

# The Current Situation and Attention problems of College Students' After-school Fitness and Bodybuilding Exercise

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## Abstract

Using interviews, logical analysis and other methods, this paper investigates the current situation of college students' after-school bodybuilding exercise in Lingang New Area of Shanghai, analyzes its existing problems, and puts forward that college students should strengthen the theoretical knowledge of bodybuilding exercise in their after-school bodybuilding exercise. , exercise methods, bodybuilding nutrition, etc., scientifically formulate appropriate bodybuilding exercise prescriptions, and improve the exercise effect of bodybuilding.

## Keywords

**Bodybuilding; After-school exercise; Fitness and bodybuilding.**

## 1. Introduction

Bodybuilding is a sports science that transforms the human body. It uses various modern professional bodybuilding equipment such as barbells and dumbbells, adopts scientific strength exercises, develops muscles in various parts of the body, increases physical strength, improves body shape, cultivates beautiful sentiments, and enhances the overall and healthy development of body and mind. Bodybuilding integrates sports and aesthetic education, which is in line with the pursuit of college students to be healthy and beautiful. At present, bodybuilding has become an important item in college boys' optional courses, and it is also a fitness exercise that is very suitable for college students to exercise after school.

## 2. Current Status of College Students' After-School Fitness and Bodybuilding Exercises

With the progress of society and economic development, sports have also entered the socialization. Bodybuilding is becoming a fashion item of physical exercise for the whole people with unique charm, especially popular among the younger generation. In colleges and universities, bodybuilding is deeply loved by the majority of students, and students are more and more active in bodybuilding training. They yearn to have a bodybuilding physique, limited by various conditions such as bodybuilding equipment, space and venues, and the popularity of the project is not enough. Many students are not interested in bodybuilding. The lack of knowledge and sufficient understanding has led to many problems in their after-school bodybuilding exercises.

From 2018 to 2020, use the time of answering questions and self-study tutoring in bodybuilding courses to conduct exchanges and interviews with students who exercise after school in our school, experience bodybuilding training with them, and learn about their bodybuilding exercise plans. Student members of the sex gym, they come from 5 colleges and universities in the Lingang area. Many students are exposed to bodybuilding for the first time. Some students have 1 to 2 years of bodybuilding experience. By observing their bodybuilding

training movements and training load intensity, we can understand Bodybuilding exercise prescription through analysis and comparison.

Through research and analysis, it is shown that some students have a rough understanding of the basic movement techniques and training rules of bodybuilding, but the students are not accurate enough in training movements, the movement techniques are not standardized enough, the exercise is random, and they even fall into the misunderstanding of rushing for success. When they first entered the gym, they were very motivated to exercise, thinking that they could achieve their ideal body shape after a few months of exercise, ignoring step-by-step strength training, lacking the concept of scientific exercise, excessive exercise load in a short period of time, preparation for activities Insufficient stretching and stretching will often cause sports injuries, which directly affect the enthusiasm for continuous training. Students' self-control ability is weak, setting stage goals is unscientific, blindly emphasizing protein intake, ignoring the principles of bodybuilding diet, which directly affects the effect of bodybuilding exercise.

### **3. Problems That Should Be Paid Attention to in the After-School Fitness and Bodybuilding Exercises for College Students**

#### **3.1. Strengthen the Theoretical Knowledge of Bodybuilding**

With the popularization and recognition of bodybuilding, the number of students participating in after-school bodybuilding exercises has gradually increased, which requires college students to seriously study the theoretical knowledge of bodybuilding before participating in bodybuilding training. Master the basic theory of bodybuilding, which is the foundation of bodybuilding. Only with theoretical knowledge of bodybuilding can you guide the practical skills of bodybuilding training.

Bodybuilding theory and practice must be combined to master the four elements of human muscle growth: scientific training, reasonable nutrition, psychological factors, and good recovery between each exercise.

In terms of physiological growth theory, only overload can obtain super compensation, which is the basic rule of bodybuilding training. From the analysis of the growth principle of muscle stoutness, after being stimulated by continuous weight-bearing, the muscle contracts, the protein increases synchronously, the bearing capacity of the muscle fiber increases, and the cross-section of the muscle increases accordingly. This is the physiological principle of bodybuilding to improve the body shape.

Before participating in bodybuilding exercises, students should not only understand the rules of bodybuilding training, but also know how to judge their own physique and physical fitness level, and set the expected goals of bodybuilding according to their own physique characteristics. For example, different weights and different frequencies will produce different training effects (low repetitions: mainly to increase physical strength and strength; medium repetitions: mainly to increase muscle mass; high repetitions: mainly to modify and strengthen muscle lines and develop small muscle groups; ultra-high repetitions: Mainly achieve local fat reduction, enhance muscle elasticity, and improve muscle tolerance). The above-mentioned weight training times are combined with the corresponding weight and interval rhythm, following the principles of scientific exercise, and persevering in order to achieve the desired goal.

Bodybuilding is different from general skills, and involves a wide range of knowledge, including exercise physiology, sports anatomy, nutrition and many other disciplines, and bodybuilding has a strong personality, so try to avoid rough understanding of bodybuilding, into the misunderstanding of bodybuilding.

Applying theoretical knowledge to the practice of self-exercise, which focuses on mastering the method. When you encounter doubts in training, you should take the initiative to consult the instructor in time, and gradually improve the ability of self-learning, self-training and self-evaluation. Under the principle of scientific bodybuilding exercise, learn to design and compile bodybuilding training plans suitable for their own characteristics and requirements.

### **3.2. Step by Step, Persevere, and Exercise Scientifically**

Step by step refers to the reasonable arrangement of the content, method and amount of exercise. The choice of exercise content must be based on one's own physical fitness state and the size of the exercise load that can be tolerated, from easy to difficult, from simple to complex. The most basic concept of bodybuilding is to gradually increase the training load, so that the muscles in all parts of the body can be stimulated by "overload", which can cause "overcompensation" results, so that the muscles can grow faster. However, it should be pointed out that the amount of "overload" training here should be formulated according to the different physical fitness levels of each student. At the same time, on the basis of correct mastering of the movements, students should learn to choose the corresponding exercise movements and loads according to their own physical fitness level.

Bodybuilding training is expensive. Overcoming blindness and establishing realistic goals will build self-confidence. Self-confidence is an important psychological quality that practitioners must possess. In the process of bodybuilding training, one must be full of self-confidence from beginning to end, overcome impetuous psychology, understand and strictly abide by the step-by-step and persistent training rhythm, in order to achieve better exercise results.

### **3.3. Cultivate Mutual Aid Training Among Students**

Mutual aid training refers to a method in which 2 to 3 students with similar physical levels protect and encourage each other to practice together. Mutual aid training can improve motivation, enable practitioners to clearly record the weight, number of times, number of groups, movement speed, interval time between groups, and mutual supervision and encouragement are conducive to the formation of correct exercise patterns. Protection and boosting training is an important part of bodybuilding equipment training, and in a sense, it is the key to the success of bodybuilding training. In the after-school bodybuilding exercise for college students, students with similar physical fitness levels should use a voluntary combination to form a group of 2 to 3 students, and train together in the form of combined protection, so as to take into account the interval time between groups during exercise to ensure exercise intensity and density. Practitioners observe each other to facilitate correcting movements, and at the same time improve the enthusiasm of exercise, to achieve the purpose of mutual promotion and common progress. Especially when the muscle movement reaches the limit at the end of the trial, it can be done with assistance, which not only achieves the exercise effect but also achieves the purpose of safe exercise.

### **3.4. Master the Correct Breathing Method**

Bodybuilding and fitness exercise are a combination of aerobic and anaerobic metabolism. When exercising, practitioners are required to master the correct breathing method, otherwise, dizziness, nausea, and premature fatigue will easily occur.

Don't hold your breath during equipment bodybuilding exercise, you can use natural breathing or synchronized breathing. Synchronized breathing here refers to: take one breath for each movement, and the breathing is completed during the movement, that is, when the muscles contract instantaneously, the breath is completed, and when the muscle is stretched, the inhalation is slow, or the muscle is contracted and the inhalation is fast, and the muscle is stretched, the breath is slow.

### 3.5. Make A Reasonable Training Plan

Students should choose exercises according to their physical fitness level and exercise goals. Make a workout plan that suits you on the premise of following the basic rules of bodybuilding training. Secondly, the goal should be clear. Continuity and progression are two important principles in formulating a training plan. Without continuity, the muscles do not receive constant, regular stimulation, resulting in slow growth. If the training intensity is not increased, the muscles adapt to the stimulation given, and the growth will be retarded. In addition to ensuring the continuity of training, an effective plan should also ensure a gradual increase in training intensity (frequency, quantity, intensity). Frequency, quantity, and intensity are the three elements of a training program. (Frequency: refers to how many times a week to practice. Quantity: is the amount of training, how many sets, how many times per set, and the length of rest time between sets, etc. Intensity: the amount of load you bear during training).

Muscle growth depends on the stimuli, and variable factors such as weight and frequency are often changed to keep the muscle sensitive to stimuli and continue to grow. Therefore, when students formulate a fitness plan, they must have a hierarchy. It is necessary to clarify the purpose and task of exercise, the content of exercise, and the arrangement of various indicators such as exercise load to ensure the feasibility of exercise.

#### 2.6 Reasonably Arrange the Amount of Exercise and Enhance the Ability of Self-evaluation

Reasonable arrangement of exercise is the key to obtaining ideal results. A small amount of exercise will not function as exercise, and an excessive amount of exercise will cause excessive fatigue and even damage to muscles or ligaments and fascia. A reasonable amount of exercise includes the number of sets and times of a single action, interval time and weight, etc. The amount of exercise should be arranged according to the stage and the number of exercises per week. The general rule for the amount of exercise during exercise is that the amount of exercise should be relatively small at the beginning of the exercise, and the amount of exercise can be gradually increased with the improvement of the tolerance of physical functions and the proficiency of movements.

Self-evaluation is an important part of college students' after-school bodybuilding exercise. Self-evaluation is an objective assessment of one's own physical condition, including physical and psychological conditions, and the ability to adjust exercise load by analyzing and assessing the completion of exercise tasks after exercise. Overtraining is a common phenomenon in bodybuilding exercise. In bodybuilding exercise, the principle of step-by-step is emphasized, and the adverse reactions that may occur after overtraining (such as muscle soreness, loss of appetite, insomnia, increased heart rate, muscle control, etc.), Adjust the exercise load in time through self-evaluation, prevent overtraining, and truly achieve scientific exercise.

### 3.6. Develop the Habit of Good Preparation Activities and Organizing Activities

Preparatory activities are a series of warm-up exercises that must be performed before physical activity. Its function is to improve the excitability of nerves and muscles, overcome the inertia of internal organ function, make the body meet the psychological and physiological requirements of adapting to strenuous exercise in all aspects, and make the human body reach the best state as soon as possible. Secondly, it can prevent sports injuries. Reasonable preparations can reduce the viscosity of muscles and ligaments, increase their elasticity and extensibility, increase the range of motion of joints, and prevent or reduce injuries to muscles, joints and ligaments. At present, it is a common phenomenon in sports that students don't pay enough attention to preparatory activities. Students do not know enough about the physiological function of preparatory activities, which makes preparatory activities perfunctory. College students' after-school bodybuilding exercises are particularly prominent. When students enter the gym, they start strength training. This is prone to muscle damage, which not only affects personal health, but also dampens the enthusiasm for bodybuilding

exercise. Therefore, in the after-school bodybuilding exercise of college students, attention should be paid to preparation activities. Start with general preparatory activities, including jogging, stretching, and freehand gymnastics. The special preparatory activities for bodybuilding require students to do a set of light weight exercises before exercising a certain part of the muscle to "warm up" the muscles in this part, so that the muscles have a certain stage of over-adaptation and avoid muscle stress. Damage caused by excessive force. Taking preparatory activities as an important prelude to bodybuilding training and forming good habits can promote the improvement of exercise effect.

Tidying up stretching activities after training is an effective measure to promote physical recovery. Stretching can improve blood circulation of muscles, expel carbon dioxide and metabolites, eliminate muscle fatigue, prevent delayed-onset muscle soreness, and keep muscle function in good condition. Students should understand the importance of timely recovery to developed muscles between each training session, so that bodybuilding exercise begins with preparation activities, and finally organizes activities and forms training patterns.

### **3.7. Master the Nutritional Knowledge of Bodybuilding Training**

In bodybuilding training, proper nutrition is the guarantee of improving health and increasing muscle. It is important to know that different body types and different body fats have different training goals and training methods and different nutritional supplements. For training to reduce fat and enhance physical fitness, you need to use low-calorie and low-fat recipes to reduce excess caloric intake. When building muscle, you should pay attention to the reasonable combination of nutrients such as protein, vitamins, carbohydrates, etc. to meet muscle growth. In the usual diet, beef, eggs, chicken, pork, fish, dairy products, etc. are rich in protein and whey protein, which are high-quality protein supplement sources for a healthy diet.

In the after-school bodybuilding exercises of college students, it can often be seen that the emphasis on training and the light on nutrition, the students take nutrients at will, and even blindly increase the protein intake, lack of understanding of scientific and reasonable nutritional supplements, and reasonable diet. Knowledge is limited. Therefore, college students must understand the reasonable supplement of bodybuilding diet in their after-school bodybuilding exercises, scientifically design their own training goals and training intensity, and deploy suitable sports nutrition recipes to achieve the purpose of healthy exercise.

## **4. Conclusion**

After-school bodybuilding exercise for college students is an extension and supplement of physical education. College students take the initiative to participate in physical exercise, which is conducive to college students to develop the habit of conscious exercise, and as a school sports management department, we should give active support, not only to provide convenience in terms of venues and facilities, but more importantly, to have purpose and planned guidance, improve Students' ability to exercise after school and develop the habit of scientific exercise. College students' after-school bodybuilding exercise is the active behavior of students, the subjectivity of college students is fully reflected, and their potential is also tapped, which cultivates students' good habit of self-planning and persevering in physical exercise, laying a solid foundation for lifelong sports.

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