

## Research on the Development Model of Students' Sports Lifestyle under the Background of Low Carbon and Environmental Protection

Yi Hu<sup>1, a, \*</sup>, Jing Liu<sup>2, b</sup>

<sup>1</sup>Department of Physical Education, College of Arts & Science of JiangHan University, WuHan, Hubei, 430000, China

<sup>2</sup>Department of Computer Science, SUNY New Paltz, New York, 12561, USA

<sup>a</sup>whhy@vip.163.com, <sup>b</sup>233477080@qq.com

\*Corresponding author

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**Abstract:** Under the background of sustainable development strategy, taking the path of low carbon development has become an important task and goal of all walks of life in modern society in China. Based on this requirement, how to take the low carbon development path of sports industry is a question worth pondering. Under the current economic situation, the status of the sports industry in the national economy has gradually increased, and the sports industry has also flourished. Under the perspective of sports economy, the development of low-carbon sports is becoming more and more urgent and important. Based on this, the paper analyzes the path of low carbon development in China's sports industry from the perspective of sports economy.

### 1. Introduction

With the development of the world industrial economy, environmental quality issues have attracted more and more attention. Since the Copenhagen conference last year, the topic of "low-carbon economy" has been commonplace. Global catastrophic climate change has repeatedly occurred, which has seriously jeopardized the living environment and health and safety of human beings. On September 22, 2009, Chinese President Hu Jintao pointed out in a speech at the United Nations Climate Change Summit in New York: "China will further integrate climate change into its economic and social development plans in the future. It will continue to take strong measures to actively develop a low-carbon economy. And circular economy, research and development and promotion of climate-friendly technologies" [1]. Low carbon is a way of economic development and a way of life. In particular, people's life philosophy and behavior affect the development of low-carbon economy to a certain extent. This makes people realize that they have to reform their existing lifestyles, get out of their own "low carbon footprint", start from themselves, start small things and contribute to the development of low carbon economy. The sporting lifestyle is known as the "healthy green" lifestyle, which is the lifestyle that is urgently needed in a low-carbon economy: low carbon and energy. Only this kind of lifestyle can meet the scientific development pursued by a harmonious society and enable resources to be used more rationally and effectively. However, there are still many wastes and areas for improvement in the current sports lifestyle, so the sports lifestyle faces new challenges in a low-carbon economy. The core of a low-carbon economy is low energy consumption, low pollution, low emissions, and a green and healthy lifestyle. If the sports lifestyle is on the "low carbon" road, it will be called the "healthy green" lifestyle. The development of economic science and technology is the catalyst for the new challenges of the low-carbon economy to the sports lifestyle. However, its development has a double-sided effect on society. While bringing huge material benefits to people, it also brings many negative effects to society. If environmental pollution intensifies, the carbon dioxide content increases sharply and the ecological balance is seriously damaged. In the sports lifestyle, high technology provides convenience and possibilities for people's physical exercise. However, the waste of sports venues, sports equipment and sports

equipment required for sports will pollute the environment. Therefore, in a low-carbon economy, it is necessary for our sports lifestyle to make new changes. It is necessary to carry out "low carbon" improvement of sports lifestyles in line with the concept of green economy and sustainable development. Here, the new challenges of the sports lifestyle are discussed in the low-carbon economy [2]. Of course, the development of low-carbon economy is a systematic and complex project. This study only hopes to improve the human sports lifestyle for the development of low-carbon economy in the field of sports.

## 2. The necessity of low carbon development in sports industry

Since the reform and opening up, China's development focus has gradually shifted to economic construction, and the social economy has developed from a slow speed to a speeding. Although after decades of development, China's economy has achieved leap-forward development, but because economic development practices a "first pollution, then governance" model, the economy has achieved such success at the expense of the environment. With the improvement of people's living standards and the increasing population, many people pay more attention to the improvement of economic efficiency. Coupled with the uncontrolled lifestyle, climate problems are becoming more and more serious, and catastrophic climate changes occur frequently, posing a huge threat to human living environment and health. In this context, people are beginning to recognize the importance and urgency of low-carbon development [3]. In the current 21st century, people's health needs and demands are growing. It can be said that the development prospects of the sports industry are broad and have unlimited business opportunities. As far as China's current sports industry is concerned, the sports industry mainly focuses on fitness guidance services, sports competitions and sports service products. Although China's sports industry is booming, it has not yet formed a sound and systematic sports industry structure. In adopting the traditional development model, the low-carbon concept and the concept of sustainable development have not been effectively implemented. In the future, the importance of the sports industry in China's economy will continue to rise, and the low-carbon development of the sports industry will become more and more urgent. Therefore, China's sports industry should recognize the urgency of low-carbon development and actively move toward low-carbon development. Low-carbon development is an inevitable trend of social development. It is the common aspiration and wish of modern people. Only by accelerating low-carbon development can the sports industry better meet the needs of the times, and then achieve better development and create more economic value.

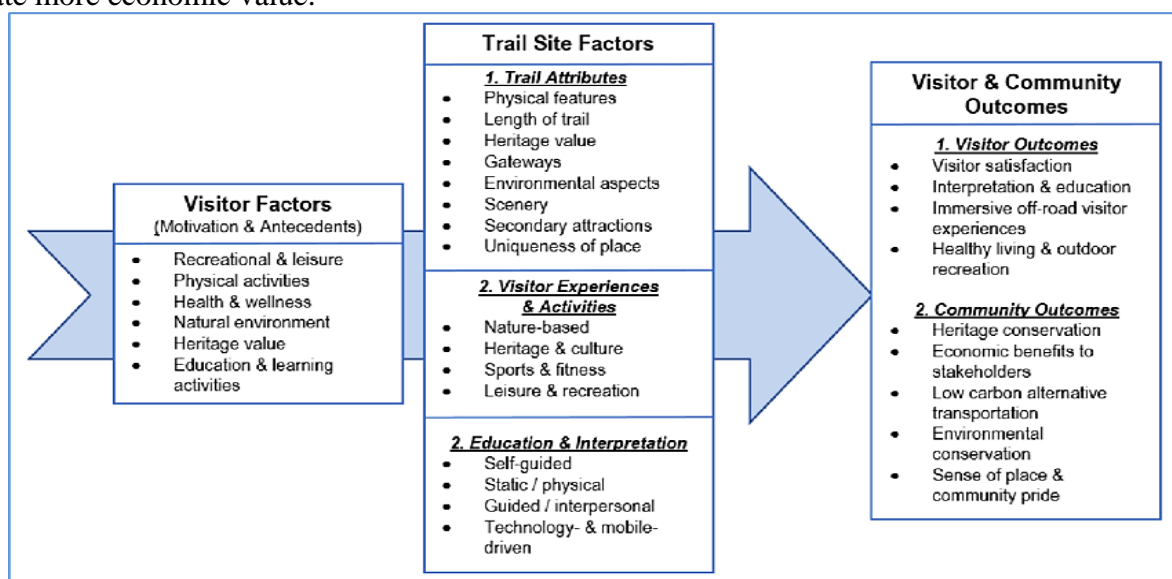


Figure 1. Low-carbon development model of the sports industry

### 3. Taking a vocational college as an example to analyze students' understanding and implementation of low-carbon sports

#### 3.1 Research object

The survey target is the next high school student in a higher vocational school. A total of 450 questionnaires were distributed in this survey, 423 were recovered, and 412 valid questionnaires were recovered. The effective recovery rate was 94%, and the recovery efficiency was 91.6%. The survey was conducted by sampling. The team members assigned tasks and collected data by means of questionnaires and individual interviews. The questionnaires were mainly analyzed by SPSS and EXCELL software.

#### 3.2 Research results and analysis

##### 3.2.1 Cognitive analysis of low carbon and sports lifestyle

The "low carbon" sports lifestyle is a new sports lifestyle that will lead people to implement low carbon sports. This kind of sports behavior is carried out under the premise of ensuring the effect of exercise. It is an energy-saving, emission-reducing and healthy behavior. As a contemporary college student, we should develop a "low-carbon" sports behavior, transform the non-"low-carbon" sports lifestyle, and make the sports lifestyle "low-carbon". Starting from the heart, starting from small things, starting from ourselves, contributing to the common earth and future development.

##### (1) Cognition of sports style

What is the meaning of the sports lifestyle in the vocational students, whether the students will follow the low-carbon concept, and how the vocational students will think about the sports lifestyle? Through research, it is found that the percentage of sports lifestyle is green health is 34.6%, the percentage of exercise effect is 28.2%, the proportion of low-carbon environment is 23.9%, and the proportion of recreational time is 9.7%. The proportion is 3.6%. Generally speaking, the proportion of green health, low-carbon environmental protection and the ratio of ensuring exercise effect and leisure time is reflected in the fact that the sports lifestyle of most students is in line with the low-carbon concept [4].

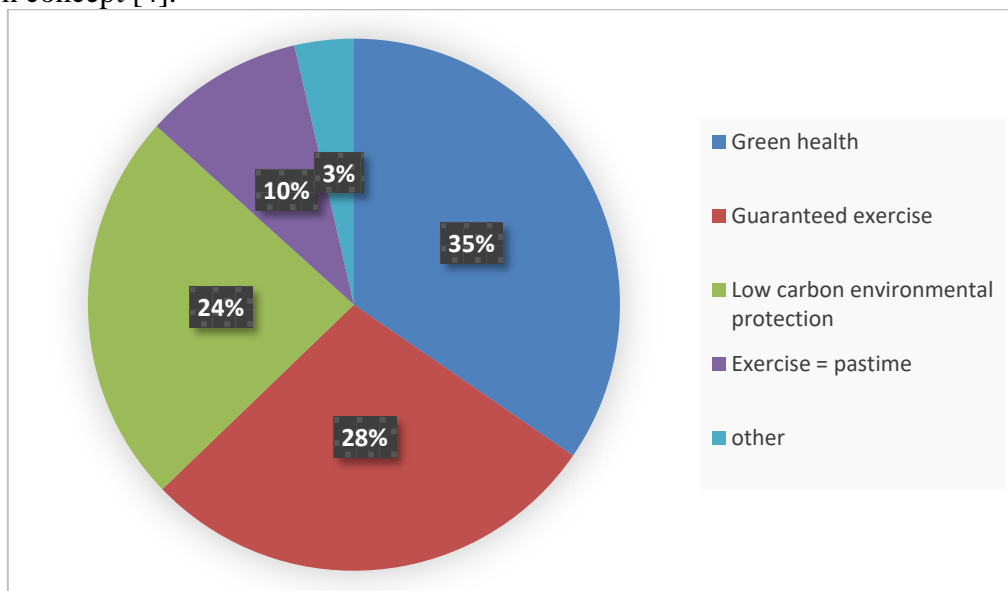


Figure 2. Cognition of sports style

##### (2) The relationship between sports mode and low carbon

An understanding of the degree of association between low carbon and sports lifestyles is shown in Figure 3. As can be seen from Figure 3, there is a 24% choice between sports lifestyle and low carbon, 46% for general selection, 27% for a little, and 3% for unrelated.

In summary, it can be seen that most people believe that sports lifestyles are related to low-carbon, and only a few people think that there is no correlation, which leads to low-carbon awareness in

sports life. It is a favorable condition for us to promote the sports lifestyle under the low carbon concept. However, the general proportion of the data is relatively large, so it is necessary to increase the knowledge and publicity in this area, so that more people understand that low carbon and sports lifestyle are closely related [5].

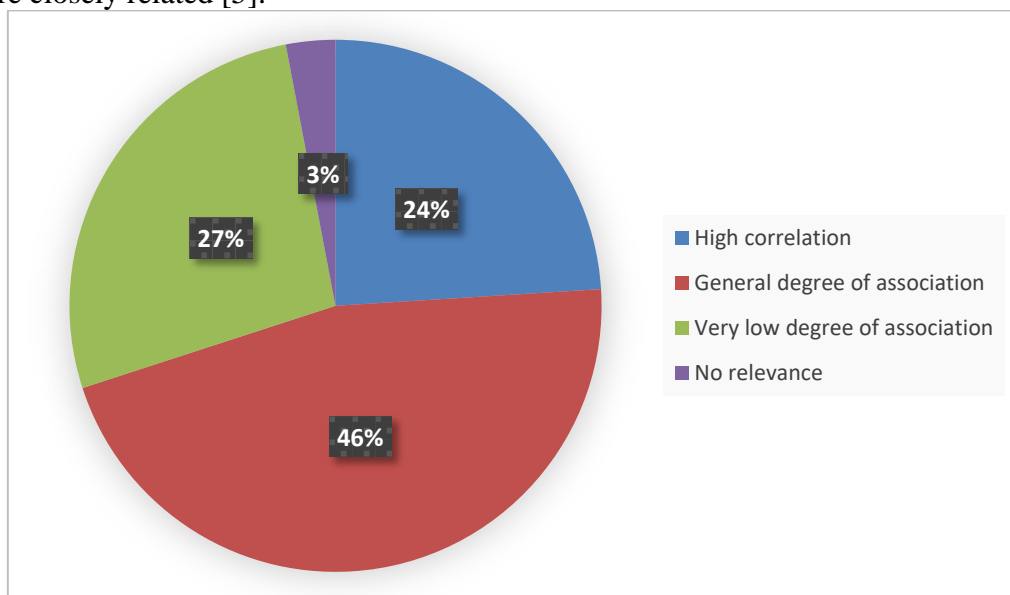


Figure 3. The relationship between sports and low carbon

### 3.2.2 The degree of conformity between sports lifestyle and low carbon concept

Sports values are a multi-level combination of ideas, reflecting the relationship between individuals, groups and society in real life and the needs of sports, as well as the existence, attributes, effects and development and changes of sports in sports practice. The sum of the evaluation opinions on benefits, utility and meaning. Then, is there a low-carbon concept in the sports values of vocational students? A large number of investigators' sports lifestyles are in line with the low-carbon concept, accounting for 85% of the subjects, and only a small number of respondents are interested in their own sports life. Whether the mode is consistent with low carbon is unclear, accounting for 15% of the main body. It can be concluded that the values of sports life of higher vocational students are positive and basically have low carbon awareness [6].

### 3.2.3 The degree of approval for advocating a low-carbon sports lifestyle

Everyone has a good awareness of low-carbon concepts. What is the degree of support for promoting the sports lifestyle under the low-carbon concept? As shown in Figure 4. As can be seen from Figure 4, half of the students said Very much agree, accounting for 50.7% of the survey subjects, a total of 209 people; 37.6% of the students said that the general, a total of 155 people; 4.4% of the students expressed disapproval, a total of 18 people; 7.3% of the students said it does not matter, a total of 30 people. On the whole, most of the students agree with this idea very much, which gives us full confidence in the future work in this area, and also has a certain mass base. However, there are still a small number of students who do not have a supportive attitude towards this aspect of advocacy. It may be that the advocacy of this concept is still unknown. Therefore, knowledge propaganda is necessary.

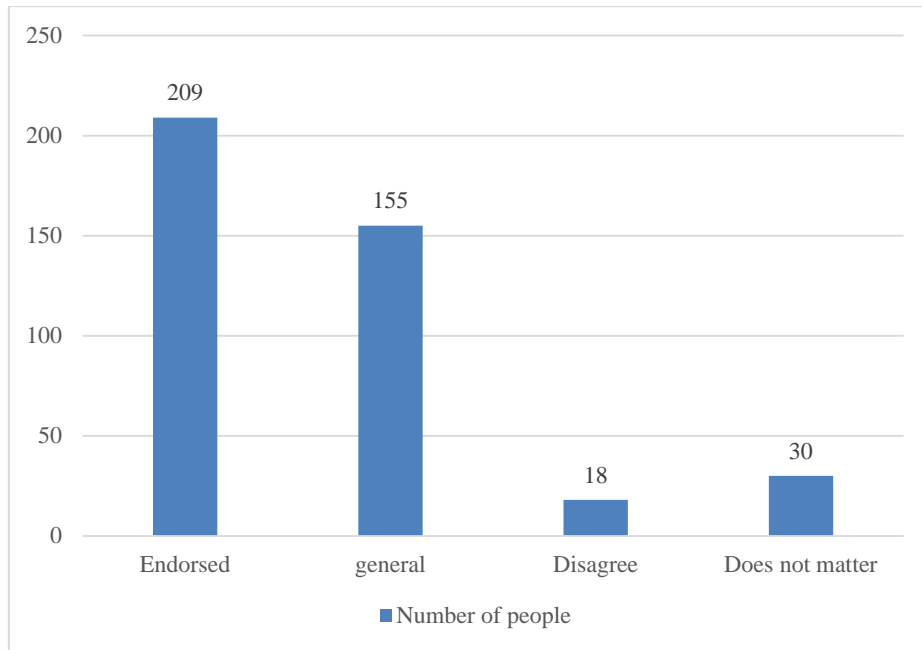


Figure 4. Agrees with the promotion of a low-carbon sports lifestyle

#### 3.2.4 Sports lifestyle under the low carbon concept

In summary, although most of the higher vocational students know more or less about low-carbon knowledge, there are very few people who know about sports lifestyles, and the combination of low-carbon and sports lifestyles is even rarer. Less. Therefore, it is necessary to promote the sports lifestyle under the low-carbon concept. Then, what is the current status of college students' lifestyles in daily life and under the concept of low carbon? As college students, what suggestions do they have for their usual behaviors? [8] Contemporary college students' attitude towards bad low carbon when making choices in sports behavior, they still have their own ideas, but their choices are mainly for some common low-carbon sports behaviors. For some uncommon sports low-carbon behaviors, everyone is still relatively unfamiliar.

### 4. Suggestions on students' sports methods in the context of low carbon life

#### 4.1 Correctly establish the concept of low-carbon sports life

With the continuous improvement of people's living standards, people's daily sports activities are also paying more and more attention. The correct concept of sports life is the guarantee for effective sports life. The low-carbon concept of sports life is a new type of sports lifestyle. The concept of low-carbon sports life is to carry out sports activities under the principle of "all simplifications, saving provinces". However, such a principle does not advocate that people do not engage in physical activity. It refers to the use of bits and pieces of daily life for sports activities. For example, after exercising, turn off the power of the sports equipment in time. If there is music, adjust the volume of the sound to the most suitable volume to avoid causing interference to others. Generally speaking, low-carbon sports activities are also environmental protection that we often say in daily life. They just change one form. The low-carbon sports life concept is the newest type of sports lifestyle, which helps to cultivate people's correct sports life behavior. Good sports life is an important guarantee for people to maintain their physical and mental health, and it is also effective in cultivating energy conservation and environmental protection. For example, in public sports venues, recycling bins for garbage can be set up, which helps to maintain the sanitation of public sports venues, and it also has a good supervision of people's environmental protection.

## **4.2 Strengthen effective publicity efforts**

China has relatively complete regulations and regulations on the construction of public stadiums and facilities. It is the most effective guarantee for the establishment of investment by schools and governments. Moreover, people attach great importance to sports activities and increase their efforts on network publicity. Schools should strengthen students' concept of low-carbon sports life, correctly guide students to carry out sports activities under the concept of low-carbon sports, and enable students to understand the importance of physical activity to their physical and mental health. At the same time, in the low-carbon sports life, students' environmental awareness will be cultivated, students' correct life behaviors will be cultivated, students' awareness of correct physical activities will be improved, students will be guided to form correct values, and their own low-carbon environmental protection work will be made. Power.

## **4.3 Low carbon sports life characteristics**

With the continuous reform of education in China, the low-carbon sports life has also been effectively strengthened, and the sports policies of colleges and universities have been improved. This is also an effective guarantee for the venues and facilities for physical exercise. The effective implementation of Document No. 7 of the Central Committee is also an effective guarantee for students' sports life. The perfect college sports policy, the effective implementation of policies, the use of quarterly and other mechanisms, is an important pricing standard for college sports workers.

## **4.4 Teaching philosophy to strengthen low-carbon sports life**

Under the constant development of the times, teachers are no longer just teaching students how to use sports teaching equipment and sports activities. Under the new era teaching philosophy, physical education teachers shoulder important teaching responsibilities, in the entire physical education process for students. Teachers should pay attention to the all-round development of students, not only to guide students in the way of physical activity, teachers should combine education in the actual situation of students' daily life, adhere to the principles of sunshine sports, teach students in accordance with their aptitude, and effectively adjust the extracurricular classes. It can effectively cultivate the correct concept of students to establish a low-carbon sports life.

## **4.5 Effectively analyzing students' low-carbon sports life**

Under the system of educational reform, a special physical fitness monitoring center has been established for students, and there are fixed teachers responsible for each student to have their own independent physical health records. This will help the relevant departments to have a clearer understanding of the students' lectures and timely treatment of students with physical problems. This will not only enable students to maintain a healthy body, but also help teachers to develop low-carbon teaching according to their own physical conditions. The physical education case has cultivated a good habit of students' low-carbon sports life.

## **4.6 Establish an education center to train students' low-carbon sports lifestyle**

Good living habits directly affect the development of students in the future. Good living habits are based on sports life, so that students can develop good low-carbon sports habits, not only by school-to-student education. It also requires a good cooperation between the family and the society. Of course, it is inseparable from the students themselves. They have close links and good cooperation, and create a good low-carbon sports life for students. This not only promotes students to develop good sports life behavior, but also helps schools to form a low-carbon teaching model and effectively protect students' health.

## **5. Conclusion**

In summary, the low-carbon development of the sports industry is inevitable. Realizing the low-carbon development of the sports industry is conducive to the better development of the sports

economy and thus the economic development of China. At this stage, the low-carbon development level of China's sports industry is still relatively low, mainly reflected in people's low enthusiasm for low-carbon sports, imperfect sports logistics, and unhealthy sports market in low-carbon sports. Based on these problems, in order to promote the low-carbon development of China's sports industry, it is necessary to increase the propaganda of low-carbon sports, improve the low-carbon sports market, improve sports logistics, and strengthen the management of sports production enterprises, thus contributing to the low carbon of the sports industry. Development creates a good environment and promotes the better development of China's sports economy.

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