

CHEN, Bolin. Research on Integrating Sports into College Students 'Daily Lives from the Perspective of National Fitness. Quality in Sport. 2025;47:66548. eISSN 2450-3118.

<https://doi.org/10.12775/QS.2025.47.66548>

<https://apcz.umk.pl/QS/article/view/66548>

The journal has been awarded 20 points in the parametric evaluation by the Ministry of Higher Education and Science of Poland. This is according to the Annex to the announcement of the Minister of Higher Education and Science dated 05.01.2024, No. 32553. The journal has a Unique Identifier: 201398. Scientific disciplines assigned: Economics and Finance (Field of Social Sciences); Management and Quality Sciences (Field of Social Sciences).

Punkty Ministerialne z 2019 - aktualny rok 20 punktów. Załącznik do komunikatu Ministra Szkolnictwa Wyższego i Nauki z dnia 05.01.2024 Lp. 32553. Posiada Unikatowy Identyfikator Czasopisma: 201398. Przypisane dyscypliny naukowe: Ekonomia i finanse (Dziedzina nauk społecznych); Nauki o zarządzaniu i jakości (Dziedzina nauk społecznych). © The Authors 2025.

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The authors declare that there is no conflict of interest regarding the publication of this paper.

Received: 11.11.2025. Revised: 29.11.2025. Accepted: 29.11.2025. Published: 05.12.2025.

Research on Integrating Sports into College Students 'Daily Lives from the Perspective of National Fitness

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Abstract

This study employs literature review, questionnaire surveys, and statistical analysis to systematically examine college students' sports lifestyles, including exercise frequency, activity types, participation motivations, and sport selection. Based on the National Fitness strategy framework, the research investigates three core elements of sports integration—time allocation, spatial accessibility, and emotional engagement—analyzing their manifestations and mechanisms within student populations. Through comprehensive analysis, the paper proposes multi-dimensional strategies and recommendations for universities, students, and enterprises. These initiatives aim to enhance sports integration in campus life, helping students improve physical fitness, achieve lasting well-being, and ultimately attain lifelong benefits through sustained participation in physical activities.

Key words: college students; sports life; path research

1. Introduction

China's national fitness policy is an important institutional guarantee for improving national health and health literacy. The successful hosting of the 2008 Beijing Olympic Games shifted public sports focus from competitive sports to national fitness, ushering in a new era of comprehensive promotion of national fitness. Subsequently, national fitness and "Healthy China" became national strategies, and the government successively issued policies such as the "National Fitness Regulations" (State Decree No.560), the "Guidelines for Accelerating the Popularization of National Fitness in Families", the "National Fitness Plan (2011-2015)", and the "National Fitness Plan (2016-2020)", establishing a comprehensive basic public sports service system(1).Especially at the local level, provinces have responded to national policies by issuing various forms of provincial "National Fitness (Promotion) Regulations" and conducting extensive national fitness activities. This study focuses on the national fitness policies of China's provinces during the period of vigorous development of national fitness since 2008, analyzing the evolution of the intensity and content of national fitness policies from 2008 to 2017. College students are the future of the nation and bear the important responsibility of realizing the great rejuvenation of the Chinese nation. However, the "Development History of China's Student Physical Fitness Monitoring" released in 2017 shows that the health level of Chinese college students has shown a downward trend, and the rate of obesity continues to rise(2).It is evident that promoting the integration of sports into college students' lives can undoubtedly broaden their horizons, boost their confidence, and improve their physical fitness. The integration of sports into daily life is a process of gradually forming a sports lifestyle by incorporating sports as an essential part of life. It can be said that this integration is a crucial measure to achieve lifelong sports participation and an ideal process for realizing public health. Taking nearly 60 college students as examples, this article analyzes their sports lifestyle aspects such as exercise volume, exercise forms, participation motivations, and sport selection, proposes relevant suggestions, and summarizes paths for optimized development through continuous integration and interaction, providing visible approaches to enhance college students' awareness of lifelong sports and contribute to building a healthy China.

2. Research Subjects and Methods

2.1. Research Subjects

This study focuses on nearly 60 college students.

2.2. Research Methods

2.2.1. Literature Review Method

This study systematically analyzed college students' sports-oriented lifestyles through three approaches: examining library collections, conducting online literature database searches, and interpreting national policies and regulations. The research comprehensively reviewed existing studies and key concepts in this field, with particular emphasis on methodologies for enhancing sports integration into campus life. These theoretical and practical insights provide solid foundations for the current research.

2.2.2. Questionnaire Survey Method

Based on research objectives and extensive literature review, we conducted the "College Students 'Sports Lifestyle Questionnaire Survey'". The survey was distributed through online platforms like Wenjuanxing and paper questionnaires, with 60 copies randomly distributed to female students via QQ and WeChat platforms. A total of 58 questionnaires were collected, of which 56 were valid responses, achieving a 97% overall response rate and 93% valid response rate. By analyzing the collected data, we aimed to understand the current status of female students' sports lifestyles and propose actionable recommendations. This study provides valuable insights for enhancing the integration of sports into daily life among college students and fostering lifelong sports awareness.

2.2.3. Mathematical Statistical Methodology

Through the application of appropriate statistical analysis methods, we systematically analyzed extensive data from collected questionnaires while examining factors influencing modern sports-oriented lifestyles. The findings were logically summarized and documented in the thesis. By synthesizing and processing valid data, we maximized its functional value to provide robust empirical support for the research. To explore pathways for optimizing the integration of sports into university students' daily lives, we proposed actionable recommendations.

3. Research Results and Analysis

3.1 Related Concepts

3.1.1 National Fitness

"National Fitness" is a pivotal strategic concept in China's sports development, referring to the nationwide initiative where all citizens actively and consistently engage in physical exercise and fitness activities under unified national planning and broad social participation. This concept aims to enhance physical fitness, improve health standards, and promote balanced physical and mental development. It emphasizes not only the universal accessibility of sports—where fitness is available to everyone and everywhere—but also the integration of sports into daily life, transforming athletic activities from professional competitions or exclusive pursuits into an integral part of public routines. Its core components include: the integration of sports into daily spaces (such as communities, parks, and households), the normalization of exercise time (including regular fitness routines and leisure activities), and the deepening of sports-related emotional experiences (enhancing physical and mental well-being, fostering social engagement, and cultivating a culture of collectivism and health). In the new era, National Fitness serves not only to improve national physical fitness but also as a crucial pathway for driving high-quality development, advancing social progress, and enhancing public welfare. "National Fitness" denotes a social movement under national strategic guidance that encourages all citizens to voluntarily and persistently participate in physical activities aimed at improving

health and fitness. It emphasizes not just limited sports participation but rather making the general public the primary participants in sports. This encompasses both organized and planned physical exercises integrated into daily life, with the ultimate goal of meeting the public's demand for sports and health in pursuit of a better life, thereby promoting the overall improvement of national physical fitness and health standards(3).

3.1.2. Integration of Sports into Daily Life

The integration of sports into daily life refers to the process of incorporating physical activities as an essential component of lifestyle, gradually forming a sports-oriented way of living. This process involves three key elements: temporal, spatial, and emotional experiences. Temporally, it requires transitioning from occasional to regular participation in sports activities, cultivating consistent exercise habits. Spatially, sports facilities should be accessible to residents, creating community-based sports environments that facilitate participation. Emotionally, the process should be enjoyable and stress-relieving, allowing participants to experience cultural enrichment and fulfillment, thereby fostering a sense of affinity and positive emotional engagement with sports(4).In China, integrating sports into daily life serves as both a fundamental requirement for achieving lifelong physical activity goals and a central element in implementing the National Fitness Program. The concept of a sports-oriented lifestyle refers to a stable pattern of behaviors and activities where individuals, groups, or entire communities engage in diverse sports practices guided by shared values, all while meeting multi-level needs under specific social conditions. By guiding these individuals 'values and enhancing their awareness of sports' importance, we can help them naturally incorporate physical activities into their lives(5).Sports comes from life, and life is the continuous source of sports. Establish the concept of sports in life, and take the initiative to participate in sports activities, that is, to form sports in life.

3.2. The Relationship Between National Fitness and the Lifestyle of Sports

National fitness and the lifestyle of sports are closely related, complementing each other and jointly promoting the realization of the Healthy China strategy. Through policy guidance and social resource allocation, national fitness encourages more people to participate in sports activities, creating conditions for the lifestyle of sports. Specifically, national fitness provides residents with convenient sports environments by strengthening sports facility construction, providing public fitness venues, and organizing community sports activities, thereby gradually integrating sports into daily life and forming stable exercise habits. On the other hand, the lifestyle of sports is the long-term goal of national fitness, requiring the normalization and dailyization of sports activities to make them an integral part of everyone's daily life. This not only promotes the deep-rooted concept of health but also enhances the overall physical fitness and mental health of society. The realization of the lifestyle of sports further consolidates the achievements of national fitness, ensuring its long-term and sustainable development. Therefore, national fitness lays the foundation for the lifestyle of sports, while the lifestyle of sports provides a guarantee for the popularization and sustainability of national fitness.

3.3. Mechanisms for Promoting the Integration of Sports into College Students' Daily Lives.

Starting from the concept of integrating sports into daily life—analyzing it through three dimensions: temporal, spatial, and conceptual frameworks—this study proposes actionable pathways to advance this integration based on survey data. The research distributed 60 questionnaires, with 56 valid responses collected. The scientific definition of sports lifestyle encompasses its essential characteristics: as a scientific category, it should comprehensively describe all aspects of physical activities across various domains, including natural conditions, social contexts, and personal capabilities. This scientific framework presents both a highly generalized and remarkably specific concept.

3.3.1. Time Management

Optimizing Exercise Duration to Enhance Effectiveness Table 1, 2, and 3 reveal that college students in this survey exhibit significant randomness in their exercise routines. Whether regarding duration, intensity per session, or weekly frequency, these factors remain poorly regulated, leading to suboptimal workout efficiency. Effective exercise facilitates complete oxygenation of carbohydrates, burns body fat, and enhances cardiovascular function. Research indicates that optimal exercise duration lies between 30 minutes to 60 minutes. Sessions shorter than 30 minutes are ineffective, while those exceeding 90 minutes constitute excessive exercise. Table 1 shows 19 students (33.9%) exercising 21-30 minutes per session, while 7 (26.8%) train 0-10 minutes and 9 (26.8%) over 60 minutes. Notably, those meeting effective exercise criteria account for less than half of participants, highlighting the critical need to establish exercise timing awareness for promoting regular physical activity. Exercise duration directly impacts effectiveness—both insufficient and excessive durations hinder results. Table 2 reveals 23 students (41.1%) exercising 1-2 times weekly, the highest frequency, followed by 15 (26.8%) exercising 2-3 times monthly. Both monthly and daily exercise options are underrepresented, with only 4 and 3 participants respectively. Most college students have low frequency of physical activity participation, and few can meet the requirement of three times a week. Finally, it can be seen from the exercise intensity in Table 3 that the largest number of students engaged in low-intensity exercise is 17, accounting for 30.4%.

A study investigating college students' exercise intensity, duration, and frequency revealed that most fail to meet the recommended physical activity guidelines: engaging in at least three sessions per week with each lasting no less than 30 minutes at moderate intensity. This highlights a critical issue in student populations – the lack of exercise time management awareness. Even those with regular exercise habits often exhibit low-intensity, short-duration, and infrequent routines. Such insufficient physical activity makes it difficult to achieve fitness goals and hinders the maintenance of healthy exercise behaviors. These findings underscore the importance of educating students about proper exercise knowledge, optimizing lifestyle approaches, and cultivating proper exercise awareness – all essential for fostering sustainable physical activity habits.

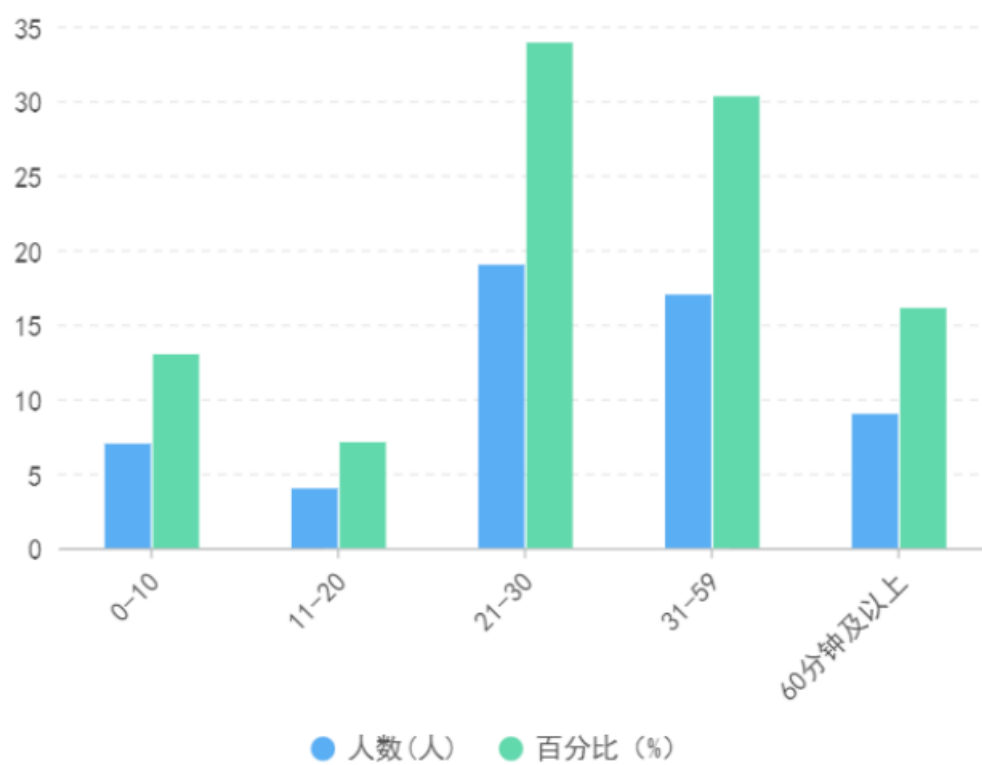


Table 1. Statistical table of sports time for female college students

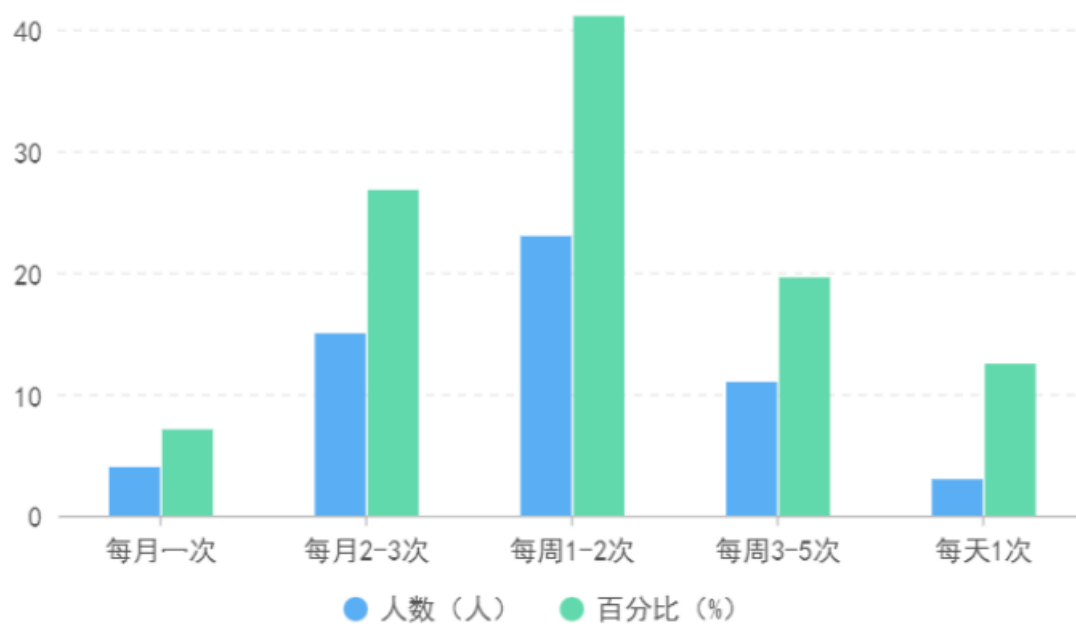


Table 2. Frequency of sports for female college students

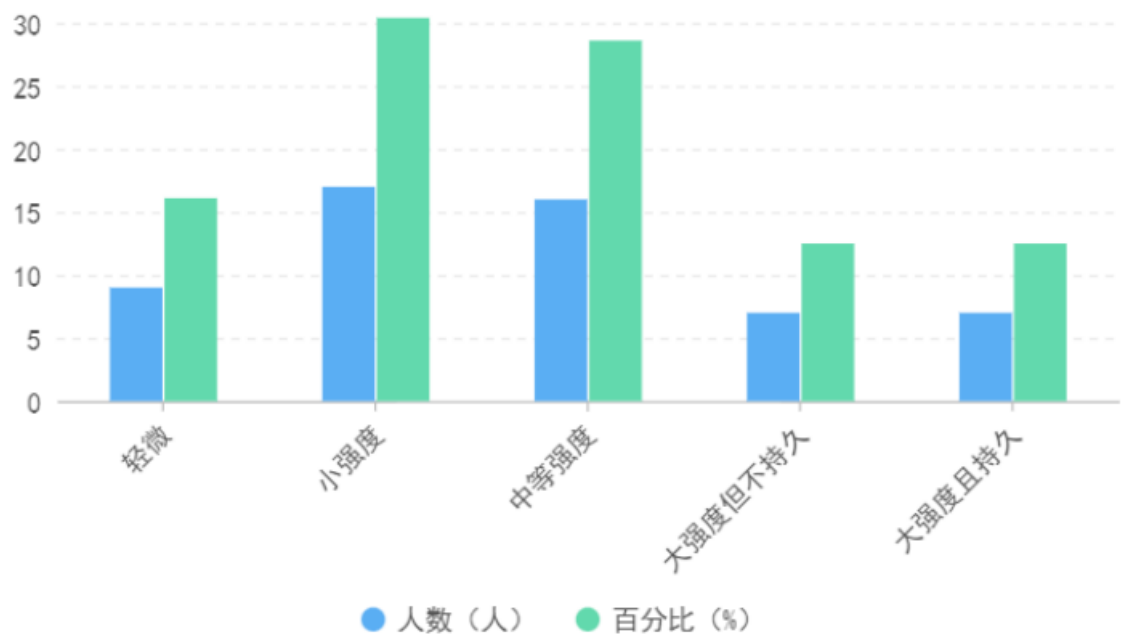


Table 3. Sports intensity among female college students

3.3.2. Spatial Dimension: Maximizing Venue Resources to Expand Sports Engagement

Sports facilities serve as vital infrastructure for athletic development. To foster sports integration into campus life, two key factors are essential: adequate permanent sports venues and evolving infrastructure. With the continuous refinement of sports industry planning and growing public demand, China has seen significant increases in sports venue numbers, total area, and per capita space. By the end of 2021, these metrics reached 3.9714 million venues, 3.411 billion square meters, and 2.41 square meters per capita respectively . Data analysis (Table 4) reveals that 44.6% (25 students) primarily use free on-campus facilities, while only 12 (25 students) opt for paid campus venues, 9 (10 students) choose off-campus free venues, and 10 (10 students) select paid off-campus venues. Universities, as hubs of academic resources, demonstrate high coverage rates of sports facilities, indicating favorable natural conditions for sports integration. However, limited financial capacity leads to higher preference for accessible on-campus venues. The low selection rate for off-campus venues reflects inadequate public service systems and insufficient sports facilities in surrounding areas, highlighting the need to improve off-campus infrastructure. Given the abundance of free on-campus options, students should strategically utilize available resources to meet the practical demands of expanding sports engagement. Finally, it is necessary to keep up with the background of the Internet + era and form an intelligent sports space combining online and offline, break the geographical limitations, and will not hinder the daily life of sports due to the limited physical space, greatly expanding the scope of sports activities.

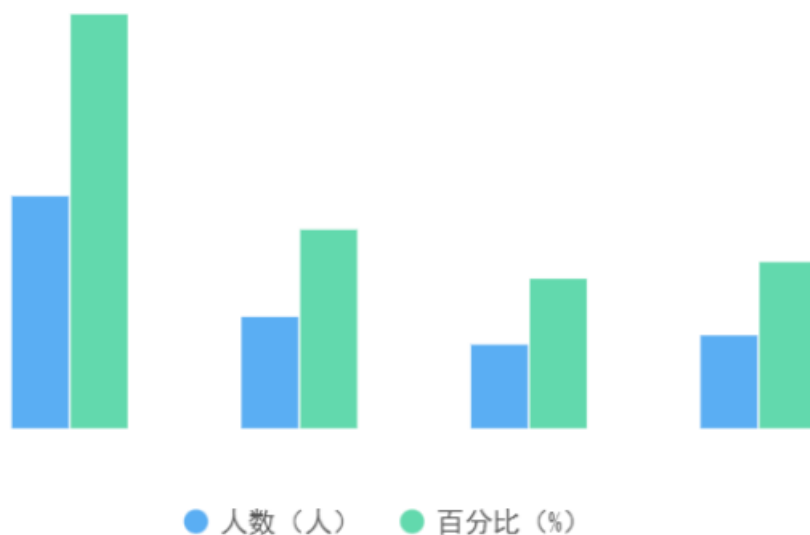


Table 4. Regular sports venues

3.3.3. Conceptual Dimensions

Cultivating Sports Attitudes and Enhancing Sports Literacy. The "Practical Theory" posits that sports value emerges from the educational relationship between individuals, where the unity of subjective and objective dimensions manifests through human existence and the inherent significance of sports activities. Its core value lies in educational cultivation. Historically constrained by a lack of consensus on the concept of "sports," transforming sports value perceptions requires addressing multiple dimensions including cognitive frameworks, personal experiences, emotional engagement, and cognitive processes. This involves stimulating students' intrinsic motivation for sports participation, diversifying access pathways, improving coaching expertise, and expanding sports formats. These efforts collectively foster a positive sports culture and advance the integration of sports into daily life.

Tab. 5. The main purpose of participating in sport

Purpose	Number of people	Percentage%
Prevent and cure diseases and strengthen your health	21	37.5%
Body sculpting, weight control	11	19.6%
Social networking, emotional release	8	14.3%
Develop your skills	10	17.9%
Others	6	10.7%

The purpose of exercise reflects college students' motivations for physical activity participation. Maintaining appropriate motivation levels can sustain sports engagement to some extent. University students exhibit diverse motivations for participating in sports, as shown in the survey results. Those who engage in regular physical activities primarily view it as disease

prevention and health maintenance, while 19.6% aim to achieve body sculpting and weight control through exercise. Numerous studies demonstrate that various exercise intensities and formats effectively regulate body weight. For instance, high-intensity interval training significantly reduces overweight and obesity while improving body composition. Resistance and aerobic exercises show remarkable effects in reducing abdominal and visceral fat. Therefore, cultivating proper motivations helps achieve exercise goals and enhances self-efficacy among college students. Moreover, internal motivations typically sustain exercise interest longer than external ones, fostering the natural progression of sports into daily life.

Table 6. Ways to participate in extracurricular physical exercise

Avenue	Number of people	Percentage%
Sports clubs and associations	5	8.9%
School-organized activities	11	19.6%
Self-organized activities	23	41.1%
School sports team	3	5.4%
Personal freedom	13	23.2%
Others	1	1.8%

The data reveals that most university students in our institution initiate extracurricular sports activities independently, with self-organized events and individual activities accounting for 41.1% and 23.2% respectively. Notably, fewer students participate through school-organized programs. This indicates that the current blended classroom-learning model requires refinement. By providing sufficient after-class exercise time and innovating extracurricular sports formats, we can effectively cultivate students' interest in physical activities and significantly boost their participation rates.

Tab.7. Whether there is a professional guidance table when participating in extracurricular sports training and sports competitions.

Frequency	Number of people	Percentage%
Often	7	12.5%
occasionally	34	60.7%
Never participated/Not sure	15	26.8%

As shown in Table 7, 34 out of 60 surveyed college students (60.7%) reported occasional professional guidance during training and sports competitions, while only 7 (12.5%) received regular coaching. The survey reveals that China's collegiate sports leagues are predominantly concentrated in primary and secondary schools. After entering higher education institutions, the number of events, participating teams, and student participants have experienced a steep decline, with university sports competitions yet to become routine. As the primary environment for students to receive professional sports guidance, universities should provide more opportunities for athletic participation, prioritize student guidance programs, establish professional coaching teams, and fully leverage the expertise of sports instructors to support students in skill development, safety awareness, and emotional well-being. Increasing the number of professionals guiding students in extracurricular sports training and competitions will enhance

the scientific approach to daily physical exercise, creating favorable social conditions for integrating sports into college students' lives.

Tab. 8. Distribution chart of regularly participating sports programs.

Project	Number of people	Percentage%
all kinds of sports balls	21	37.5%
Track and Field	18	32.1%
Gymnastics	2	3.6%
Folk sports	3	5.4%
Water kinds	10	17.9%
Others	2	3.6%

The table reveals that college students exhibit diverse sports preferences, with 37.5% favoring ball games and 32.1% choosing track and field events. These two categories together account for over half of all student preferences. Track and field and ball games require minimal facilities, making them accessible options for students with limited budgets. In the digital age where "Internet+" has become mainstream, online fitness tutorials offer a relaxed, rhythmic environment with real-time expert guidance – particularly appealing to students seeking low-impact workouts. By exploring a wider range of sports and engaging in more comprehensive physical activities, students can develop the skills needed to make sports an integral part of their daily lives.

3.4. Strategies to Integrate Sports into College Students 'Daily Lives

3.4.1. Establishing Sports Education Philosophy and Strengthening Faculty Development

We will fully implement President Xi Jinping's directives on ensuring adequate physical education classes and emphasizing sports education. By upholding the philosophy of sports education, we strictly adhere to the Party and state's guidelines and policies regarding sports development. We will coordinate physical education programs for both faculty and students, while enhancing teachers' exemplary role through practical demonstration. Through systematic faculty training and regular high-level sports seminars, we aim to expand teachers' knowledge base and professional expertise. By fostering research awareness and sharing the latest sports developments with students, we strive to create an immersive sports culture environment that resonates with young learners.

3.4.2. Enhancing Sports

Evaluation Models and Enriching Teaching Content. To reform outdated evaluation systems, we must move beyond focusing solely on final exam scores and establish a comprehensive assessment framework that integrates classroom and extracurricular activities. Traditional

evaluations in school physical education have neglected intrinsic motivation and incentive mechanisms, leading to passive practices and even fraudulent behaviors. Under the new curriculum reform, creating a dynamic evaluation system requires transforming assessments into an internal driver for transformative development. This involves abandoning the overemphasis on physical fitness test scores as primary criteria for student awards, while appropriately incorporating compulsory physical education concepts to motivate participation in sports activities. Such reforms will facilitate the organic integration of physical education with moral, intellectual, aesthetic, and labor education.

3.4.3. Optimizing Product Supply Strategies and Enhancing Student-Centric Services

Sports equipment manufacturers should recognize that profitability is not the sole objective. By leveraging the "Internet+" ecosystem, they must demonstrate the true value of social media marketing: identifying consumer demands among college students through social platforms, developing sports products that align with their aesthetic preferences, and setting price ranges that match their purchasing power. Schools can establish school-enterprise partnerships by inviting top-tier sports equipment manufacturers to participate in talent development programs, allowing students to familiarize themselves with industry standards and adapt to societal expectations. Through multi-platform collaboration, educational institutions and enterprises can deepen cooperation, strengthen industry-academia integration, and jointly cultivate high-quality, professional, and innovative talents for society.

3.4.4. Cultivating Lifelong Sports

Awareness and Developing Exercise Habits Students should start with themselves by actively participating in extracurricular sports activities and increasing their attention to sports news. This not only allows them to experience the mental release and joy brought by sports firsthand, but more importantly, helps them learn sportsmanship and truly develop lifelong sports awareness. College students, as a young and energetic group, should maintain health and improve physical fitness by reasonably scheduling exercise time, choosing suitable sports activities, and trying emerging sports. Additionally, during physical exercise, attention should be paid not only to physical activity but also to nutrition and rest. Proper dietary and rest adjustments facilitate supercompensation and help form good exercise habits.

4. Conclusion and Recommendations

4.1. Conclusion

4.1.1. Most college students have developed exercise habits, but some still exhibit poor sports awareness and habits, characterized by low frequency, short duration, and low intensity. As a result, it remains challenging for college students to establish a sustainable sports lifestyle. More college students choose to exercise alone or freely, while fewer choose to exercise with organizations. There is also a significant gender barrier in the choice of regular exercise activities, and the exercise methods are monotonous and the exercise purposes are highly utilitarian.

4.1.2 The optimization path of college students' sports lifestyle requires the coordination of multiple parties. It not only requires students to realize the importance of physical exercise, but also requires universities to actively explore new education modes and the active cooperation of government and enterprises to jointly improve the level of college students' sports life.

4.2. Recommendations

4.2.1. Student-Level Initiatives

Cultivating Physical Exercise Habits from Awareness The integration of sports education into daily campus life holds particular significance for fostering physical awareness. First, universities should enhance students' understanding of the value and benefits of physical exercise. Regular physical activity not only improves physical fitness but also enhances aesthetic appreciation, strengthens willpower, and supports holistic development. For contemporary college students, establishing healthy lifestyle habits forms the foundation for effective exercise. Therefore, cultivating disciplined routines through structured daily management is essential. Students should develop morning jogging routines before classes to maintain daily energy levels. Finally, organizing sports activities according to individual exercise goals allows participation during free time, helping students establish sustainable exercise habits and improve physical fitness.

4.2.2. Implementation Guidelines for University-Level Physical Education Curriculum

To achieve the integration of sports into daily life, universities must first establish clear teaching philosophies that emphasize combining physical education with general academic programs. Teachers and students should build equal relationships, with educators serving both as guides and active participants. In implementing this integrated approach, educators should consciously cultivate students' self-directed learning interests and encourage their active participation in sports activities.

Management and Evaluation System for University Physical Education The teaching system for sports integration must be closely connected to real-life contexts, ensuring that instructional activities originate from and creatively apply to practical life scenarios. Physical education teachers should boldly break away from conventional teaching models, developing flexible curricula that consider students' skill levels and athletic preferences. This requires personalized instruction tailored to individual strengths rather than rigid uniform standards. Evaluation System for Physical Education Assessment should not solely rely on final exam scores. Daily attendance, classroom engagement, and interactive participation should all be incorporated into comprehensive evaluations. This balanced approach prevents excessive focus on test scores while ensuring students with athletic potential can fully demonstrate their abilities. Achieving sports integration serves not only as a learning objective for students but also as a teaching outcome for educators. China's sports development strategy has evolved through different historical phases, each carrying distinct values and roles. During the national system era, sports initiatives played a vital role in strengthening national cohesion, fostering pride, and enhancing international prestige.

4.2.3. Government and Enterprise-Level Initiatives

Governments should strengthen comprehensive oversight across the sports industry chain to ensure quality products and services reach the consumer market. This includes enforcing laws against counterfeit goods and maintaining market integrity. Meanwhile, media organizations should enhance public awareness campaigns. They should collaborate with educational

institutions to organize regular lectures addressing consumer rights and sports consumption, fostering a responsible sports consumption culture. By exposing unethical businesses, they can guide students toward responsible sports practices, thereby promoting healthy industry development. As providers of sports products and services, enterprises should align their strategies with college students' evolving needs, strategically developing the sports consumption market.

Funding Statement

None.

Conflict of Interest Statement

None.

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