2025-2026 学年第一学期 《大学体育》作业

	专业 姓	名	学号	
选项	上课时间	任课教	师签名	总分
论述题:				
1. 合理的营	养补充是提升运动效	效果、促进身体协	で复的关键。请约	吉合大学生常见的运动
类型(如跑	步、球类运动、力量	赴训练),分析运	动前、运动中、	运动后三个阶段的营养
需求特点,	并说明各阶段的具体	卜饮食建议。 (不	少于 400 字; 5	50 分) Proper nutrition is
key to impro	ving exercise perform	ance and promoting	ng physical recov	ery. Based on common
types of exer	cise among university	students (such as	running, ball spo	orts, and strength training),
analyze the n	nutritional needs durin	g the pre-exercise	, exercise, and po	st-exercise phases, and
provide spec	ific dietary recommen	dations for each p	hase.(no less that	n 400 words) (50 points)

2. 校园体育文化是大学生活的重要组成部分,对大学生身心健康发展具有深远影响。请					
阐述校园体育文化的主要构成要素,并分析其在促进大学生身体素质提升、心理健康调					
节及社交能力培养方面的具体作用。(不少于 400 字; 50 分)Campus sports culture is					
an important part of university life and has a profound impact on the physical and mental health					
development of university students. Please describe the main components of campus sports					
culture and analyze its specific roles in promoting the improvement of university students'					
physical fitness, psychological well-being, and social skills. (no less than 400 words) (50 points)					