

Strategies for Continuously Improving College Students' Physical Health from the Perspective of Cultivating Exercise Habits

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Abstract: Focusing on the continuous improvement of college students' physical health, this paper deeply analyzes the current physical health and exercise habits of college students, and clarifies the relationship between physical health and exercise habits. Good exercise habits have a positive impact on the improvement of college students' physical health, while poor physical health is a major obstacle to the formation of good exercise habits among college students. Through the implementation of various strategies to strengthen the physical exercise of college students, the aim is to provide an important guarantee for the sustainable improvement of college students' physical health.

Keywords: Exercise habits; Cultivation; College students; Physical fitness

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1. Introduction

From the viewpoint of the actual situation of college students' physical health at this stage, it is not optimistic. Therefore, the school must pay enough attention to the sustainable improvement of college students' physical health from the perspective of the development of sports habits, and encourage college students to gradually form good sports habits, so as to lay a good foundation for the realization of the goal of the sustainable improvement of college students' physical health. This paper analyzes the current situation of college students' physical health and exercise habits, and proposes effective strategies for the continuous improvement of college students' physical health^[1].

2. Current situation of physical health among college students

In the field of education and even throughout society, the physical health of college students has received

increasing attention and emphasis. Through the monitoring of the physical health of college students across the country, it is found that the physical health of college students shows a downward trend. In recent years, the number of obese college students has been increasing continuously. Besides having a negative impact on the physical image of college students, obesity may also induce some chronic diseases, such as diabetes and cardiovascular diseases, posing a serious threat to the physical health of college students ^[2]. From the perspective of physiological functions, both the endurance and cardiopulmonary functions of college students are not optimistic. In the annual physical fitness tests for college students, the number of college students who pass the long-distance running test is decreasing, indicating that college students have relatively low endurance and their cardiopulmonary functions are unable to support them in completing slightly more intense sports events. In addition, many college students lack a regular schedule. They often stay up late playing games, watching TV series, etc., and their sleep time is obviously insufficient, which leads to listlessness in their studies and life the next day. The diet also lacks rationality. College students usually like to eat some takeout food with high oil and salt content. The daily intake of vegetables and fruits is obviously insufficient. This not only fails to provide the body with comprehensive nutrients but may also lead to problems with the gastrointestinal tract. Moreover, many college students lack physical exercise. They spend most of their spare time playing with their mobile phones in the dormitory and seldom go to the playground to exercise independently. Their physical functions and immunity are constantly declining, and they often have fevers, colds, etc. ^[3]. In the information age, the lifestyle of college students has undergone significant changes. Many college students are addicted to the virtual world of the Internet and seldom go outdoors for activities. Playing with mobile phones for a long time, apart from causing a decline in eyesight, may also lead to problems with the cervical vertebrae.

3. College students' exercise habits

The exercise habits of college students show diverse characteristics. In terms of exercise frequency, some college students take exercise as a part of their lives and have a regular exercise habit, exercising at least three times a week. There are also some college students who exercise at a relatively low frequency, or even less than once a week. In terms of the duration of exercise, some college students can persist in exercising for half an hour to one hour each time. Not only can they achieve certain exercise effects, but they will also not feel overly tired, and it will not affect their normal study and life ^[4]. There are also some college students who exercise for a relatively short period of time, with each session lasting less than 30 minutes. In terms of exercise intensity, many college students mainly engage in moderate-intensity sports, such as table tennis, badminton, and jogging. This kind of sport can not only be well tolerated by college students' bodies but also provide certain exercise for their muscle strength and cardiopulmonary function. Some college students also prefer sports with relatively high intensity, such as football matches and basketball games. The competitive feeling and excitement of these sports have a great appeal to them. Some college students, on the other hand, prefer low-intensity sports such as yoga and walking, and they pay more attention to the relaxation and comfort of sports.

4. The relationship between exercise habits and physical health

4.1. The positive impact of exercise habits on physical health

Developing good exercise habits can empower the continuous improvement of college students' physical health. College students with good exercise habits can significantly enhance their physical health. For instance,

after a period of aerobic exercise, such as cycling, swimming, and running, the cardiopulmonary function of college students can be enhanced. For instance, after a period of aerobic exercise, such as cycling, swimming, and running, the cardiopulmonary function of college students can be enhanced. Flexibility exercises, such as stretching and yoga, can enhance the coordination and flexibility of college students' bodies.

Moreover, appropriate physical exercise also has a very good stimulating effect on the immune system of college students, which can make immune cells more active and significantly increase their number, helping to enhance the body's ability to resist pathogens in college students^[5]. In addition, good exercise habits are also conducive to maintaining the mental health of college students. Under the influence of academic pressure, social confusion, career planning, and other factors, college students are prone to negative psychological states such as depression and anxiety. Exercise can prompt the brain to secrete neurotransmitters such as serotonin and dopamine. Dopamine can make college students feel happy. Serotonin can help college students maintain stable emotions and is conducive to improving their mental health.

4.2. Poor physical health hinders exercise habits

Poor physical health among college students is a major obstacle to their formation of good exercise habits. Some college students have relatively poor physical functions. After doing even a little exercise of a certain intensity, they experience a rapid heartbeat, shortness of breath, and muscle soreness. These discomforts make them rather resistant and fearful of exercise, which seriously affects their enthusiasm for participating in sports. Some college students with weak heart and lung functions often feel short of breath and have difficulty completing sports such as basketball and long-distance running. Over time, they will give up such sports. Some college students with poor physical flexibility and coordination often make frequent mistakes when engaging in sports that require skills, such as table tennis and badminton, which dampens their self-confidence and gradually makes them lose interest in sports. In addition, college students with poor physical health are often more worried about getting injured during sports, which restricts their exercise behavior. Especially those who have been injured during sports, they tend to be more cautious during sports and even directly refuse to exercise, seriously hindering college students from developing good exercise habits^[6].

5. Effective strategies for the continuous improvement of college students' physical fitness and health from the perspective of cultivating exercise habits

5.1. Stimulate interest in exercise and ignite the passion for exercise

Interest can provide an important driving force for college students to develop good exercise habits. Schools need to enhance the innovation of physical education teaching methods and content. By carrying out diverse sports activities, they can continuously stimulate college students' interest in sports and ignite their enthusiasm for sports, thereby laying a solid foundation for the continuous improvement of college students' physical health. On the one hand, it is necessary to break away from the previous teaching model of physical education courses. By introducing fashionable and emerging sports such as street dance, roller skating, archery, and rock climbing, it is ensured that the diverse sports needs and interests of college students can all be met^[7]. These sports events are both challenging and interesting, which can effectively stimulate the enthusiasm of college students to participate. Schools also need to carry out physical education teaching activities through diverse methods, break away from the previous single "indoctrination" teaching mode, and increase the interest of physical education teaching by means of games, competitions, and scenario creation, so that college students

can better experience the charm of sports. On the other hand, the school regularly organizes college students to carry out a variety of sports activities, continuously stimulating their interest in sports. In addition to regular basketball games, volleyball games, football games, sports meetings, etc., it is also necessary to regularly organize college students to carry out outdoor expansion activities, sports culture festivals, fun sports meetings, etc. In outdoor expansion activities, college students' willpower can be well-trained. The holding of the sports culture festival can enhance college students' awareness of sports. The fun sports meeting can encourage college students to continuously improve their physical health in a pleasant and relaxed sports atmosphere.

5.2. Teach scientific methods and consolidate the foundation of sports

Only when college students master scientific exercise methods can they ensure the effectiveness of their exercise while avoiding injuries during the process. Therefore, from the perspective of cultivating exercise habits, in the process of continuously improving the physical health of college students, schools need to regularly organize and carry out exercise knowledge training and special lecture activities, provide personalized guidance on college students' exercise, and guide them to reasonably formulate exercise plans based on their own conditions. Schools can regularly invite professional doctors, sports coaches, and sports scholars to the campus to explain sports-related knowledge to college students. The main contents include the prevention and treatment of sports injuries, sports physiology, sports nutrition, etc. For example, when carrying out lectures on the prevention and treatment of sports injuries, college students are introduced to common sports injuries in detail, including the causes of injuries, symptoms, and emergency treatment methods, and through on-site demonstrations, college students are shown the correct use of bandages and cold and hot compresses, so as to improve the basic ability of college students to deal with sports injuries^[8]. In the process of providing personalized guidance for college students' sports, it is necessary to combine their physical health conditions, sports interests, and sports goals for guidance. For college students who aim to lose weight, they can be guided to exercise by combining aerobic exercise with strength training, and scientific guidance can be provided on their daily diet. For college students who aim to improve their sports performance, in addition to attaching importance to correcting their incorrect sports movements, it is also necessary to help them formulate personalized training plans based on their conditions to enhance their physical fitness and athletic ability, etc. In addition, with the help of sports apps and intelligent sports equipment, the data generated by college students during their exercise can be monitored in real time, such as calories burned, heart rate, exercise duration, and exercise distance. Through the analysis of the collected data, college students can be guided in a timely manner to adjust their exercise plans, thereby ensuring the effectiveness of the exercise.

5.3. Optimize the sports environment and ensure sports conditions

From the perspective of cultivating exercise habits, in the process of continuously improving the physical health of college students, it is also necessary to pay attention to optimizing the exercise environment, so as to provide college students with good exercise conditions. Schools should appropriately increase investment in sports facilities, rationally plan sports fields, and at the same time establish a complete maintenance and management mechanism for sports facilities, so as to create comfortable and convenient sports conditions for college students^[9].

Appropriate financial input should be increased to introduce sports facilities. On the one hand, sports facilities and equipment should be improved; on the other hand, old and damaged sports facilities and equipment should be replaced in a timely manner. It is also necessary to enhance the construction of modern

gymnasiums and equip them with fitness equipment such as barbells, dumbbells, spinning bikes, and treadmills according to the needs of college students. It is necessary to expand and maintain sports fields such as tennis courts, basketball courts, football fields, track and field fields, etc., to ensure that the fields are safe and level enough. To prevent college students' sports from being affected by the weather, the construction of indoor sports venues should also be strengthened, such as table tennis courts and badminton courts. In some newly built modern gymnasiums in colleges and universities, in addition to these advanced sports facilities and equipment, intelligent management systems have also been introduced. College students can log in to the app at any time to make reservations for the use of sports equipment and sports fields, thereby achieving efficient utilization of sports equipment and sports fields. The rational planning of sports venues on campus should be based on the characteristics of each sports event and the sports needs of college students, and a scientific layout should be carried out. Large sports fields, such as football fields and track and field fields, should be set up in the center of the campus sports venues to facilitate the use of college students. Small sports fields should be set up around teaching buildings and dormitory buildings, such as yoga rooms and strength training rooms so that college students can quickly reach these sports fields, reduce time costs, and improve the utilization rate of the fields. In addition, it is necessary to plan bicycle lanes and walking paths on campus based on the daily exercise needs of college students and to integrate sports facilities with the natural landscape on campus. The improvement and construction of the maintenance and management mechanism for sports facilities aim to ensure that all sports facilities are always in a normal and safe state for use. Regular maintenance, upkeep, and management of various sports facilities can be carried out through the establishment of a sports facility management department.

5.4. Strengthen supervision and incentives to consolidate the habit of exercising

If schools want to encourage college students to develop the good habit of lifelong exercise, they can supervise and motivate college students' exercise by improving the construction of the physical education assessment and evaluation system. If schools want to encourage college students to develop the good habit of lifelong exercise, they can supervise and motivate college students' exercise by improving the construction of the physical education assessment and evaluation system. The autonomy of college students in participating in sports activities, the frequency of exercise, and the duration of exercise, as well as other sports performance, will be the key points of assessment. And the assessment should be implemented through diversified means. Besides the evaluation method of testing, it is also necessary to add self-evaluation and mutual evaluation among college students to ensure that the assessment and evaluation results are objective and comprehensive enough^[10]. At the same time, it is necessary to strengthen the implementation of the reward mechanism and offer both spiritual recognition and material rewards to college students who have performed outstandingly in sports activities. The establishment of sports scholarships can be utilized to stimulate college students' enthusiasm for participating in sports activities. Scholarships are awarded to college students who perform outstandingly in sports tests and have good exercise habits, so as to serve as an incentive for the majority of students and encourage more college students to actively and independently participate in sports activities. In addition, the school can also organize college students to carry out sports competitions within the dormitory, such as dormitory basketball games, badminton games, rope skipping games, etc. Physical education assessment and scoring can be conducted by the dormitory to enhance college students' sense of collective honor and cohesion.

6. Conclusion

In conclusion, there is a close connection between college students' physical health and their exercise habits. Promoting college students to develop good exercise habits plays an important role in continuously improving their physical health. To this end, a series of measures needs to be implemented to imperceptibly cultivate good exercise habits among college students. In the future, technologies such as big data and artificial intelligence should be more actively and deeply integrated into the physical health training of college students, so as to achieve more ideal training results.

Disclosure statement

The author declares no conflict of interest.

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