)**

Yes, not only to cultivate some sports teaching type of sports talents, but also to cultivate some good at promoting the development of sports culture type of sports talents. **(Student 5,8)**

Yes, with innovative thinking to cultivate talents, close to reality. **(Student 6)**

Yes, the cultivation of talents, the pertinence and effectiveness of the training process. **(Student 7)**

Sports and cultural activities: sports and cultural festivals can be organized, sports news can be broadcast in canteens and teaching buildings, and large-scale competitions can be organized to watch competitions. To spread sports culture and enhance student interest in sports. **(Student 9)**

Yes, the establishment of sports community organizations; support student to set up sports associations reasonably, organize sports association activities and competitions freely, enhance student interest and sports organization ability, and cultivate and improve sports association culture. **(Student 10)**

Yes, clear training objectives: clear the specific training objectives of leisure sports talents, including their knowledge, skills, literacy and values. This helps to ensure the pertinence and effectiveness of the training process. Optimize the curriculum setting: according to the training objectives, optimize the curriculum setting of leisure sports major, ensure that the curriculum content is comprehensive and in-depth, and can cover many aspects such as theoretical knowledge, practical skills and innovation ability. At the same time, we should pay attention to the connection and integration between courses and form a systematic curriculum system. **(Teacher 1)**

Yes, strengthen the practice teaching: leisure sports are a very practical subject, so in the teaching process should strengthen the practice teaching link. Through the organization of a variety of practical activities, internships and competitions, student

can master skills, accumulate experience and improve their ability in practical operation. Strengthen the construction of teaching staff: teachers are the key to cultivate leisure sports talents. Therefore, it is necessary to strengthen the construction of teaching staff, introduce teachers with rich practical experience and high teaching level, and strengthen the training and continuing education of existing teachers to improve their professional quality and teaching ability. **(Teacher 2)**

Yes, promote the value of sports: through lectures, exhibitions, competitions and other activities, and actively promote the value and significance of leisure sports, so that student and the public to better understand the importance and role of leisure sports. At the same time, we should pay attention to cultivating student sports spirit, moral quality and social responsibility, so that they can become leisure sports talents with noble sentiment and good morality. **(Teacher 3)**

It is possible to establish an evaluation system: establish a scientific and reasonable evaluation system, and conduct a comprehensive and objective evaluation of the training quality of leisure sports talents. Through the feedback and guidance of the evaluation results, the training process is continuously optimized and the training quality is improved. At the same time, pay attention to the openness and transparency of the evaluation results, and enhance the credibility and authority of the evaluation. **(Teacher 4)**

Yes, the formation of sports culture: in the process of training leisure sports talents, pay attention to the formation of a unique sports culture. Promote the formation and development of sports culture by building a positive campus cultural atmosphere, holding rich and colorful sports activities and events, and strengthening exchanges and cooperation with other school and institutions. This can not only improve student cultural literacy and comprehensive quality, but also contribute to the cultural construction of the school. **(Teacher 5)**

5. Do you think the strategy of expanding the influence of leisure sports development with the help of network media is feasible? Do you have any suggestions?

A: Yes, I suggest to build a sports IP with Putian cultural characteristics and use the Internet to expand its influence. **(Student 1)**

It is feasible that the influence of online media in modern society is huge, which can effectively disseminate information, attract participants and increase attention. Leisure sports related content can be released through Weibo, WeChat, and Tik Tok, including activity publicity, inspirational stories, etc., to attract more student to understand and participate through webcast teaching. It can also expand the influence of leisure sports through artistic creation such as posters and songs. **(Student 2, 4, 5)**

Yes, can let more people feel the passion of sports. **(Student 3)**

Yes, to operate reasonably. **(Student 6)**

It is possible to create or integrate existing official online media platforms (such as official websites, WeChat public accounts, Tik Tok accounts, etc.) as the main channels for publishing leisure sports information, sharing activity dynamics, and interactive communication. **(Student 7)**

Yes, it is necessary to pay attention to the quality of network works to attract attention. **(Student 8)**

Yes, data analysis: according to the network data analysis tools, understand the user's age, gender, physical condition and other basic information, convenient organization targeted leisure sports activities, to meet the needs of student physical and mental development. **(Student 9, 10)**

Yes, establish an official media platform: create or integrate existing official online media platforms (such as official websites, WeChat public accounts, Tik Tok accounts, etc.) as the main channel for publishing leisure sports information, sharing activity dynamics, and interactive communication. Content innovation and quality improvement: publish high-quality and attractive content on the online media platform, including the introduction of leisure sports activities, teaching videos, live events, athlete interviews, health knowledge popularization, etc. Pay attention to the innovation and practicability of the content to meet the needs of different audiences. **(Teacher 1)**

Interaction and community building: Encourage users to interact on online media platforms, such as leaving comments, sharing likes, participating in topic discussions, etc. At the same time, establish a community of leisure sports enthusiasts, and enhance users' stickiness and sense of belonging through community operations. Cooperation and cross-border integration: cooperate with other online media, brands, institutions, etc., and jointly promote leisure sports. Through cross-border integration, more elements and resources are introduced to enrich the connotation and manifestation of leisure sports. For example, the use of Putian e-commerce platform to cooperate with the launch of leisure sports goods discount activities, and tourism institutions to cooperate with the launch of leisure sports tourism routes. **(Teacher 2)**

Data analysis and precise push: Using big data and artificial intelligence technology to analyze user behavior on online media platforms and understand user interests and needs. Based on the results of data analysis, accurate content push and advertising are carried out to improve the communication effect and conversion rate. Online and offline linkage: Combining online media with offline activities to form an online and offline linkage communication model. Promote offline activities through online media to attract more people to participate; at the same time, online media elements are integrated into offline activities, such as live broadcast, photo-calling, and social media sharing, to enhance the interactivity and communication of the activities. **(Teacher 3)**

Yes, continuous update and optimization: network media platforms need to be continuously updated and optimized to adapt to changing user needs and market environment. Regularly evaluate the operation effect of the platform, collect user feedback, update and optimize the content, function and technology. **(Teacher 4)**

Yes, social marketing media: College or school use WeChat public number and video number, Weibo and Tik Tok official account to publish leisure sports related content, to facilitate student to understand leisure sports knowledge and activity

information, actively interact with student on social media, increase attention and sharing, and keep abreast of student thoughts and opinions on leisure sports. **(Teacher 5)**

6. Do you think that leisure sports facilities continue to improve, to provide student with a good exercise environment strategy can be? Do you have any suggestions?

A: Yes, it is recommended to pay attention to the research before the launch, and at the same time publicize the national fitness program to prevent the waste of equipment and facilities. **(Student 1, 8)**

Feasible, good environment and facilities can motivate student to participate in sports activities and improve their physical fitness. Facilities construction and improvement, diversification of facilities, create a sports atmosphere, regular maintenance. **(Student 2, 3)**

Yes, pay attention to the relevant costs and feasibility. **(Student 4)**

In addition to providing basic equipment and equipment, we should also provide some special training equipment according to the needs of sports projects to help student carry out physical exercise more efficiently. **(Student 5)**

It can stimulate student interest in learning through interesting sports. **(Student 6)**

Leisure sports facilities should be diversified to meet the exercise needs of different student. In addition to the traditional basketball court, football field, badminton court, etc., can also add gym, swimming pool, yoga room, rock climbing wall and other diversified facilities. At the same time, considering student of different ages and physical fitness levels, the difficulty and intensity of facilities should also be distinguished. **(Student 7)**

Inspection and update of equipment: regular inspection and update of sports equipment and facilities to ensure that equipment and equipment is safe and secure, safe and feasible is the basic premise of all activities. **(Student 9)**

Training: Organize special online or offline education courses to guide student to correctly place and use sports equipment facilities and safety knowledge. Remind student to exercise within a safe and suitable range of their abilities. **(Student 10)**

Yes, comprehensive planning, reasonable layout: according to the actual situation of the school and the needs of student, comprehensive planning of leisure sports facilities construction. Ensure that the facilities are reasonably distributed and can cover all areas of the campus, so that student can exercise anytime and anywhere. Diversified facilities to meet different needs: Leisure sports facilities should be diversified to meet the exercise needs of different student. In addition to the traditional basketball court, football field, badminton court, etc., can also add gym, swimming pool, yoga room, rock climbing wall and other diversified facilities. At the same time, considering student of different ages and physical fitness levels, the difficulty and intensity of facilities should also be distinguished. **(Teacher 1)**

Yes, facilities update and maintenance: regular inspection, maintenance and update of leisure sports facilities to ensure their safety, integrity and availability. For

old and damaged facilities, they should be repaired or replaced in time to avoid potential safety hazards to student. Intelligent management: the introduction of intelligent management system, efficient management of leisure sports facilities. For example, the flow of people is controlled by the reservation system to avoid overcrowding of facilities; through intelligent monitoring equipment, the use and safety of facilities are monitored in real time to ensure the safety of student exercise.

(Teacher 2)

Environmental protection and sustainability: In the construction and management of leisure sports facilities, we should pay attention to environmental protection and sustainability. Choose environmentally friendly materials to reduce the impact on the environment; promote green sports and encourage student to participate in sports activities on the theme of environmental protection; at the same time, the daily maintenance and management of the facilities should be strengthened to extend their service life. **(Teacher 3)**

Yes, open and sharing: on the premise of protecting the rights and interests of student, leisure sports facilities can be moderately opened to the community or other institutions to achieve resource sharing. This can not only improve the utilization rate of facilities, but also promote the interaction and communication between school and communities. Combining campus culture: combining the construction of leisure sports facilities with campus culture to create a distinctive campus sports culture atmosphere. For example, setting up publicity columns and display walls around the facilities to show student sports style and achievements; organize a variety of sports activities and events, stimulate student enthusiasm for sports and participation. **(Teacher 4)**

Yes, use environment optimization: provide a healthy and hygienic use environment for sports equipment facilities, and create a warm, green and healthy physical exercise atmosphere. **(Teacher 5)**

7. Do you think the strategy of government organization and coordination, expanding the promotion platform and expanding the leisure sports base project is OK? Do you have any suggestions?

A: Yes, it is hoped that this strategy can be realized from the aspects of talent training, preferential policy and online promotion. **(Student 1)**

Feasible, can effectively promote the development of leisure sports and the implementation of national fitness. **(Student 2)**

Yes, the government can integrate the resources of various departments. **(Student 3,6)**

According to the actual needs of student, the government can put forward relevant policy support, which can effectively promote the expansion of the promotion platform and the expansion of leisure sports base projects. **(Student 4,5)**

You can use social media platforms such as Weibo, WeChat, and Tik Tok to carry out activities such as leisure sports topic discussion and experience sharing. Through interactive communication, enhance user stickiness and expand the influence of leisure sports. **(Student 7)**

Yes, expand the scale at the same time to increase publicity, increase the target population. **(Student 8)**

Yes, the government can introduce relevant policies to provide basic policy guarantees for the development and implementation of leisure sports base projects, which is conducive to the planning and construction of the base. Cooperate and support the development of sports industry. **(Student 9)**

Yes, vigorously support or hold more townships in the city, business units, young student and other groups of sports events, attract more spectators and participants, enhance the public s sports culture atmosphere and sports participation. **(Student 10)**

Yes, policy formulation and guidance: The government should formulate and improve relevant policies for the development of leisure sports industry, and clarify development goals, key tasks and safeguard measures. Through policy guidance, social capital is encouraged to invest in the leisure sports industry to promote industrial scale expansion and quality improvement. **(Teacher 1)**

Media publicity: Using TV, radio, newspapers, networks and other media platforms to widely promote the concept, value and significance of leisure sports. By holding leisure sports festivals, sports meetings and other activities, the public s awareness and participation in leisure sports are improved. Digital platform construction: the construction of leisure sports digital platform, provide online booking, activity registration, query results and other services. Through big data analysis, we can understand the needs of the public, accurately push relevant information, and improve service efficiency and quality. **(Teacher 2)**

Social media marketing: Use social media platforms such as Weibo, WeChat, and Tik Tok to carry out activities such as leisure sports topic discussion and experience sharing. Through interactive communication, enhance user stickiness and expand the influence of leisure sports. **(Teacher 3)**

Yes, industrial integration: to promote the integration and development of leisure sports and tourism, culture and other industries. By developing leisure sports tourism products, holding sports events and cultural activities, we can attract more tourists to participate in leisure sports activities and promote the development of related industries. **(Teacher 4)**

Yes, ecological resource utilization: the use of tourist attractions and other resources to develop sports activities, such as the Meizhou Island Marathon, Kowloon Valley + Kowloon Lake orienteering, etc., to promote the integration of ecological construction and sports activities, both to enhance the city s visibility, but also to enhance the sports participation of the masses. **(Teacher 5)**

8. Do you think the government, school increase hardware, software investment strategy is OK? Is there any suggestion?

A: Yes, the new multi-functional facilities, not only to meet the sports function, but also to meet a variety of social needs, access to a wide range of social resources, to achieve a certain commercial value. **(Student 1)**

Feasible, provides the basis and support for a variety of sports activities.

(Student 2,7)

It can be done to make reasonable planning and rational allocation of capital investment for the use of funds and the need for specific programs to avoid waste of resources. **(Student 3,4,5)**

Yes, equipment is the material basis for increasing interest in practice. **(Student 6, 8)**

For college student, having convenient and fully functional hardware and software can greatly increase the convenience and comfort of learning, life and leisure sports. **(Student 9,10)**

Therefore, the government should play a leading role in increasing financial investment to ensure the steady growth of education funds. **(Teacher 1)**

It can be said that school should actively seek diversified sources of funds such as social donations and corporate sponsorship, and broaden investment channels. **(Teachers 2, 4)**

It is possible to encourage teachers and student to participate in the construction of educational informatization, reduce input costs and improve resource utilization efficiency through self-made teaching aids and development of teaching software. **(Teacher 3)**

Yes, carry out technical training; with the update and improvement of hardware or software, teachers and student should be trained in safety and technology in time, and emergency measures and methods should be set up in school to ensure that investment can really facilitate student lives. **(Teacher 5)**

9. Do you think that the strategy of the government, school and colleges to develop leisure sports research routes and locations is OK? Do you have any suggestions?

A: Yes, leisure sports research route is an important embodiment of the integration of sports and tourism. Learning in sports and learning in tourism, I suggest that in the design of research route, we should pay attention to the output of leisure sports culture, and then guide student to participate in long-term leisure sports. **(Student 1)**

It is feasible to combine education with practice. At the same time, it can also cultivate student teamwork ability and promote healthy life during the study period. Combined with the new curriculum standard, select the appropriate venue, consider the safety and convenience of going out, and invite professionals to participate. **(Student 2, 6)**

Yes, the study site should consider climate, geography and safety factors. **(Student 3)**

According to the different situation of different school, targeted development can be carried out. **(Student 4)**

Yes, the route can be the development of sports equipment companies, training halls, school and so on. **(Student 5)**

School and colleges can cooperate to carry out activities in combination with the characteristics and needs of student of different majors. **(Student 7)**

It can be carried out in many aspects while paying attention to the implementation. **(Student 8)**

Therefore, as a college student, leisure sports research can create social space and opportunities for us to improve interpersonal skills and relationships. It can also facilitate local and foreign student to understand the local cultural customs of Putian. **(Student 9)**

In the way of research, participating in sports activities can improve student physical and mental health and eliminate stress and annoyance. **(Student 10)**

Yes, resource integration: the government should lead, integrate leisure sports resources and educational resources around the country, and determine the location and route suitable for research activities. Curriculum development: school and college cooperation, combined with the characteristics and needs of student of different ages, design entertaining leisure sports research courses, to ensure that the activities are both educational and interesting. **(Teacher 1)**

Security: Ensure the safety of research routes and locations, formulate detailed safety plans and emergency measures, and ensure the safety of student in activities. **(Teacher 2)**

Practice experience: pay attention to student practical experience, through personal experience and interactive learning, enhance student understanding and interest in leisure sports. Propaganda and promotion: increase the propaganda and promotion of leisure sports research activities, improve social awareness and participation, and form a good social atmosphere. **(Teacher 3)**

Evaluation feedback: Establish an evaluation mechanism to evaluate the effectiveness of research activities, collect feedback from student and teachers, and continuously improve and optimize research routes and curriculum design. **(Teacher 4)**

Professional guidance: Invite school or college professional teachers to conduct route and planning guidance to ensure the smooth progress of research. **(Teacher 5)**

10. Do you think the strategy of adjusting the curriculum structure and increasing leisure time is OK? Do you have any suggestions?

A: In general, the change of curriculum structure will affect the living habits of college student. Ordinary college student has enough disposable leisure time, and now more need someone to organize and guide college student to participate. **(Student 1)**

It is feasible that in the current educational environment, student is facing great academic pressure, and increasing leisure time is conducive to the improvement of student physical and mental health and learning efficiency. Extend the break time and increase leisure activities such as sports or art activities once a week. **(Student 2, 3)**

It is possible to coordinate the learning time and professional needs of various disciplines, reasonably increase leisure time, and ensure the effectiveness of leisure time. **(Student 4, 5)**

Yes, increase the time but also to diversify. **(Student 6)**

It can appropriately increase student leisure time without affecting the quality of

teaching. **(Student 7)**

No, leisure is secondary, but still take the curriculum as the core, do not put the cart before the horse. **(Student 8)**

Changing the curriculum structure and teaching methods can stimulate student interest in learning and sports, and improve student quality of life and learning efficiency. **(Student 9)**

Yes, strive to reflect the times of the course, to lay the foundation for student lifelong sports. **(Student 10)**

Yes, optimize the curriculum: re-examine and optimize the curriculum structure, ensure that the curriculum content is reasonable and efficient, and reduce unnecessary academic burden. **(Teacher 1)**

Yes, increase the leisure time: on the premise of not affecting the quality of teaching, appropriately increase the student leisure time, such as class break, lunch break, etc., so that student have more free time to carry out leisure activities. **(Teacher 2)**

Encourage autonomous learning: cultivate student autonomous learning ability, so that they can arrange their own learning time reasonably, so as to have more time to relax and relax after completing the learning task. **(Teacher 3)**

Yes, flexible adjustment schedule: according to the seasons, festivals and other factors, flexible adjustment schedule, to create more opportunities for student to participate in leisure sports and other activities of interest. **(Teacher 4)**

Digital teaching: learning through online platforms and resources, so that student can learn and consolidate the course in their spare time, and improve the learning effect. **(Teacher 5)**

11. Do you think that the strategy of changing the teaching mode and exploring the way suitable for each major is OK? Do you have any suggestions?

A: Yes, I suggest that the teaching mode can be changed according to the employment situation. **(Student 1,8)**

It is not feasible. Not all teachers have the ability to adopt the new teaching mode. There may be problems in the adaptation of technology and teaching methods. Similarly, some student may not adapt to the new mode, especially those accustomed to the traditional classroom, which may affect the learning effect. **(Student 2)**

It can improve student interest in learning and learning efficiency, but not formalism. **(Student 3, 4)**

Yes, to pay attention to student-centered, more in the form of inspiration and inquiry for student to learn. **(Student 5,6)**

Yes, strengthen the practice teaching link, let the student learn in practice. **(Student 7)**

Yes, in advance to understand the professional learning needs and skills requirements, through interviews, questionnaires and other forms to understand the student for the professional ideas and opinions, targeted design, not only to meet the characteristics of professional learning, but also to fully realize the student physical

and mental development needs of the teaching mode. **(Student 9, 10)**

Yes, personalized teaching: for student of different majors, design teaching content and methods that meet their professional needs and interests. **(Teachers 1, 4)**

Yes, flexible teaching: the use of online and offline combination, flip the classroom and other flexible and diverse teaching mode, improve the teaching effect. **(Teacher 2)**

Practice-oriented: strengthen practical teaching links, let student learn in practice, and improve their ability to solve problems. **(Teacher 3)**

It is possible to reform the assessment methods: change the traditional assessment method of only achievement theory, adopt a variety of evaluation methods, such as student mutual evaluation and self-evaluation, and pay more attention to the positive qualities of student participation, concentration and unity in learning activities. Improve student professional learning interest and effect. **(Teacher 5)**

12. Do you think that the strategy of easing student emotions in time and establishing a psychological support group is OK? Is there any suggestion?

A: Yes, it is recommended to help every student by starting group psychotherapy activities from the aspects of psychological counseling professional teams, support groups, anonymous organizations, etc. **(Student 1)**

Feasible, the mental health problems of student in the current educational environment are receiving increasing attention, which helps to identify and respond to student emotional problems in a timely manner, provide necessary support, and reduce anxiety and stress. Hire professionals to participate in guidance, strengthen the publicity and education of mental health, find problems and actively follow up to ensure effectiveness. **(Student 2, 4, 7)**

Yes, in addition to timely guidance, we must do a good job of prevention. **(Student 3, 6)**

Yes, can also be a group of several student, set up a group leader, can be more timely detection of problems, to solve the problem. **(Student 5)**

It is recommended to seek professional psychologists for effective psychotherapy. **(Student 8)**

Yes, the psychological support group should be easy to contact with student, through online and offline appointments can be arranged to ensure that it can effectively provide psychological counseling for student with poor mood and in need of help. **(Student 9)**

It can emphasize the principle of privacy information protection in the process of psychological counseling, protect student privacy and self-esteem, so that student in need can safely seek psychological help. **(Student 10)**

It is possible to set up psychological counseling services to provide student with channels to talk about emotions and solve problems. **(Teacher 1)**

Teachers and counselors can be trained to improve their ability to identify and deal with student psychological problems. **(Teachers 2, 3)**

It is possible to set up a student psychological support group and use the power

of peer support to promote emotional communication and psychological mutual assistance among student. **(Teacher 4)**

Feedback mechanism: Through interviews, questionnaires and other forms, we can understand the student suggestions and feelings on the psychological support group, and constantly improve the service and professionalism of the psychological support group. **(Teacher 5)**

13. Do you think the strategy of Enriching competitions between colleges, promoting mutual communication and making up for differences is OK? Do you have any suggestions?

A: Yes, it can increase the cohesion between colleges. It is suggested that teachers and student and faculty should participate in a mixed way, establish a complete activity process, and do a good job in the ceremony of the event. **(Student 1)**

It is feasible to effectively promote the interaction, cooperation and learning between school, and enhance student sense of competition and team spirit. **(Student 2,8)**

Yes, organize diversified, many times of the game. **(Student 3,4,6,7)**

Yes, you can also organize neighboring school to conduct competitions between school. **(Student 5)**

Yes, invite the teachers of the college to serve as judges and judges to ensure the principle of fairness and justice in sentencing and selection. **(Student 9)**

Yes, safety principle: in sports events, ensure the safety-first principle, all activities within the scope of safety, and set up emergency measures and first aid personnel. **(Student 10)**

Diversified competition items: set up competitions covering academic, cultural, sports and other fields to stimulate student interest and promote multi-faceted exchanges. **(Teacher 1)**

Can be held regularly: to ensure the regular nature of the competition activities, the formation of tradition, to facilitate the planning and participation of student. **(Teacher 2)**

Yes, strengthen cooperation: encourage cross-college team participation, enhance interaction and cooperation between colleges, and promote knowledge sharing and complementary differences. **(Teacher 3)**

You can establish a feedback mechanism: collect feedback from participants in the competition, evaluate the effectiveness of the activity, and adjust and optimize the setting of the competition in a timely manner. **(Teacher 4, 5)**

14. Do you think that the strategy of increasing the number of sports volunteer positions in school and solving student with financial difficulties is OK? Do you have any suggestions?

A: Yes, we should pay attention to the openness and transparency of information. **(Student 1, 4)**

A positive measure can help student with financial difficulties and also promote

the volunteer service culture on campus. Design reasonable job responsibilities, provide necessary training and guidance, establish feedback mechanisms, and actively promote volunteer activities. **(Student 2)**

Yes, do a good job of investigation, so that student with real economic difficulties can get jobs. **(Student 3,6,8)**

Yes, you can also organize different project competitions to let student be referees, and cultivate student ability while solving economic problems. **(Student 5,7)**

Yes, the school sets up sports volunteers for student with financial difficulties. When signing up for activities, it should set up corresponding audit standards to ensure that student with financial difficulties can really get the quota of participation. **(Student 9)**

The designed volunteer positions should adapt to the abilities of student of different abilities and genders, ensure the diversification of positions, and enable student to participate even if they do not have a good sports foundation, so as to enhance student participation and interest. **(Student 10)**

Diversified positions: according to the needs of sports activities, set up a variety of positions, so that student with financial difficulties to find their own role. **(Teacher 1)**

Yes, clear remuneration: set a reasonable remuneration, to ensure that can effectively reduce the financial pressure on student. **(Teacher 2)**

Training and support: Provide the necessary training, enhance the ability of volunteer service, and give emotional care and support. **(Teacher 3)**

Yes, incentive mechanism: the establishment of outstanding volunteer awards, encourage student to actively participate in and improve the quality of service. **(Teacher 4)**

Propaganda and guidance: strengthen publicity, create a positive campus culture, and encourage student to participate in volunteer activities. **(Teacher 5)**

15. If you do not agree with the Putian City to promote the quality of life of college student for the purpose of leisure sports development strategy, what are your suggestions?

A: Agreed. **(Student 1, 2, 5, 6, 9, 10)**

To provide a variety of sports choices. **(Student 3)**

More resources will be invested in related infrastructure construction. **(Student 4)**

Join the diversified development and reduce the singleness. **(Student 7)**

Professional sports skills, supplemented by leisure sports. **(Student 8)**

Diversified development: introducing culture, science and technology, social practice and other activities to comprehensively improve the quality of student life. **(Teacher 1)**

Demand research: first investigate the needs of student, and then formulate strategies to ensure pertinence. **(Teacher 2)**

Improve facilities: strengthen the construction and maintenance of sports

facilities and provide a good sports environment. **(Teacher 3)**

Integrate local characteristics: combined with Putian cultural characteristics, innovative forms of leisure sports activities. **(Teacher 4)**

Sustainable development: pay attention to the long-term planning and implementation of the strategy to ensure long-term benefits. **(Teacher 5)**

16. Do you think these strategies are appropriate?

A: Appropriate. **(Student 1, 3, 5, 6, 8, 9, 10)**

Basically suitable, a small part of the policy to be studied. **(Student 2)**

Appropriate, but the implementation is difficult, involving many relevant departments and personnel, forming difficult. **(Student 4)**

Appropriate, but attention to sustainable development. **(Student 7)**

Appropriate, diversified development: This is a very appropriate strategy because college student has diverse interests and needs. By introducing different types of activities to meet their needs and promote comprehensive development. **(Teacher 1)**

Basically appropriate, demand research: Before developing any strategy, it is very important to conduct demand research. This helps to ensure the pertinence and effectiveness of the strategy and avoid waste of resources and ineffective efforts. **(Teacher 2)**

Appropriate, perfect facilities: sports facilities are the basis for carrying out leisure sports activities. Improving and maintaining these facilities can provide student with a safe and comfortable sports environment and improve their enthusiasm and satisfaction in participating in sports activities. **(Teacher 3)**

Appropriate, integration of local characteristics: combined with local characteristics to develop leisure sports, not only can increase the attractiveness and interest of the activities, but also can inherit and carry forward the local culture. This is also beneficial to improve the cultural literacy and identity of college student. **(Teacher 4)**

More appropriate, sustainable development: It is very important to consider sustainability when formulating strategies. **(Teacher 5)**

17. Will you recommend Putian Leisure Sports Development Strategy for the Purpose of Promoting the Quality of Life of College Student to other student and colleagues?

A: Will recommend **(Student 1, 2, 3, 4, 5, 6, 8, 9, 10)**

The strategy is rich in content, feasible, and can effectively improve the quality of life of college student. I will actively recommend it. **(Student 7)**

The strategy is more comprehensive and reasonable, and it is recommended to promote and implement. **(Teachers 1, 2, 3, 4, 5)**

18. Do you think that leisure sports development strategies can help college student improve their quality of life?

A: Yes, the development strategy of leisure sports can not only promote physical health, but also improve mental health, enhance social interaction, improve the quality of life, and help college student grow comprehensively and healthily. **(Student 1, 2)**

Yes, participating in sports activities can alleviate the pressure of college student

learning and competition. **(Student 3, 5)**

It can help college student to cultivate after-school hobbies, exercise, keep healthy and contribute to lifelong sports in leisure time. **(Student 4)**

It can help college student relieve the pressure of learning. **(Student 7)**

It can be, in today's busy study and future employment pressure, promote the development of leisure sports let college student through this method to try to relax the anxiety mood, so as to improve the quality of life. **(Student 6, 8)**

Yes, through the school organization of leisure sports activities, give us social participation platform and opportunities, but I have the opportunity to show their own characteristics and talents, and in which to meet more student. **(Student 9)**

Yes, participate in leisure sports activities, improve our physical and mental health level in the activities. Physical exercise in sports activities can enhance physical fitness and improve physical fitness; leisure sports can also effectively alleviate the learning pressure and anxiety level, make me full of vitality. **(Student 10)**

Leisure sports activities can help college student keep healthy. By participating in various sports activities, college student can enhance their physique, improve their immunity and reduce the chance of getting sick. Physical health is an important basis for the quality of life. Without health, everything else will be impossible. **(Teacher 1)**

Leisure sports can also help college student relieve the pressure of learning. Although college life is rich and colorful, it is also accompanied by various academic and employment pressures. Participation in leisure sports activities can allow college student to temporarily drop their learning burden and release their inner tension, so as to devote themselves to learning and life in a fuller mental state. **(Teachers 2, 4)**

Basically, leisure sports can also promote the social interaction of college student. In the process of participating in sports activities, college student can get to know student from different majors and backgrounds, and expand their social circle. Through teamwork and competitive competition, they can also develop their communication skills and teamwork skills, and lay a solid foundation for their future careers. **(Teacher 3)**

It can be said that the development policy of Putian City provides more sports resources, including venues and equipment, for school and urban planning. For example, new sports equipment and public sports venues are set up, and school are opened for citizens to exercise during the holidays. It makes it easier for me to engage in sports activities in urban and campus life. **(Teacher 5)**

VITA

- NAME** Lizhi LIU
- INSTITUTIONS ATTENDED**
- 1.Physical Education and Health College of Chongqing Three Gorges University (undergraduate stage);
 - 2.Hebei Normal University (master degree);
 - 3.Silpakorn University (Doctoral stage) .
- PUBLICATION**
- 1.First author, (2022) Framework Design of Sports Image Analysis System 1 Based on SIFT Algorithm.RevistaInternacional de Medicinay Ciencias de la Actividad Fascia y el Deporte vol.22 (86) pp.575-590. (SCI IV, impact factor : 1.281, retrieved)
 - 2.First author, re-interpretation of the development of polo-and the polo sports in Dunhuang Bianwen [J].Study on Silk Culture. (CSSCI, to be published)
 - 3.First author, (2023) AUTOMATIC EVALUATION AND IMPROVEMENT OF SOCCERSERVING TECHNIQUES UTILIZINGCOMPUTER VISION.Revista Internacional de la Actividad Fascia y el Deporte vol. 23 (89) pp.530-546. (SCI four areas, impact factor : 1.3, to be retrieved)
- AWARD RECEIVED**
- 1.Individual awards 1.Won the position of referee chief of Fujian Provincial Department of Education in 2023
 - 2.Won the title of outstanding referee at the 2022 Fujian Provincial Games
 - 3.Won the 2022 Fujian Football Championship by the ' outstanding referee '
 - 4.Won the Excellent Referee of the Women 's Football Super League held by the Ministry of Education in 2021
 - 5.From 2021 to 2022, Fujian University Football League won the second prize.