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SPORTS CENTRE



ON THE COVER
WHAT IS THE RANK OF
"EXERCISING EVERYDAY" IN YOUR
NEW YEAR'S RESOLUTIONS?

Trivia

Why is the table tennis racket black on one side and red on the other side?

In the last sixties and early seventies, there is a member in our national team named Zhenhua Cai, he originally created a teeing technique which caused the opponent hardly to distinguish the particular side he used to tee.

Therefore, various countries reported this situation to the ITTF, and the ITTF specially modified the rules to stipulate that the rubber on both sides of the racket must be red on one side and black on the other side.



P6 On the Cover

What Is the Rank of "Exercising Everyday" in Your New Year's Resolutions?

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Feb

Mar

Apr

May

CALENDAR

W
Be

- TH
AS

W3
7–11th

W
14–

W7
4–8th

W
11–

- G
- Sp
- TH
- Sc

W11
3–6th

- Gym Professional Courses
- Gym Street Snap EP.4
- First Aid Training

W
9–

- G
- Sp

0
fore 21th

he Recruitment of Gym
ssistants

W1
21-25th

W2
28-4th

4
-18th

W5
21-25th

- Gym Professional Courses
- Gym Street Snap EP.3
- The CrossFit competition
- Sports More+

W6
28-1st

- Gym Professional Courses
- The Recruitment of Gym Assistants

8
-15th

ym Professional Courses
ports Wednesday Ep.4
he Collection of "Gym Closing
ongs"

W9
18-22nd

- Gym Professional Courses
- The Figure of XJTLU

W10
25-29nd

- Gym Professional Courses
- Enjoy the Fitness Workshop EP.2

12
13th

ym Professional Courses
ports Wednesday EP.5

W13
16-20th

W14
23-27th

AR

Major World Sports Events



Jan 1st–14th
Dakar Rally
Saudi Arabia



Jan 17th–30th
Australian Open
Melbourne, Australia



Jan 9th–Feb 6th
Africa Nations' Cup
Cameroon



Jan 20th–Feb 6th
AFC Women's Soccer Asian
Cup
India



Jan 18th–23rd
Four Continents Figure
Skating Championships
Tallinn, Estonia



Feb 4th–20th
Olympic Winter Games
Beijing, China



What Is the Rank of "Exercising Everyday" in Your New Year's Resolutions?

 Weiyi Li

People love making plans in January and February, and I am one of them. Staring at the title page of my 2022 planner which is printed with "New Year's 10 Resolutions", I feel like the sufficient white space on it is inviting me to start writing my ten goals for 2022. It seems that every time I start a new planner, there is a sense of occasion like this, making it the guidance for my behaviours in the new year.

Every year, almost everyone has the same repetitive goal, which is to keep exercising. Even though it turns out that they usually spend more time brainstorming plans than exercising.

I still remember that I carefully put down my goal of keeping exercising every day when I first started using a planner. Failure was doomed from the first day of the new year as I spent that day with my friends at a party. The dining table and sofa were our home base, and it would be a blessing if we broke 100 steps on that day.

Next year, I decided to be result-oriented and changed my goal into losing 10 kg a year in high spirits. However, there was no doubt that this was a bigger failure because I did not even stand up and weigh myself at that time. The wish sounded perfect, but at the end of that year, my weight completely ran counter to it.

Even so, I still cannot let go of the importance of "keep exercising" in my plan at the beginning of a year. As we age, exercising is becoming increasingly significant for us. When I was a college freshman, my muscle mass was higher than average. While now, an occasional inappropriate movement can contort my face in agony. Therefore, I have to continue setting the goal of keeping exercising every year, but at the same time, face the reality that it only works **if a measurable and practical goal** is set.

Don't give up even if your public persona collapses

Cici is living a busy yet regular life in a new first-tier city. When she was asked whether she plans to keep exercising in the new year, she ran her hand through her hair and replied: "That's a goal I don't even need to speak it out, after all, I've shelled out 3800 yuan for a dancing class membership." "Then what's your goal of exercising?" I tried to learn more. She gave a clear and concise answer: "Just attend all 150 dancing classes."

Her reply sounded quite challenging, and it made me wonder if she was afraid of not being able to stick at it or not. While she assured me that she is not worried about that since she had already attended 100 classes last year. What's more, she loves dancing and feels happy when dancing, which is something no other sport can give her.

I sheepishly said: "It would be a challenge for me to just attend 10 classes." She couldn't help but rolled her eyes at me and said: "Then find someone and dance together. I go with a friend, and we encourage each other to keep dancing. So, neither of us would give up."

I tried to learn about her other goals for the new year,



and she simply started talking about her ideal lifestyle with me: Getting up at 7 a.m. and going to bed at 11 p.m.; Reading to learn some professional knowledge at weekends and going to work on weekdays; Attending 1 or 2 dancing classes after work and study if she has enough time after going home, trying to get more certificates while she is still young.

Hearing the long sentence filled with "study", "professional" and "dancing", I gave a genuine compliment: "What an inspirational young lady you are!"

She waved her hands, picked the glass on the table and said like she didn't care: "Well, it's an 'ideal' lifestyle. Firstly, I can't get up so early."

I was so speechless and showed her a sheepish grin.

It does not take a year to break your public persona, but only one simple sentence.

Keep fit to take the workload

Vivian is working in one of the Big Four accounting firms in a first-tier city, where the 996-work schedule (work from 9 a.m. to 9 p.m., 6 days per week) is not the norm, but the 007-work schedule (work 24 hours a day, 7 days per week) is. Even so, boxing and swimming are the most frequently seen contents in her WeChat moments. She views "her need for boxing and swimming pool" as a seemingly rational solution to problems, especially when complaining about the ones in audit working papers.

This is completely opposite of what she used to be. When she was in college, it even cost a bubble tea to persuade her into finishing a 300-metre walk, and she was never a Gym rat before entering the Big Four!

I cannot help texting her and asking the reason for her change. She told me that during her previous internship in a consulting company, the high work intensity caused great pain in her neck and shoulders, and her resistance also dropped considerably. She was too distressed to cope with it, and even doubted whether she can handle intensive work like this. Trying to find a way out, she asked a senior in that company how to handle it. The senior's answer was quite simple: keep fit, and everything can be solved. "Try a morning running routine for a whole month and go swimming every weekend, and then come back to me." Said her senior.

"So, you started to work out like crazy?"

"Yes."



"But you are still awesome for me since it's so difficult to persist. I might want to give up after a 10-minute workout or don't even want to get up and go to the Gym at all!"

She suggested to me: You should give more meaning to work out. Taking swimming as an example, even if you don't go swimming, you will still need to wash your head; When it comes to ball games, playing with your friends is a way to catch up with them. Otherwise, people don't really have the time to gather since they are all as busy as you. As to not wanting to go to the Gym, this might be because exercises in the Gym are not what you're interested in. So, you can just find a new way. For instance, one of my friends was sometimes obsessed with group courses, and sometimes shift to freediving. She really has an extremely wide range of interests but can keep up with the sports very well. Since she is a fickle person, then just change the content more.

Of course, working out can help relieve the pain of work, but not necessarily save you from emotions caused by work. After all, Vivian just messaged me that she planned to hide in the restroom and avoid working until 6 p.m. I replied to her: Why do you only "copy" what I did back in the years?

A Gym that is 200M away is far enough to not work out

Workout is not simply exercising, but a way to relax, socialize and nurture relationships. Thus, find your interest and call your friends, encouraging each other and acting! Sports Centre will provide various events while ensuring the daily efficient operation, ranging from "Sports Wednesday" which covers many niche sports to "Professional Courses" with professional teachers and systematic course design. The workshop of "Enjoy the Fitness" can give you guidance for pursuing ideal figures as well. We look forward to your visit during the new semester in 2022. Let's enjoy exercising and create more happy moments together!

Simon who is doing a PhD in the U.S. gives up going to the Gym because of distance. "That's reasonable. It does damp down the spirit." I echoed with empathy. He nodded and said: "A Gym that is 200m away is far enough to damp down all my spirits for the workout."

There was a short silence with a little bit of awkwardness.

Well organized my mood, I continued the interview. I was even more curious about how he worked out as he was good in shape even if he did not go to the Gym.

"I usually work out at home, keeping up the frequency of Switch Boxing three times a week. If you are boxing hard, the intensity would be high enough." After the Covid-19 broke out, the sales of Switch increased drastically worldwide. It was once out of stock overseas across all online channels. For regions experiencing more severe pandemic or the "modern youth" who don't bother going out, it is truly useful for Switch as it combines convenience and fun.

"What's more", Simon added quietly: "the virtual coach makes me feel that there's someone talking to me. I feel so lonely."

We lapsed into silence again.

I wanted to say something to comfort him this time but didn't know what to say. So, I just let it go, closed my notebook and was to hang up, consoling myself with my "inaction": maybe, this is how a PhD student is.



Professional Courses: There Is Always One for You

 Bin Chen

Among the various programmes in the Gym, the one that was the most popular, the most praised, and the richest in content was undoubtedly the programme of Professional Courses. Affected by the epidemic, the first phase of this program offered in S1 was only six-week long, but they attracted as many as 1,740 participants. Sports Centre received countless telephone and email consultations, and the venues were always full. Throughout the whole programme, a total of 162 people participated in the satisfaction survey, and the 100% praise rate of Professional Courses also made it difficult for other activities to match.

The reasons why the Professional Courses were special were that they included a range of courses and have professional, systematic course designs. In S1, the Sports Centre offered a total of 12 courses: Zumba and Latin for dancing; Yoga, Mat Pilates, and Body Balance for core strengths; Female self-defense and Kickboxing for fighting; niche courses such as Rock climbing, Archery and Golf that can fully satisfy everyone's demands for various sports. Everyone can find one interested to try. Regarding the teachers, the Sports Centre carefully selected and hired coaches with rich teaching experience, patience, and responsibility. Each course was equipped with a detailed syllabus and a comprehensive teaching arrangement to ensure that everyone can progress steadily!

In the collected questionnaires, teachers and students also fully expressed their expectations and thoughts on the Professional Courses. Some of the participants commented: "I hope there will be more courses and they could be longer", "60 minutes for each class is too short, and I hope it can be extended". Some of them were great fans of the teachers and commented that "The Body Balance teacher is great!", "Latin teacher is very professional", "The two Golf teachers are super nice", "I like Zumba teacher!", and "I hope to see the teachers next semester!" Of course, there were also suggestions for our Sports Centre: "The series courses should be longer, and a six-week program is too short", "I hope we still have it next semester" and so on!

Therefore, for the Professional Courses of this semester, we will stick to the feature of "special". Based on maintaining the original courses, we will add Philippine stick, Unarmed fitness, and Hip-hop courses. Our goal is to offer a wide variety of classes, from Yoga to Latin, Pilates to Climbing, and there is always one for you!



Sports Wednesday: Let's Play Something Special

 Yuan Zhou

When it comes to niche sports, what's your first reaction? Is it dressed in white, standing on the fencing court with a sword in hand? Is it the heroic figure of a ninth-rank master who draws a bow and shoots arrows in a martial arts novel? Or a climber of cliffs in the hot sun? Or a business elite who swings confidently on the grassland of golf course? Or spreading out "catch the plate" movement with the small animals in the playground? Just kidding! Frisbee is a 7-to-7 mixed team event with intense tension and no physical contact. If you have these expectations, and are fully interested in niche sports, but frustrated by the cost of entry equipment, or lack of professional guidance, Sports Wednesday is perfect for you.

Sports Wednesday was created by the Sports Centre and aimed to promote and develop niche sports, providing free experience courses for teachers and students with equipment freedom (entry-level equipment tentacles are available) and coach freedom (full guidance of professional coaches)! It has set up five sports with XJTLU's signature sports: fencing, archery, golf, rock climbing and frisbee. In the new semester, other niche sports such as rugby are also expected to be included. Let's get together on Sports Wednesday this new semester.

Please check the true feelings of previous participants:

Imaginary Golf vs. Actual Golf :

A beginner-friendly course that enables you to get the high-end essence of business in minutes

Wuyi thought that golf is a high-end leisure event for middle-aged and elderly people before participating. He didn't realize that golf requires concentration and skills until attending the golf lessons. PS: The golf experience course is priced at 8XX outside, but only 0 yuan on the "Sports Wednesday"!

Imaginary Archery vs. Actual Archery:

Bending the bow and shooting at the eagle

Hualun said that before attending the class, he thought the archery coach is very cool. But, after class, he found that he became very cool too (facepalm). In addition, he never knows it was so hard to draw the bow. Sure enough, it is not easy to become a ninth-rank sword master.

Imaginary Fencing vs. Actual Fencing:

Trust me! It really can reduce your pressure

Wangzai found that the seemingly heavy fencing clothes don't restrict his movement. It feels so wonderful to stab the opponent and being stabbed is not as painful as expected. Sweating makes me feel good!

Imaginary Frisbee vs. Actual Frisbee:

I am trying to accompany my dog, just kidding, I come here for myself

Guanyu thought frisbee was a pleasant activity that exclusively belongs to small animals. Unexpectedly, frisbee is a very hot-blooded outdoor team sport. During the class, he repeatedly resisted the "primitive" urge to chase and catch the frisbee.

Imaginary Climbing vs. Actual Climbing:

No matter how high you climb, you feel safe.

Guagua said that she always thought that rock climbing was a very challenging sport with an unknown danger, so she always refused to try. In fact, under the protection of rock-climbing teachers, most students gained a new experience that feels very challenging but fully secure.





Deadlifting Competition: The King of Traffic -- A Live Competition Watched by More Than 3000 People

Bin Chen



In the era where traffic is the king, the head of "Kings of Traffic" of the Gym must be the "Deadlift Competition", a game that attracted more than 3,000 spectators in just three hours.

The first XJTLU Deadlift Competition was held on 18th November in 2021, at the Gym fitness centre. Once the competition system was released, we received 31 applications, including 11 women and 20 men. On the day of the competition, the Gym was permeated with a warm atmosphere with endless cheering and screaming; the crowd of onlookers who voluntarily acted as the "atmosphere group" continued attracting passers-by to join them. As the game progressed, the number of live broadcast viewers kept increasing. There were up to 3,000 people watching online at the same time at the end of the competition.

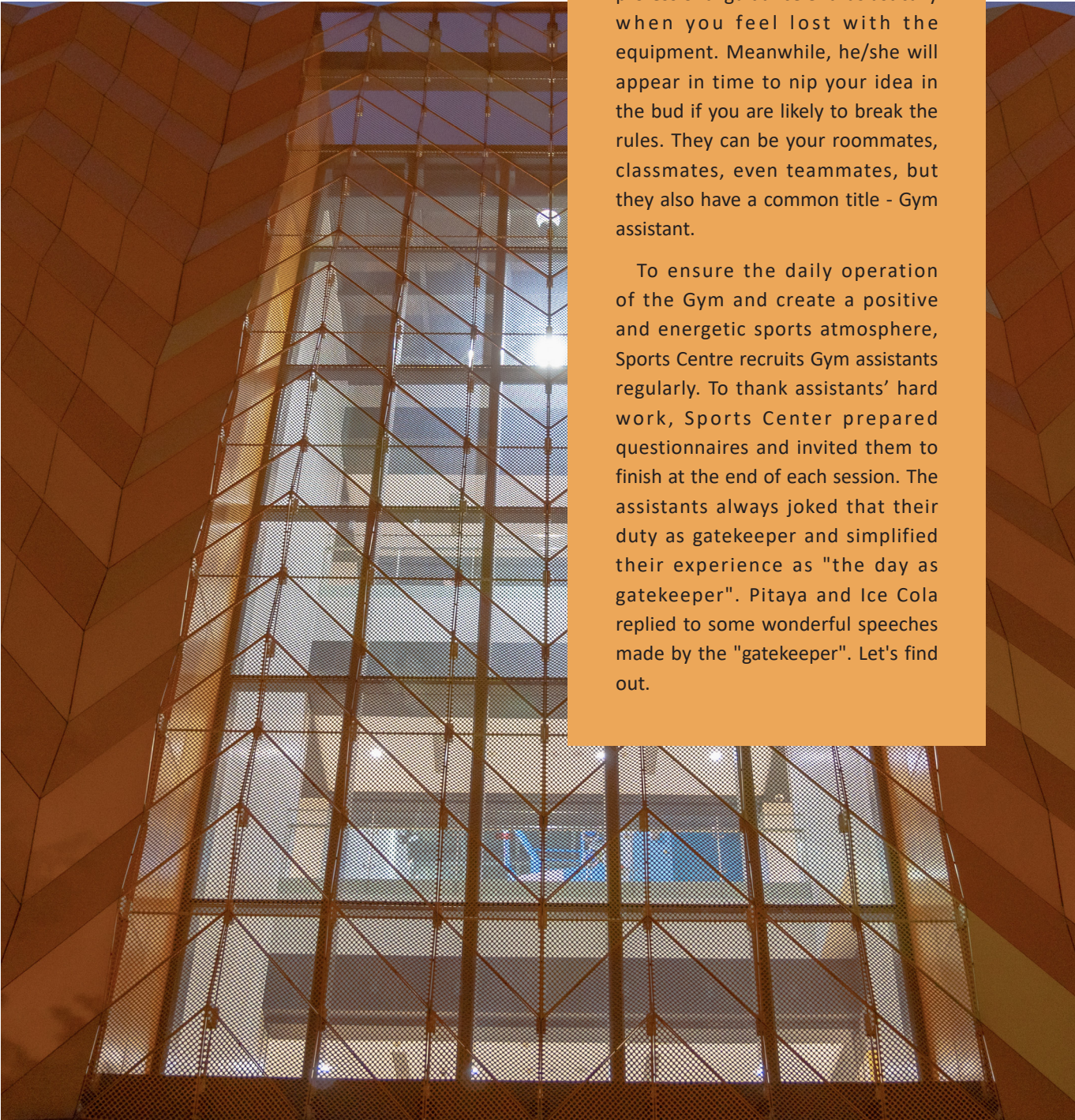
Breaking through the shackles of traditional concepts, the Deadlift Competition was not only for boys, but also for girls. The intensity of the women's competition

was no less than that of the men's competition. The four finalists in the women's group were all school staff, and the weights challenged exceeded 100KG. The Deadlift Competition also fully demonstrated the charm of competitive sports as almost all players broke their personal records on the scene. On the premise that all members of the men's group broke their personal records, the weights of the competition exceeded 200KG. The warm atmosphere and the scene of dozens of people cheering for the players will also become a highlight of the Gym fitness centre.

After nearly three hours of intense PK, nine people from XJTLU won the top three in their corresponding competition groups in the end. The Sports Centre will continue to hold more "fitness-related" competitions in the new semester. We hope that more XJTLUers will challenge themselves, surpass themselves and achieve themselves!

The winning players of different groups

Men	Women
Men 80KG and below	First Place
First Place	Xiajun Li
Zhaoqian Xue	Second place
Second place	Siji Meng
Yufan Gao	Third Place
Third Place	Juan Yao
Haixiang Zhao	
Men over 80KG	
First Place	
Haoruo Zhang	
Second place	
Chengrui Liu	
Third Place	
Martin Lockstrom	



There is such a group of people in the Gym: show the way when you get lost; pay attention to your safety when you enjoy sports; provide professional guidance enthusiastically when you feel lost with the equipment. Meanwhile, he/she will appear in time to nip your idea in the bud if you are likely to break the rules. They can be your roommates, classmates, even teammates, but they also have a common title - Gym assistant.

To ensure the daily operation of the Gym and create a positive and energetic sports atmosphere, Sports Centre recruits Gym assistants regularly. To thank assistants' hard work, Sports Center prepared questionnaires and invited them to finish at the end of each session. The assistants always joked that their duty as gatekeeper and simplified their experience as "the day as gatekeeper". Pitaya and Ice Cola replied to some wonderful speeches made by the "gatekeeper". Let's find out.

Gym Assistants: The Days I Acted As The "Gatekeeper" at The Gym

 Weiyl Li
Bin Chen

The most difficult /most frequently problems encountered in the line of duty

@Xun: The gate is broken hah
Be bold and snap it back!

@No Sugar: Don't leave when the time is up/
Shevey: Club activities don't stop until the Gym closed,
and they never followed the instruction, so I had to
force them out.

Learn how to turn off the lights next time/
Which club, tell us (Turning off the lights as one of an
important method is scheduled for the next training
session)

@CY: Communication with foreigners is not smooth
So who is your EAP tutor?

@ZYH: Over the wall/
Jack: There is no remedy for ticket evaders.
Lowland of the moral character...
Catch him and make up the ticket, write down ID
number, we will send a warning email! An assistant's
job is to avoid this kind of escape, so keep your eyes
peeled

@Phoenix: Kept getting in/
DLYE: Kept getting out the Gym
Help him to open...
You two made a deal ?

@Taro Dumpling Milk Tea: When I was on duty in
the activity room on the second floor, a group of
students came and rehearse something. They all made
appointments, but not all of them checked the tickets
Although the people who come are different each time,
WWW but why is this...).
Bitter you, next time let them line up one by one

@Laughing Sky: The working time is from 1:00 and 9:00,
no time for dinner!
Don't schedule all the shifts for one day next time.

The happiest working memory

@Wave: I can watch the game, attend classes, and
study here
Fine, but don't forget the main responsibility

@Duan: Look at the handsome guys playing basketball

Shevey: Look at handsome guys at the Gym and
basketball arena

You two guys....

@Xun: The closing music starts~
You are an absolutely working man

@ZYH: Not really happy
Boy, you should be happy

@Taro Dumpling Milk Tea: When I was on duty, I met
some confused foreign staff. Although my English was
not very good, I still solved some problems of this
teacher. HHH
You are great!

@MY: No one booked my venue today
You are so real.

What do you want to say to the violator

@SYC: There's nothing to say, SHIELDING!
The blacklist function is here.

@Duan: Bring me your head!
Don't do that... we live under the rule of law.

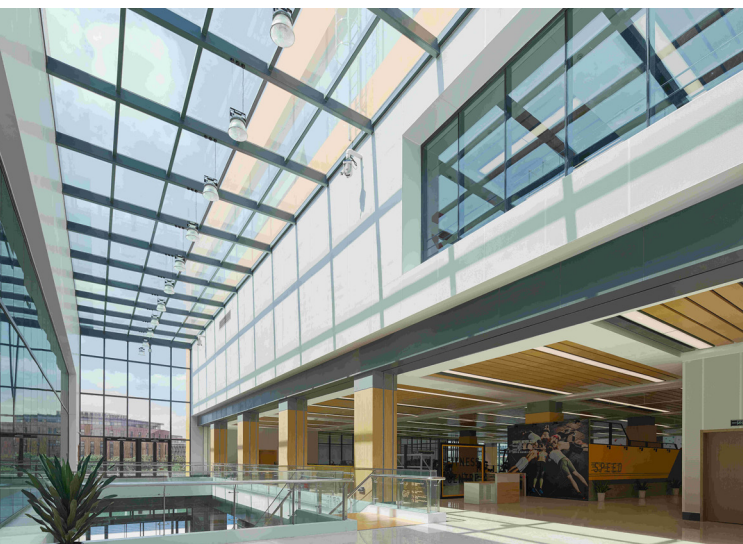
@ZYH/Phoenix: Go away
The generation gap has emerged.

@DLYE: Everyone is quite compliant and cooperative
with the tour work/
ZZW: No one dares
Finally have a good man! The main thing is that you feel
so pressured.

@Xun: Come on, how embarrassing it would be to get
caught (but 100-yuan worth of coupons isn't enough)
So, you want to sign up for assistant Number two (Doggy
head)?

@Shevey: Good luck with your P.E test
Although.....but.....(Sorry I laughed).

@#&^&#&^#: Nothing besides that they don't know to
bring personal bow and arrow. There's someone who
didn't leave although it was the end of time! Please
read the terms and conditions in advance.
you're definitely a good assistant with empathy! We will



also strengthen publicity and remind people to bring their personal equipment.

Please speak out your wishes

@Wave: The Gym is getting better and better, and there are more and more activities!

Next time I'll call you for an in-activity experience class!

@Duan: More handsome guys to play ball!

Your selfishness is too obvious.

@DLYE: to participate in the hard pull competition in 2 years

Looking forward to seeing it soon, you can start from being the staff (smirk)

@Xun: Receiving more coupons or lower prices! One hundred yuan can be used five or six times at the Gym or two or three times at other venues. If you exercise regularly, it is not enough

Save money by working as a Gym assistant!

@No sugar: Pay raise (cash)

The song named <Daydream> has been prepared for you

@Shevey: I can hear JJ Lin's songs after work

As long as I am on duty, I will satisfy you! Occasionally Jay Chou is acceptable!

@Taro Dumpling Milk Tea: I hope everyone can check the ticket on time. - Made in heaven

Overly simplistic answers hah.

@#&^&#&^@#: I want to get off work when it's the time!

Everyone be self-conscious, please

What else support would you like the teachers to provide

@Wave: The Gym has a lot of exciting activities, but I didn't know it before

We'll keep trying!

@Duan: The badminton hall arranges two gatekeepers. I believe in your ability!

@Phoenix: Listen to the walkie-talkie once in a while.

Ok, we'll take care to improve it.



@Xun: I don't think I'll need any extra help. Have a great day and wish assistants never take time off.

Thank you for speaking for us (tears streaming down our cheeks)

@No sugar: milk tea served.

How do dreams become more and more ridiculous?

@Jack: A card that can swipe all the rooms

Write a song for you called <All in your dreams>.

How do you think the training can be strengthened

@Wave: Sometimes the venue is empty, but our assistant still should be there.

Because you need to figure out is there anybody use the venue without booking.

@DLYE: Improved the confidence of assistant rounds (there are plenty of Gym bosses after all)

I guess you want to get a personal education again.

@Xun: We can print out all the common questions that have been asked usually, thus we can look them up at any time, and avoid missing them if no one replies in the WeChat group

Excellent answer! Awards you!

@CY: Language training? But it doesn't seem to work

GM has the teacher who should have gone to LC, you can learn from her.

@Shevey: Teach us how to use the ticket counter!

It's so clear that the written 5 steps have been pasted on the table.

@Taro Dumpling Milk Tea: Like guts or something.

As long as it is illegal operations, you should be bold, all of the teachers will support you!

@#&^&#&^@#: Practice makes perfect

That makes sense.

The recruitment of Gym assistants is a long-term project for the Gym. For the specific schedule, please pay attention to the WeChat Subscription official of Student Engagement and the group e-mail. Welcome to join the Gym with your friends, let's be gatekeepers together!

It seems to be the norm for contemporary young people to continue pursuing the figure and self-exile. "Slimming" is an unavoidable topic in our daily life. But in most cases, expressing the wish to be slim is just to show their pursuit of good figures.

Beauty is pluralistic and individual. Sports Centre set up a special "Enjoy the Fitness" online special column to spread the concept of beauty and encourage everyone to pursue ideal figures, as well as to help you skip misunderstandings and move forward steadily. In the new semester, the Sports Centre will also introduce offline workshops based on online columns to guide everyone to explore the beautiful body.

Body Management, A Daily Flag for Young People

 Weiyl Li Bin Chen



The Sports Centre interviewed several enthusiastic netizens. They spent money on personal training in Gym and collected various weight-loss methods. Up to now, they have gradually explored a "slimming routine" suitable for themselves. When we talk about anything relevant to body shape, they seem professional, but hard to distinguish truth from falsehood. Today we invite them to share their daily "slimming" methods, and a coach of the professional fitness instructor- Ice Coca is also invited to see whether their methods are professional or not, and by the way, to see if you got caught.

A person with long brown hair tied in a bun, wearing a white long-sleeved athletic shirt and a green wristband, is seen from behind, stretching their arms behind their head. The background is a blurred outdoor setting with dry grass and trees.

The First Netizen: LY

FD: How do you keep fit in your daily life?

LY: Eating less is so important, maybe exercising as well.

FD: How to eat less? No staple food? Or reduce the total amount of three meals?

LY: Try not to eat...Only eat a piece of bread for breakfast, a subway sandwich for lunch, and a steamed stuffed bun for supper.

ICE COCA: Eating less can indeed be used as the first magic weapon to lose weight, but it is not a long-term solution. After all, the pursuit of food is so common to human beings. According to LY's way of eating, there is only one pattern of nutrition intake. My suggestion is to change the ratio of carbohydrate, fat and protein to 5:2:3, increase the intake of vegetables and high-quality protein, and choose coarse grains as your carbohydrate intake as much as possible.

FD: What about doing sports?

LY: I totally disagree with the view that doing exercise can lose weight. I eat more after exercise, especially the staple food.

FD: Isn't that me...

LY: I remember that you went to eat noodles and drank bubble tea after your personal training.

ICE COCA: It is necessary to add more protein after exercise, but oily noodles and bubble tea are... Don't be afraid of fat, fat is useful. But too much fat and too little fat can both cause health problems. It is still necessary to consume high-quality fats. What are the high-quality fats? The answers include avocado, olive oil, nuts, etc.

The Second Netizen: FD

ICE: FD, what is your goal?

FD: Lose 5kg a month.

ICE: Do you think it is realistic? You're just a little over 50kg...

FD: As long as I'm cruel enough to myself (there's no mountain I can't cross)!

ICE COCA: Ten pounds a month is a bit too cruel. Normally, it is safe to lose 4 pounds a month, but 10 pounds will inevitably injure your body.

ICE: ...How do you think you can achieve this goal?

FD: Well, keep diet and do exercise. Exercising may be more useful to me, but I'm lazy. I always feel that sweating indicates the effect of exercising has been achieved.

ICE COCA: Sweating does not mean that your fat is burning. Otherwise, going to the playground in the summer will sweat more (dog head).

FD: Keeping diet doesn't work for me because I don't usually eat much. But I love fried chicken, and I think it should be deleted from my list if I want to lose weight. But I won't stop the staple food as I feel that people who stop the staple food will become stupid with a bad temper. The gains outweigh the losses.

ICE: Excellent!

ICE COCA: Indeed, it is necessary to eat less fried chicken since high fat and high calories are not recommended! If you choose to exercise, the intake of carbohydrates is a guarantee for the intensity, so you don't have to be too harsh.

ICE COCA said:

If you just want to lose weight, you really only need to eat less. However, blind and extreme dieting will cause some injury to your body. Moreover, as the weight plunges, it will lead to unsightly body shape. Therefore, the current common way is to achieve the goal of fat loss and body sculpting through exercising and fitness combined with dietary adjustments.

Of course, you don't have to go to the Gym to lose weight. Rope skipping, running, hula hooping, shuttlecock kicking and playing basketball can all help you lose weight. The premise is that you need to move. Sitting for a long time is also an important reason for gaining weight (Stay up late is No. 1). For those who go to the Gym, don't resist squats, deadlifts, bench presses, pull-ups, barbell rowing and other compound movements. These pieces of training can be very useful when you are still a novice. And they also help improve your muscle strength and endurance. The benefits of these pieces of trainings are much higher than your biceps curls. The above is also suitable for girls. Don't be afraid to have thick arms and legs. What makes you look thick is fat. After all, there's a huge difference between muscle and fat volume, and do you know how difficult it is to grow muscles? That is calculated on an annual basis.

In a word: Care more about your body shape and less about the numbers on the scale.

The Third Netizen: MZ

FD: How do you lose weight?

MZ: I mainly rely on doing exercises such as exercises in the Gym and badminton. The Gym is designed to lose weight, and badminton is for physical and mental health.

FD: What do you prefer in the Gym?

MZ: As the Gym is mainly used to lose weight, it will be a combination of lifting and free fighting.

FD: Wow, what do you think of the ideal state?

MZ: After practicing a period, I can obviously feel the change of my body!

FD: Wow, you are so professional. Do you have any obvious feelings about your figure now?

MZ: Not really. After all, I only exercised for one week.

ICE COCA: It is quite in line with the current mainstream slimming concept. Compared with common fast weight-loss methods, the biggest advantage of slimming by exercising is its long-term effect, which can maintain the effect for you for a long time. Of course, it also has its biggest "disadvantage": it takes a long time to adjust your body. However, exercise will make you happy, dieting will not.

The Fourth Netizen: BZ

FD: I noticed that you keep running at night recently, does it work?

BZ: Not really. I think I was cheated, and my weight goes up.

FD:

BZ: You know that there are a lot of midnight snacks, and they are really attractive.

ICE COCA: Then I suggest you change your running shoes, otherwise you will always be led to the midnight snack...

Biography: Derrick Rose, "Rose Reborn"

✍ Zhe Miao Weiyl Li

On the night of November 1st in 2018, the game between Timberwolves and Jazz was in the final quarter at Minnesota United Centre. As the ball curled from the free-throw line and arced through the net, Derrick Rose scored his 50th point of the game and the arena was filled with chants of "MVP". At the end of the game, Rose was surrounded by his teammates who shed tears of excitement. On that Halloween night, the thirty-year-old Rose dressed up as himself 10 years ago.

After the tumultuous 07-08 season, luck was on Chicago's side in the summer of 08-09. The Bulls got the best pick with 1.75 percent chance. In the 2008 NBA draft, Rose was drafted by his hometown Chicago Bulls. "Kobe didn't come, but God gave us Rose," Chicago fans said.

Rose didn't disappoint his hometown fans, bringing the same talent he showed in college to the NBA stage. In his first show, he got 11 points and registered 9 assists, becoming the first player in that draft class that led a team to the playoffs. In the playoff, he scored 36 points and became the player who got the highest score in a playoff debut since Kareem Abdul-Jabbar. Although the young Bulls didn't get any closer or progress after seven games, Rose deserved the honor of winning "Rookie of the Year". At that time, no one would deny that the twenty-year-old Rose would have a shining and glorious career.

In the competition season of 09-10, Rose continued to flesh out his performance. He raised his average score to 20 points per game. He was also named to the All-star team and became the second All-Star member in Bull since Michael Jordan. In the summer of 2010, with LeBron joining the Miami Heat among all those teams, Rose, who had been silent in gossip for a whole summer, spoke up on the press conference before the new season, "Why can't I be the best player in the league? Why can't I be the MVP?" He tried to use these words to show that he was unconvinced.

It turns out that Rose didn't overestimate himself.

He won three games against LeBron James and Dwayne Wade during the regular season and entered the playoffs with 62 points - the best performance in the Eastern Conference. Moreover, at the age of 22, Derrick Rose became the youngest MVP in NBA history. From 2009 to 2011, Rose perfectly combined his physical excellence with delicate skills. Like a bullet, he sliced through the air and the opponent, shooting into the basket accurately. But there was a large amount of hidden danger behind his powerful movement.

Rose's nightmare began from a game against 76 players in the 2012 playoffs. After a routine landing, Rose felt the cruciate ligament in his left knee snapping. At his personal sneaker launch





in September, he couldn't hold back tears when talking about his injuries, "I remember everything. I remember the moment I jumped in the air and hit the ground and the sound of tearing. It was the closest thing to death I've ever experienced, like the wind, I felt like everything was being ripped out of me." In 2013, he finished 10 games after his comeback. However, the same nightmare came back to him--He had a torn meniscus on his right side. Rose's comeback was a short-lived highlight, but he was no longer spunky. He was exchanged to the New York Knicks, but his knee injury flared up again in less than a month.

In the summer of 2017, the former son of the Windy City had been deserted. He had no choice but to join the Cavaliers with low salary. He charred under his former rival. In the next year, he totally lost himself. He had no effect in Cavaliers so he moved to the jazz but was fired soon. At that point, Ross even thought about retiring.

Rose faded after the season.

Fortunately, he didn't give up and finally got an invitation from the Timberwolves. At first, he was just a backup guard, and his score in every game was no more than double figures. But Rose proved his value in the limited opportunities. His playing time kept increasing and his position in the team has also risen. He became the leader of the lineup in his team, fighting in court when the leading players were at rest. Rose lived up to his team's trust as he scored in double figures in six games of the new season, especially the 28 points he achieved when playing against the Rockets.

On the night of Nov 1st, 2018, Derrick Rose finally stepped on the floor of the United Centre as a starting guard. From 20 to 30 years old, from the star of league to backup guard, Derrick Rose lost the physicality which he was proud of, but he honed his skills by throwing 20,000 balls in the summer of 2018. At the age of 30, he was clearer about what he should do and better understood the meaning of basketball.

"I don't miss the season when I was the MVP. I was so stupid at that time. If I can get another chance, I will value my body more, and do not do those violent acts." The implication of his words was his endless regret for his basketball career.

From Rose, I saw a man who has devastated one after another but refused to sink and muddle the life. He would rather endure self-imposed hardships or play replacement for the younger generation than give up, because he believes that there's still hope as long as he can get the chance to enter the court. Yeah, hope. As Dumas said, "All human wisdom can be summed up in two words: wait and hope."

No matter the basketball or life.

Gym Street Snap

EP.I From Fall to Winter, Farewell and Reunion

 Weiyi Li

 Jiashu Qian

The rain of Suzhou is easy to remind people of a verse written by Ting Jian Huang: Peach plum and spring breeze with a cup of wine, late-night raining ten years lamp.

The first time I read it, I was in Liverpool as a junior student. One of my seniors came back to China after graduation and expressed his regret for the Liverpool baseball team with this sentence in his article.

One year later, I graduated. Liverpool was also burning hot in May, and I 'sold' some of my belongings and walked home. It happened that I came across a girl who was talking with a boy. She smelt and said: we might not see each other again, take care. When I passed by, they just walked separately. I went home in the same way with the boy. He walked for a moment, raised his hand, and touched his face slightly. I thought it was just like a romance novel. I smiled and quietly shake my head. When I turned the corner, I just saw the sunset far away. Its bright beam seems to disappear in an instant. The poem just came in my mind.

I don't know how to describe such feelings. Each pursues his onward journey, the past seems to be in front of us, but it's hard to go back. Over the next few years, we moved to different city. Occasionally, we can meet each other. Every time we met, we always talked the moment of last time and wondered the time passed so fast.

I often feel that the later summer is cool and thin. It seems hot, but there is always cool in the evening. In October, the temperature in Suzhou plummeted. It seems that the weather will cross the early autumn and straightly force late autumn. We have a reunion in such a season, but also be apart in such a season. Some will meet new friends, some will say goodbye to the past; some usher in the new life, some meet again in the past.

For all of freshmen, you said goodbye to your high school friends this fall, even your former friends. But you will usher in infinite new chances and opportunities. For the seniors, some of them are facing graduation; some of them will be apart from their friends because of 2+2; some of them will attend into a new environment, creating more stories.

For everyone, October is a month to say goodbye but also a reunion, the end but also the beginning.

Many of the stories in college are concerning sports.

The club of striving together, the competition fighting together, or sharing a passion for a certain sport and the friendship, all come from here. So what's your OOTD to meet the future, or miss the past? Will you wear some meaningful items to express your mood in autumn?

Gym Street Snap, we are here for you.

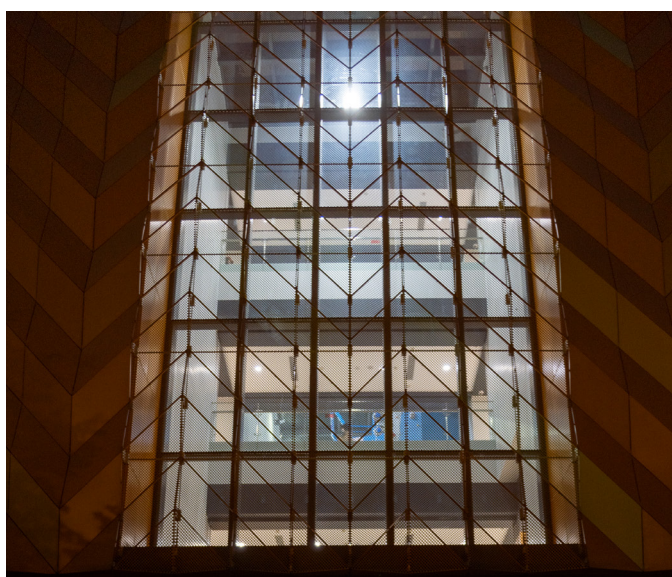


*Late autumn suggests farewell and reunion,
ending and start.
Many stories happened here,
about sports,
about the emotion.
Thus, what's your Gym OOTD in this autumn?*





EP.2 From Sunset to Dusk



How long have you not felt the passage of time?

From dawn, morning to noon.

From afternoon, sunset to dusk.

*Observing the people and stories,
at the same place in different times.*

*Let's witness together,
from sunset to dusk.*



Closing Music: Ritual Sense of Saying Goodbye

Rui Ma

The Gym is the main sports venue for XJTUers. They come here to sweat happily and indulge passion every day, demonstrating youthful vitality. At the end of each day, closing music will be played in the Gym to remind students of leaving the Gym. As the ritual sense of saying goodbye for a while, it also became an important memory of XJTU for many students.

In 2021, we collected closing songs from XJTUers twice, and received a total of 558 songs. After voting on the SE website, a total of 21 music works were selected and played as closing music in the venue. In the new semester, we will continue to conduct closing music collection. We welcome your contributions, and your favorite songs may be played in the Gym!

S1	S2
《奇迹再现》	《N 冰可乐 2 meet you》
《阿珍爱上了阿强》	《稻香》
《Viva La Vida》	《七里香》
《Perfect》	《Hedwig's Theme》
《YES! OK!》	《等你下课》
《海底》	《Merry Christmas Mr. Lawrence》
《冥き水底 ~テンペスト: 深部~》	《夜空中最亮的星》
《daylight》	《乒乒乓乓天下无双》
《The Truth That You Leave》	《不为谁而作的歌》
《少年时代》	《你要跳舞吗》
	《Yellow》

First Aid Training

Yuan Zhou Chenxi Li

In daily life, sudden illness and accidental injury occur from time to time. For people who are experiencing sudden cardiac arrest, respiratory arrest or some other accidental injuries, the prime time for rescue is merely 4-6 minutes. There are around 550,000 cases of sudden death in China every year, the most in the world. However, less than 1% of the sudden deaths occurring outside of hospital are successfully rescued in China, far less than the developed countries. After training, each trainee would be equipped with skills such as CPR and on-the-spot trauma care. In such cases, possessing the basic first aid knowledge can reduce the degree of injury to yourself and others as it helps win the precious time for saving lives. To help teachers and students acquire the first aid knowledge and skills and to deal with any emergency, XJTLU Sports Centre cooperated with Suzhou Red Cross Society and carried out two free “Primary First Aid Training” sessions on the afternoon of November 17th and 24th.

The on-site training is mainly divided into cardiopulmonary resuscitation and on-the-spot trauma care. A trainer from Red Cross Society showed the whole process of first aid treatment: assessing site

safety, activating emergency medical services, checking pulse, chest compression, opening the airway and artificial respiration. Then she split the actions and explained chest compression and artificial respiration in detail, as well as the way of using AED. After detailed explanations, trainees practiced repeatedly with the trainer correcting their non-standard actions. For On-the-spot Trauma Care, the trainer introduced four techniques of “hemostasis, bandaging, immobilization and transferring” and an emergency rescue method for respiratory obstruction, the Heimlich abdominal shock method. After introduction, trainees were divided into pairs and practiced bandaging to grasp the techniques.

The trainer introduced the knowledge using common and humorous language and invited trainees to interact with her in a spirit of joy. Besides, dummies used for practice, AED simulators, bandages and Esmarch bandages were brought to campus to help trainees learn first aid knowledge in a simulated situation. Finally, after strict theoretical test, all the trainees successfully passed the test and obtained the “First Aid Training Certificates”, becoming primary Red Cross paramedics.





As early as the late 1990s, the American scholar Koster put forward six hypotheses on how physical activity promotes mental health, analyzing the mechanism by which physical activity acts on mental health from the perspectives of psychology and biochemistry (Zhao, 2010). Subsequently, a large number of experimental studies (Zhao et al., 2021; Hu, 2019; Li et al., 2015; Crone, 2007) have shown that regular exercise of moderate intensity can not only reduce the symptoms of depression, anxiety, and the risk of mental illness, but also improve cognitive function and the quality of life. From the perspective of the body's own hormone regulation, appropriate exercise can increase the brain's blood flow and promote the release of endorphins, making people feel calm, comfortable, and happy. From the perspective of emotional benefits, good emotional experiences produced by sports can improve the state of mind, reduce anxiety, and relieve stress and tension. From the perspective of nervous system development, sports can enhance the balance and flexibility of the cerebral cortex nervous system by activating the cerebral cortex, thus improving the human's perceptual ability and cognitive function.

"Positive psychology" is advocated and initiated by a group of Western psychologists including Martin E. P. Seligman, the president of the American Psychological Association. It focuses on the positive subjective experiences, positive individual traits and positive institutions, and advocates individuals to interpret their own value and meaning positively, which is of great significance for contemporary college students to grow into young adults (Zhang, 2021). In addition, considering exercise intervention from the perspective of positive psychology also proves that exercising can help individuals establish interpersonal relationships and obtain social support, thus promoting mental health and enhancing self-efficacy (Feng, 2015). Furthermore, exercise intervention also has a positive incentive effect on the topics concerned by positive psychology such as satisfaction, interest, happiness, hope and optimism, wisdom, courage and mental toughness, interpersonal communication and teamwork ability, social responsibility and so on.

It is boring to only talk about theories. That is why we hope to invite teachers and students from XJTLU to share their own sports stories and vividly convey the splendor and charm of sports, showing the positive stimulation of sports for mental health to everyone with the help of case study. Today, we specially invite Xiyao Yang from the women's basketball team of XJTLU as our guest of the first session. Let's focus on this smiling girl with light in her eyes and listen to her story of growing up with basketball.

First contact with basketball

People who are familiar with Xiyao know that she is a cool and outgoing girl. It is hard to imagine how different she was in her childhood. Little Xiyao was very introverted and reserved. She was a loner who seldom interacted with others because she didn't know how to get along with others. When asked what changed her, she replied firmly, "Basketball."

Little Xiyao was exposed to basketball and successfully selected for the school women's basketball team by chance. She gradually fell in love with this sport because playing basketball not only brought her happiness of sweating, but also helped her get along with others. On the court, tacit cooperation made her understand the significance of partners; Off the court, she gradually opened as she had endless talk about the topic of basketball. Over time, basketball infused Xiyao with courage and decisiveness and made her a girl that was not quiet and lonely anymore. This equipped her with the capabilities to better adapt to various social environments when growing up.

That most unforgettable game

In 2018, Yunnan High School Basketball Championship was held in Dali. The competition was quite fierce as the strongest teams in the province were gathered there. The god of luck didn't favour Xiyao's team in the beginning. In the first round of group stages, they met the strongest opponents in the province and unfortunately lost, which meant they must win all the next games to reach the semifinal.

The high pressure didn't beat them, but instead made them stronger and braver. Finally, they made it all the way to the final.

In the final, the drama unfolded as they met the original opponents again.

Xiyao and her teammates believed this was a severe test rather than a game with a destined end, so they spent all their free time watching the opponents' games. By accumulating bit by bit and observing carefully, they set up a number of coping strategies aiming at the characteristics of the strong enemy. By doing this, they made a breakthrough in tactics, optimized their teamwork and enhanced their cohesion.

With the opening whistle, the final began. The other team kept scoring with irresistible force. When approaching the end of the first half, Xiyao was so perturbed that the previous failure would repeat. But just then, one of her teammates suddenly drove to the basket for a 2-and-1, fearlessly rushing to the basket against the opponents' strong centre. Her wonderful goal equalized the score and ignited their hope again. Their coach adjusted the strategy according to the

Xiyao Yang: Basketball Grows Me Up

 Yuan Zhou
Chenxi Li



situation on the pitch, and each player only had one thought in mind, that is to go all out to win.

In the last second of the last quarter, Xiyao's excellent assist created an opportunity for her teammates, and together, they finished a wonderful attack. That jump tied the score again, so the game went to tense overtime. The whole game was scored alternately, no one could predict the result in advance. More importantly, everyone knew that it took four quarters of relentless persistence to seize the opportunity of going into overtime. During the interval, their coach just said: "Girls, let's enjoy the last five minutes!"

In the end, they lived up to their expectations and won the game. As the final whistle blew, girls who were running with sweat burst into tears. They hugged each other and celebrated their hard-won victory.

This game made Xiyao think and grow a lot. Looking back on this competition, she always says: "Without any of them, there is no way to win this competition." With the integrated teamwork and all-out efforts of everyone, the team achieved the magical effect of 1+1>2 and finally tasted the fruits of victory. When the score fell behind, their ability to cope with changes and the spirit of daring to fight were the key points for them to turn things around and eventually won the game. It was this competition that honed Xiyao's will and let her truly understand sports and team spirits. Such

sports experience not only gave her a strong body, but also honed her toughness, shaping and changing her personality which will continue to influence her in the years to come.

The inheritance of basketball spirit

Xiyao Yang, as the captain of HSS basketball team, led the team in participating in the second XJTLU College Cup Competition. Most of the players who took part in this game had never played a regular full-court game. Moreover, as a team sport, basketball is more about teamwork. Heroism cannot win a game of 10 players, therefore, both skills and team spirits should be improved to achieve good results in the competition.

Xiyao developed training plans according to the actual situation of her teammates and organized basketball practice. Through training, the members not only made progress in skills, but also realized the importance of teamwork. In their practice and communication, Xiyao also exerted a subtle influence on her teammates, sparing no effort to share her knowledge and understanding of basketball with them. In the end, the women's team of School of Humanities and Social Sciences won the runner-up. Some of her teammates even found their basketball potential and joined the women's basketball team.

Basketball has accompanied Xiyao's growth and brought her many positive influences. Basketball not only helped little Xiyao gradually build self-confidence and change her introverted nature, but also helped her find friends with common topics and guide her to fit into the group. In this positive social environment, Xiyao felt the support from society, which also improved her interpersonal skills accordingly. Furthermore, it was basketball that enabled Xiyao to have positive social relations, which promoted the development and expression of her positive traits, thus further promoting her positive subjective experience. In this virtuous cycle, she successfully built a healthy mental state.

For Xiyao, basketball is not only a sport, but also a way to relieve stress. Basketball benefits her so much that it turns the introverted Xiyao into an outgoing and cheerful girl and makes her life more colourful. Now, she has grown into a tough adult who doesn't give up easily and knows how to pull a team together. As the captain of XJTLU women's basketball team, she will continue to pass on the inspiration and strength brought by basketball. We also expect that such active and positive spirits would be spread widely and bring hope to more people!

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RICE Treatment of Sprain

R
est

Rest

Immediately stop exercising to prevent further injury of the ankle joint.

I
ce

Ice

Compress the injured area with ice for 10 minutes at an interval of 1-2 hours to reduce pain and swelling.

C
ompression

Compression

Pressure bandage, use elastic bandage to fix the ankle and limit movement.

E
levation

Elevation

Raise the ankle above the height of the heart to reduce internal bleeding.

The Story of You and The Gym in 2021

 Rui Ma

The Gym has spent 2021 with you
It's time to say goodbye to 2021 and welcome 2022
At this moment
Let's recall the story of us in 2021

In 2021, the Gym totally spent 277 days with you
a total of 103,149 XJTLUer came to the Gym
and participated in sports
Are you one of them?

5,927 XJTLUer registered the "Sports Centre" Mini program and joined the sports family

The number of members in the sports family has reached 20,015

Climbing has also been included as a general sport in the Gym

There were 1,191 XJTLUer participated in
And 51 people reached the summit

In 2021, the Gym has undertaken 3,441 PE classes
99 classes of "Sports Wednesday"
144 lessons of "Gym professional courses"

The Badminton Court won the "most popular court" continuously

And the utilization rate is as high as 97.54%

Basketball court ranked to second

And the utilization rate is as high as 88.03%

The "best progress award" belonged to the Golf Centre

The utilization rate is increased from 2% to 11%

Sports Centre has prepared several courses in last year
Sports Wednesday – an experienced course of niche sports



Gym professional courses - a series of professional courses of various sports

A total of 5147 XJTLUer participated in the courses

A total of 489 Gym assistants became the gatekeeper

And the total service hours up to 10730 hours

Many students achieved "Gym freedom" during the term

Eleven events were held in the Gym this year

A total of 688 XJTLUer participated

The passion and sweat of competition made them energetic

The resonance and companionship of teammates made them happier



*The new year is coming which means the new journey starts
We sincerely hope sports can be one of your flags in 2022's resolution
And everyone can chase the dream in sports and passion
2022, let's meet in the Gym!*





1. Opening Time

The Gym will be opened from Monday to Saturday at 10:00-12: the Closing Notice will be issued in advance.

2. Venue Booking

The Gym's reservation can be made from both website and Mini Program (Chinese), please search “西浦体育中心” on Zhang21.

3. About Coupons

To encourage everyone to take an active part in sports, the

4. Gym Dressing Room

The Gym Dressing Room is located on the ground floor. The changing room is open to XJTLU students and staff members free to use. Please check in and out with a valid ID card at the reception desk if you would like to use lockers and shower

The opening time for the changing room is 9:00-12:15, 12:50-21:15, and will stop taking reservations 15 minutes before are unavailable during the gym's closing time.

To promote reasonable allocation and economical use of resources, lockers and shower booths are of paid use, and the RMB. After usage, please return to the reception desk to check the remaining quota and pay the difference between the

5. Important Notice

- 1). Please enter the Sports Centre during the opening hours, and use (Except for PE classes) the venue after making
- 2). Please use the venue after ticket checking and scan the code before leaving. Anyone fails to check ticket twice within using the venues.
- 3). Please bring your own relevant sports equipment.
- 4). Please do not wear black-soled shoes, high-heeled shoes, spiked shoes, or other footwear that may cause damage to
- 5). Food and beverages are prohibited in the venue.
- 6). All commercial practices such as paid private coaching are prohibited.

For more information, please read the "XJTLU Sports Centre User Agreement" carefully before making reservation and the attachments) while using it.

6. Contact us

If you have any problem, please feel free to contact us at: Sports.Centre@xjtlu.edu.cn

00, 13:00-21:00. The Gym will be temporarily closed if there are large-scale examinations, nucleic acid detection etc., and

WeChat Mini program. For Website (Chinese and English), please log in <http://sportscentre.xjtluculture.com>. For WeChat WeChat Mini Program. Please notice that the registered account and password are your AD account, such as San.

Monthly Coupon of 100 RMB for booking sports venues will be offered to all students every month.

only. It is decked out with lockers, vanities, benches, and shower stalls. The changing area with vanities and benches is facilities.

the gym's closing. It is possible to queue up during peak periods, please arrange your time properly. The changing rooms

fees cannot be paid with coupons. A shower card will be valid for 1 hour after check-in and has an initial quota of 20 initial amount and balance.

reservations.

7 days will be blacklisted from booking and

the ground in the venue.

follow the "Venue Notices" (please check





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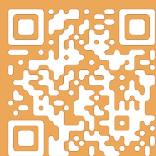
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西浦体育中心出品

2022.02.28 2022 年第一期 总第一期

西浦体育

双月刊



封面故事

你的新年 FLAG 里，
“每日运动”排第几？

为什么乒乓球拍一面黑一面红？

作为我国的“国球”，乒乓球无疑是国人最喜爱的运动之一。可是握着球拍的你有想过吗，为什么拍面是一黑一红呢？

原来，六十年代末我国国家队队员蔡振华，他独创的“倒板”发球技术，使得对手根本看不出他是反胶发球还是长胶发球。

各国将此情况向国际乒联反映，最终，国际乒联专门修改规则，规定球拍两面胶皮必须一面是红色另一面是黑色。

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P6 封面故事

你的新年 Flag 里，
“每日运动”排第几？

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Mar

Apr

May

CALENDAR

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3-6th

- 特色课
- 体育馆街拍 EP.4
- 救护知识培训

W

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· 特
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fore 21th

场馆助理第一期招募

W1
21-25th

W2
28-4th

4
-18th

W5
21-25th

- 特色课
- 体育馆街拍 EP.3
- 体能赛
- Sports More+ 装备展

W6
28-1st

- 特色课
- 场馆助理第二期招募

8
-15th

特色课
体育星期三 EP.4
场馆音乐征集和评选

W9
18-22nd

- 特色课
- 西浦好身材

W10
25-29nd

- 特色课
- 好享瘦 Workshop EP.2

12
13th

特色课
体育星期三 EP.5

W13
16-20th

W14
23-27th

AR

世界赛事资讯



1.1-1.14
达喀尔汽车拉力赛
沙特阿拉伯



1.17-1.30
澳大利亚网球公开赛
澳大利亚墨尔本



1.9-2.6
非洲国家杯足球赛
喀麦隆



1.20-2.6
女足亚洲杯
印度



1.18-1.23
四大洲花样滑冰锦标赛
爱沙尼亚塔林



2.4-2.20
北京冬奥会
中国北京



你的新年计划里， “每日运动”排第几？

李伟祎

每年的1、2月是盛产计划的时间。我盯着2022年手账本的扉页，精美的页面设计空出充足的留白，只留着一个标题名为“新年十项”，让我写下2022年的十项计划。似乎每个手账本的开篇都是如此，颇有仪式感的，让其成为你今年的行为指引。

几乎所有人的新年愿望中都有一个长盛不衰的flag——“坚持运动”，即使每一年，绞尽脑汁制定计划的时间都比实际运动的时间多。

还记得我用手账本的第一年，认真的立下了“坚持每日运动”的Flag。失败是从新年第一天就注定的。因为那天的我都在聚会中度过，餐桌和沙发就是我的大本营，运动步数能突破100都是难得。

第二年我转换了策略，决定以“结果为导向”，于是兴致高昂的把Flag改成：今年瘦十斤。不用怀疑，这次失败得更彻底，因为我甚至在写完后，都没有起身去称称当时的体重。这个看似完美的理想，与我年末的真实体重背道而驰。

即使如此，伴随着年复一年的失败，我依然无法放弃“坚持运动”在年初Plan里的重要地位。运动于人的重要性，随着年岁增长，二者的函数关系愈发清晰。大一的时候，我去健身房测身体指数，得到的结果是肌肉含量过高；现在的我不需要做身体测试，偶尔一个动作的不合适，就可以龇牙咧嘴半天。因此，对“坚持运动”的目标设定，我不得不继续，还必须要直面现实：写出一个可衡量，也可实现的目标，才是王道。

人设崩了，锻炼别崩

Cici 在新一线城市工作，工作饱和度高，但生活还算规律。当我问她是否把“坚持运动”作为年度 Flag，她撩了下头发，回答我：“这是完全不用明说的 Flag，毕竟 3800 块的舞蹈卡已经办了。我继续追问：“那这一年设定好的锻炼目标什么？”她回复得简洁明了：“上满 150 节课就行了。”

这看起来就十分有挑战的答案，让我不得不质疑，难道不怕办卡只是积灰？她非常笃定的告诉我并不会，因为去年她已经打卡了 100 节课；并且她也喜欢跳舞，每次去都很快乐。末了还添一句：“这是别的运动无法带给我的。”

我怯懦开口：“让我坚持上十节，都是种挑战。”她无奈翻个白眼对我：“找个伙伴一起啊。我有一个

小伙伴跟我一起，我们互相激励，谁也别想叛逃！

我追问她新年还有什么 Flag 要立，她索性跟我聊起来自己的理想生活状态：早上七点起，晚上十一点睡。白天看书学习一些专业知识（工作日就上班），下班后上一到两节舞蹈课，回家后还有时间就再学学习，这几年趁着年轻多学些专业知识，多考证。

我对着这一串充满着学习、专业、舞蹈的长句，由衷评论道：你可真是位励志女青年啊！她摆摆手，拿起桌上的水杯，无所谓地说：“哎，是理想嘛，首先我起不来。”

我抽了抽嘴角。

人设崩塌不需要一个春秋，一句话就可以。

养个好身板来对抗 workload

ViVian 在一线四大工作，996 不是常态，007 才是。尽管如此，打拳，游泳是她朋友圈的主线；尤其在经常抱怨“底稿数对不上”的时候，她都会将“需要去打拳 / 需要游泳池”作为一个看似合理的解决方案。

这和她从前的反差实在是太大了。上学的时候，让她走 300 米的路，都得以一杯奶茶作为“诱饵”；没来四大之前，也从未见她如此频繁的打卡健身房。

我实在忍不住，发信息询问原因。她说自己之前在咨询公司实习的时候，工作强度太大了，眼睛和肩颈都无法承受，抵抗力也下降得厉害。那段时间非常苦恼，不知该如何应对，也质疑自己是不是完全做不了这样的工作。刚好遇到公司的一个前辈，就问他是如何应对的。前辈的回答很简单：练好身体，一切迎刃而解。“你试试连续一个月早上晨跑，周末游泳，你再来跟我讲”，前辈如此回答她。

“所以你就开始了疯狂的打卡？”

“是的。”

我继续说：“那你还是很厉害，对我来说，坚持锻炼的阻力太多了。可能练习 10 分钟我就想结束了，或者我根本不想动身去健身房！”

她回答我：“你应该给运动赋予更多的意义。比如游泳，你可以这么想，再不游你也得洗头了；比





如打球，大家一起打，还能见见朋友，catch up 一下。要不然平常那么忙，也没什么时间专门约个时间碰面吧。至于说根本不想动身去健身房，可能健身房的项目不是你的兴趣所在，那不如考虑换个项目。比如我一个朋友，一段时间上团课，一段时间上自由潜水，她真的很善变，但依然可以很好的保持运动。”

当然了，运动可以缓解一些工作的痛苦，但不能完全拯救工作的 Emo。毕竟她刚发信息给我，说自己准备躲在厕所，逃避上班到六点。我回复她：怎么光“抄袭”当年的我呢。

200M 的健身房 足以消退我的运动热情

远在美国读博的 Simon 日常因为距离而拒绝去健身房。我颇有同理心的说：“确实，健身房太远是会消磨运动兴致的。”他点点头：“200M 的健身房会消退我所有的运动热情。”

运动不仅仅是运动，它更是一种放松，一种社交，一种情感的培养与产生。2022 年，选择一项自己喜欢的运动，和伙伴一起，互相鼓励，完成打卡吧！西浦体育中心将在保证场馆高效运营的同时，为大家提供各种各样的运动项目。从涵盖多项小众运动的“体育星期三”，到专业类型的“体育馆特色课”，还有带你走入“身材管理”的线下“好享瘦”workshop。2022 年新学期，欢迎大家来体育馆，让我们一起享受运动，创造更多 happy moments！

短暂的沉默，气氛有点尴尬。

整理好心情，继续采访。我于是更好奇他平常如何锻炼，毕竟不去健身房，但他的身材看起来还是不错的。

“我一般都是在家，保持着一周三次 switch Boxing 的频率。打拳的强度只要你自己够用力，还是蛮大的。”疫情爆发后，Switch 在全球的销量激增，海外一度还是全网缺货的状态。对于疫情略严重的地区，或日常懒得出门的“现代青年”，Switch 确实非常友善的兼顾了方便性及趣味性。

“而且”，Simon 弱弱补充：“switch 的虚拟教练会让我觉得，有人在跟我说话。要不然，我太孤独了。”

又沉默了。

这次我想说几句安慰 Simon 的话，却实在不知道该说什么。算了，我默默收起笔记本，准备挂掉视频通话，心里这样安慰自己的“不作为”：欲戴王冠，必承其重，可能这就是博士吧。



特色课： 瑜伽拉丁普拉提，短棍弓箭攀大山

陈斌

在体育馆的众多项目里，热度最高、好评最多、内容最丰富的，毫无疑问是特色课。受疫情影响，体育馆首期开办的特色课只设置了六周的时长，但足足吸引了 1740 人次的参与；电话和邮件的咨询络绎不绝，课堂现场，场场爆满。而贯穿整个课程，共 162 人参与的满意度调查，显示的 100% 好评，也令其他活动难以望其项背。

特色课之所以为特色课，在于其丰富的课程种类及专业且系统的课程设置。在第一期的项目里，体育中心共开设了 12 门课程：包括舞蹈类的尊巴、拉丁；核心类的瑜伽、垫上普拉提、Body balance；搏击类的女子防身术和有氧搏击；也有小众类的攀岩、弓箭及高尔夫，完全满足大家对各类运动的诉求，“众口难调”不再是问题。对于授课老师，体育中心经过仔细甄选，聘请了具有丰富教学经验且耐心负责的教练们担任。每一门课程都配有详尽的教学大纲和全面的教学安排，保证学员踏实进阶！

问卷答案也充分表现了参与活动的师生对特色课的喜爱。有表达对课程的期待：“希望课程可以更多，时间更长”、“一节课 60 分钟太短了，希望可以延长”；还有迷弟迷妹们对老师的打 call：“body balance 老师好棒好喜欢”、“两位高尔夫老师都超级 nice”、“希望下学期能继续见到老师们”。当然，也有对体育中心的建议：“希望多安排几周的教学时间，六周太短了”、“希望多组织类似的课外活动”，“希望下学期可以继续开设”等等！

新学期的特色课，我们将“特色”贯穿到底。在保持原有课程的基础上，体育中心特别新增菲律宾短棍、健身，及街舞课程。我们的目标就是，提供多种多样的课程，瑜伽拉丁普拉提，短棍弓箭攀大山，总有一项适合你！

附：具体活动信息请关注“Student Engagement”官方公众号及官方群聊，我们将第一时间发布报名信息及课程安排。



体育星期三： 什么稀奇玩什么

✍ 周园

提到小众运动，你的第一反应是什么？

是一袭白衣，手持击剑在剑道上“一击制胜”？是如传世九品高手的“箭无虚发”？是烈日下悬崖峭壁的登顶者？又或许是草地上自信挥杆的商务精英？还是和小动物们一起在操场上展开的“接盘”运动？开个玩笑，飞盘运动可是一项紧张且激烈，无身体接触的 7V7 男女混合团队比赛项目。如果你也曾有这些期待，对小众运动有充分的兴趣，却因入门装备的昂贵，或缺乏专业人员的指导而发愁，“体育星期三”是你的不二选择。

“体育星期三”由体育中心创办，致力于宣传并发展小众运动，为全校师生提供装备自由（入门级装备触手可用）、教练自由（专业的教练员全程指导）的免费体验课程！目前我们共开设了击剑、射箭、高尔夫、攀岩、飞盘五项运动项目，新学期预计还会有橄榄球等其他小众项目的加入。让我们新学期在“体育星期三”碰个面吧！

请查阅往期参与人员的真实感受：

你想象的高尔夫 VS 实际的高尔夫： 小白友好型，分分钟 get 商务高端精髓

Wuyi 同学一直以为高尔夫是高端中老年休闲项目，实际体验才发现高尔夫需要很强的专注力和技巧性，是一项和自己较劲、与自己竞争的运动。
PS：校外高尔夫体验课程售价 8XX，“体育星期三”仅售 0 元！

你想象的射箭课 VS 实际的射箭课： 弯弓射大雕（误入武侠剧片场）

Hualun 同学表示上课之前以为射箭课只有老师酷，结果上完课发现自己也变好酷（捂脸）。另外，把弓拉满原来这么费力，果然九品用剑高手不是那么容易修炼的……

你想象的击剑课 VS 实际的击剑课： 信我！真的很减压！

Wangzai 同学发现，看似厚重的击剑服，其实并不会束缚活动。刺中对手的感觉真的很奇妙，也没有想象中那么痛，流汗的感觉真爽！

你想象的飞盘课 VS 实际的飞盘课： 我是陪我的爱犬，哦不，是我自己来玩的

Guanyu 同学原本以为飞盘是专属于小动物的愉快活动。体验后才知道原来飞盘是一项如此热血的户外团队运动！上课的时候，他也多次抑制住了自己，看到飞盘就想去追逐的“原始”冲动。

你想象攀岩课 VS 实际的攀岩课： 不管爬多高都安全感 max

Guagua 同学说，自己一直认为攀岩是一项非常有挑战性的“高危运动”，因此一直拒绝尝试。实际上在攀岩老师的保护下，大多数同学都收获了一次挑战感 + 安全感 max 的新体验。





附：具体活动信息请关注“Student Engagement”官方公众号及官方群聊，我们将第一时间发布报名信息及课程安排。

硬拉大赛：流量之王——突破 3000 人观看的直播大赛

陈斌



流量为王的时代里，体育馆“流量之王”的当家花旦只属“西浦硬拉大赛”。毕竟，这是一场仅在三小时内就收获 3000 余人围观的比赛。

第一届西浦硬拉大奖赛于 2021 年 11 月 18 日在体育馆健身中心举办。赛制一经发布，即收到 31 份报名申请，其中女子 11 名，男子 20 名。比赛日当天，气氛热烈，欢呼与尖叫声不断；自愿充当“气氛组”的围观人群更是不断吸引了路过朋友们，加入观战并自觉成为“气氛团”。随着比赛推进，现场直播的观众人数不断突破，在决赛时刻，达到 3000 人同时在线观看。

突破传统观念的桎梏，硬拉大赛不仅是男生竞技的专场，女子组比赛的激烈程度完全不亚于男子

组两个级别的比赛。比拼到最后的四位女子组选手均为在校教职员工，并且挑战重量突破 100KG。硬拉大奖赛也充分展示了竞技体育的魅力，几乎所有选手都在比赛现场突破了个人纪录。男子组在全员破 PR（personal record）的前提下，比赛重量级均突破 200KG。现场热烈的气氛，几十人同为选手鼓劲加油的画面，也将成为体育馆健身中心浓墨重彩的一笔。

经过接近三小时的激烈 PK，最终九名西浦人摘得各级别竞赛组的前三名。体育中心将在新学期继续举办更多与“健身”相关的竞赛，希望更多西浦人在赛场上挑战自我，超越自我，成就自我。

各级别组获奖选手

男子组

80KG 及以下组

冠军 薛兆谦

亚军 高宇梵

季军 周海翔

80KG 及以上组

冠军 张皓若

亚军 刘承瑞

季军 Martin Lockstrom

女子组

冠军 李霞璐

亚军 孟思静

季军 姚娟



场馆里有这么一群人：当你在馆里迷路的时候，会为你指引；当你在场上挥汗如雨的时候，会在场边默默关注你的安全；当你面对器械无从下手的时候，会热情的给予专业指导。当然，当你准备违反规则的时候，他/她也会及时出现，把你的想法扼杀在萌芽里。他们可以是你的舍友，你的课友，甚至你的队友…但他们也有一个共同的 Title——场馆助理。

为了保证体育馆的日常运营，营造积极昂扬的场馆氛围，体育中心日常有偿招募场馆助理。在每一期场助工作的尾声，为了感谢大家的辛勤付出，也为进一步提高工作效率，体育中心都会准备调查问卷，邀请场助分享值班点滴。场助总戏称自己的职责是“看大门”，也将自己的这段经历简化为“看门的日子”。火龙果联合冰可乐大哥一起回复了部分“看门人”的精彩发言，让我们一探究竟。

场馆助理：我在场馆“看门”的日子

李伟祎 陈斌

在执勤中遇到过最棘手 / 最常遇到的问题

@Xun: 健身房闸机坏了哈哈
大胆点, 给它掰回去。

@ 不加糖: 到时间, 赖在场馆不走 /
Shevey: 社团活动到体育馆闭馆还不走人! 就很气! 说了也不听就只能强行撵人
关灯大法, 你值得拥有。/
哪个社团, 告诉老师, 下次助理培训, 关灯大法安排了。

@CY: 与外国人交流不顺畅
So who is your EAP tutor?

@ZYH: 翻墙 /
Jack: 对于逃票的人没有办法
真是素质的洼地 /
抓到就让补票; 记下 ID 号, 我们会发警告邮件的!
助理的一大职责就是要规避这种逃跑行为, 所以眼睛要放亮哦!

@Phoenix: 健身房连续入闸 /
DLYE: 连续出闸
帮他开 /
你俩约好的 ...

@ 芋圆奶茶: 在二楼活动室值班时, 有一堆学生进活动室排练什么的; 虽然都约了, 可是没有一次是所有人都验票的 (www 但这是为什么呢)
苦了你了, 乌泱泱的人。但是也要让他们一个一个排队验票哦。

@ 笑天: 一点到九点, 没空吃晚饭!
下一次不要把班都排在一天呀!

最快乐的工作记忆

@ 浪: 工作时候可以看场馆里比赛, 还可以蹭课, 找不到自习的地方还可以自习。
这些虽好, 别忘了主要职责哦!

@ 阿段: 看帅哥打球! /

Shevey: 在健身房和篮球馆看帅哥?
你俩……

@Xun: 闭馆音乐响起 ~
打工人实锤你可真是。

@ZYH: 确实不快乐
小孩子, 你要开心一点哦!

@ 芋圆奶茶: 在值班的时候遇到困惑的外国教职工, 虽然我英语也不是很好, 但还是解决了这位老师的一些问题 hhh
你真的很棒 !!!!!

MYY: 今天没有人预约我的场馆
你咋这么 real 呢!

你想对违规的人说些什么

@SYC: 没啥好说的, 拉黑拉黑
哈哈, 黑名单功能在这里。

@ 阿段: 人头拿来! !
也不至于哈, 咱们法治社会…

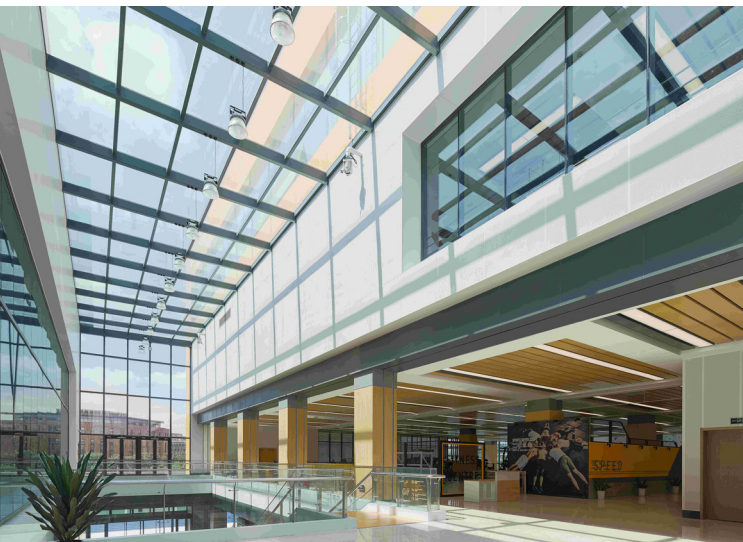
@ZYH / Phoenix: 爬爬爬 / 爬
我还专门去查了一下意思…代沟…

@DLYE: 大家还是挺遵守的, 也挺配合巡场工作
ZZW: 还没谁敢
终于有好人! PS: 看来健身房的各位压迫感还是挺明显的 (坏笑)

@Xun: 别逃票了被抓到多尴尬啊 (但是讲真每月就100的优惠券完全不够用啊)
所以要报助理第二期吗 (狗头)

@Shevey: 祝你体育挂科
虽然…但是… (我笑了)

@ 聪明智慧冷静沉着阳光帅气的……: 除了不知道要自己带弓箭, 再没啥违规的。哦! 还有到点不走! 一定要看清条款啊啊啊啊啊! 不让你玩我也不忍心啊啊啊啊! 所以! 一定要阅读完条款啊!



好捏，你真的是一个富有同理心的优秀助理！我们也会加强宣传，告诉大家需要自备器材的！

请大声说出你的愿望

@ 浪：体育馆越来越好，活动越来越多！
你真棒！下次活动内部体验课，喊你来!!!

@ 阿段：多多来帅哥打球！运动！
你的私心过分明显

@DLYE：2年后参加硬拉比赛！
期待早日看到哦，可以先从工作人员做起（坏笑）

@Xun：多发点优惠券或者场馆价格再便宜点吧！
一百块就是五六次健身房或者两三次其他场馆，经常锻炼的话不够用。
价格结合 Cost 再低的话，就得倒贴了……多做场馆助理来攒钱吧！

@ 不加糖：加工资（现金）
一首《梦醒时分》送给你。

@Shevey：天天下班能听到林俊杰的歌！
只要我值班，一定满足你！偶尔也要放放周杰伦的（可乐大哥表示《你要跳舞吗》也不错）。

@ 芋圆奶茶：希望约了时间的同学按时验票哦 --
made in heaven（震声）
过分质朴的答案哈哈哈。

@ 聪明智慧冷静沉着阳光帅气的……：到点我也想下班！！
大家离场自觉点呗！看把我们助理气的。

你觉得助理培训有哪些地方可以加强

@ 浪：有些时候场馆没有人订票，也没有活动，但是我们助理还是在场。
因为需要你监督有没有人偷偷蹭场地呀。

@DLYE：提高助理巡场自信心（毕竟健身房大佬挺多）。
怎么，又想蹭大哥私教了？



@Xun: 凡是在群里有人问过的常见问题，可以都打印到一张纸上夹在本子里，这样可以随时查询，也避免群里没来得及回复的话不知道怎么办。

你说的太好了，大哥给 TA 发奖 !!!

@CY: 语言培训？但好像不能实现。

哈哈哈哈哈，GM 有老师本来应该去 LC 的，你可以过来 study study。

@Shevey: 教教我们登录商米机！

桌子上写好的 5 个 step 粘贴在那里，不要太清楚哦 !!!!

@芋圆奶茶: 比如…胆量什么的（社恐的无能狂怒）
只要是违规的操作，你就大胆上，有老师给你撑腰的！想想冰可乐大哥（场馆里谁敢惹他）!!!!

@ 聪明智慧冷静沉着阳光帅气的……：其实做上几次场馆助理就都知道了，熟能生巧。

这个话说的很有道理，就是你的名字看起来也毫不含糊。

你希望场馆老师还能为你做些什么

@浪: 感觉体育馆活动好多好精彩，但是之前都不知道！

我们会继续努力加强宣传的！也希望大家可以带动更多朋友来场馆 Happy 哦！

@阿段: 羽毛球馆也安排两个人一起值呗
我相信你的能力！

@Phoenix: 偶尔听一下对讲机签到（不是）
好捏好捏，我们会注意加强改进的！

@Xun: 好像也不需要什么额外帮助，祝天天开心而且助理永远不会临时请假～
谢谢你说出我们的心声（潸然泪下）。

@Jack 那张可以刷开所有房间的卡
为你写首歌，叫《都是梦中人》。

@不加糖: 提供奶茶
怎么梦越做越离谱呢？

场馆助理为体育馆长期项目，具体的招募信息，请大家关注西浦官方群邮及 SE 公众号。欢迎大家跟小伙伴一起加入体育馆，一起来做不得了的“看门”人！

持续游走在身材的追逐与自我的放逐中，似乎是当代年轻人常态，“瘦”更是日常逃不开的话题。但更多时候，“瘦”是大家对自身期望身材的简称；人们表达自己想要更瘦一点，只是在阐述自我追求好身材的诉求。

美是多元的，也是个性的。体育中心特别开设“好享瘦”线上专栏，以传播美好身材的理念，鼓励大家大胆追求自己理想的身材；并帮助大家在追求美好身材的路上，跳过误区，在健康的前提下稳步前行。新学期体育中心还将在线上专栏的基础上，引入线下 workshop，带领大家共同探索美好身材。

身材管理， 年轻人的每日 flag

李伟祎 陈斌



体育中心采访了几位热心网友。他们花钱上过私教，也在微博小红书上收集各式各样的瘦身方法，到如今慢慢摸索出一点适合自己的“套路”，聊起来也算得上“头头是道”，但是其中真伪，总是难辨几分。今日邀请他们分享一些瘦身日常，并请专业的健身教练的教练——冰可乐大哥，看看他们的方法专业与否，顺便看看你有没有中招。

一号网友：LY

FD：你一般会有哪些方式瘦身啊？

LY：少吃，贼管用；多动，也可以作为辅助疗法。

FD：怎么个少吃？不吃主食？三餐总量变小？

LY：尽量不吃东西…也可以早餐一个面包，中餐赛百味，晚餐一个包子。

冰可乐：少吃确实可以作为掉秤的第一法宝，但是不是长久之计，毕竟对美食的追求应该是人类共通的。按照LY的吃法，营养摄入过于单一。我的建议是改变一下碳水，脂肪以及蛋白质的比例，5：2：3，多增加蔬菜以及优质蛋白的摄入，同时尽量选择粗粮杂粮作为自己的碳水摄入。

FD：那运动呢？

LY：我觉得运动可以减肥，真的就是个误区…根本减不了太多，而且我运动完吃得更多，运动完更想吃碳水了。

FD：这不就是我么…

LY：我记得你那会上完私教课就去吃油泼面还有喝奶茶。

冰可乐：运动完多补充点蛋白质是有必要的，但是油泼面和奶茶就…不要害怕脂肪，脂肪是有用的，只是太多和太少都会引起健康问题。摄入优质脂肪还是很有必要的，比如：牛油果，橄榄油，坚果等。

二号网友：火龙果本果

冰可乐：火龙果你的瘦身目标是什么？

火龙果：一个月瘦十斤。

冰可乐：…你觉得现实吗？你现在才 100 出头…

火龙果：只要我对自己够狠（就没有我迈不过去的高山）！

冰可乐：一个月 10 斤是有点儿太狠了。正常来说，一个月掉 4 斤的体重还是比较稳妥的，10 斤的话，难免有点为难你的身体了。

冰可乐：……那你觉得怎么样可以达到这个目标？

火龙果：嗯，饮食和锻炼呗。锻炼对我可能更有点。但我比较爱偷懒，经常觉得自己只要动了，出了汗就已经达到了一定的锻炼效果。

冰可乐：出汗不代表你的脂肪在燃烧哦，不然夏天去操场站一下午不是汗更多（狗头）

火龙果：饮食对我影响不太大，因为我平常吃的就不多。但我爱吃炸鸡，瘦身的时候我觉得可能炸鸡得停吧，但我不会停主食，停主食人会变傻，脾气会变差，得不偿失。

冰可乐：有觉悟！炸鸡确实得少吃，高油高热量不可取。如果你选择了运动健身，碳水的摄入是对你运动强度的保证，不必太过苛刻。

三号网友：MZ

FD：崽平常靠啥来瘦身啊？

MZ：我主要是靠运动，一般会选择健身房和羽毛球。健身房是专门为了瘦身，羽毛球是为了身心健康。

FD：那在健身房会练习什么呢？

MZ：健身房主要为了瘦身嘛，就会是力量训练和自由搏击的结合。

FD：哇哦，那如何算达到理想状态？

MZ：练一段时间后，自己对身材有了明显的感觉！

FD：你可太专业了，那现在身材有什么明显感觉吗？

MZ：那倒也没有，毕竟才一周。

冰可乐：MZ 还是比较符合当下主流瘦身理念的。运动瘦身相比于常见的快速瘦身方法，最大的优点就是长效，能够为你保持相当长时间的效果，当然，也有它最大的“缺点”：见效慢，需要较长的时间来调整你的身体。然而运动会让你快乐，节食并不会。

四号网友：BZ

FD：最近看你票圈，每晚都在夜跑哦。有效果吗？

BZ：感觉被营销号坑了，体重反而上去了。

FD：……

BZ：就宵夜摊，真的太吸引人犯罪了。

冰可乐：那建议你换双跑鞋，不然老把你往夜宵摊上带……

大哥有话说：

如果仅仅是想要掉秤，那确实只需要少吃就可以了，少吃一口蛋糕，少喝一杯奶茶就能少给你的身体增加一点脂肪。但盲目极端的节食，反而会对你的身体造成一些损害；并且在体重下降的同时，造成体型的不美观。因此当下普遍的方式是通过运动健身结合饮食的调整来达到减脂塑身的目的。

当然，不是只有去健身房撸铁才会有效果，跳绳、跑步、呼啦圈、踢毽子、打篮球都能帮助你减肥，前提是你需要动起来，久坐也是长胖的一个重要原因（熬夜是 No.1）。对于去健身房撸铁的人来说，不要抗拒深蹲，硬拉，卧推，引体向上，杠铃划船这些复合动作，在你还是小白的时候，这些训练可以很好的提升你的肌肉力量，耐力，训练效益远远高于你的二头弯举。以上同样适合女生，不要怕练成粗胳膊粗腿，让你看上去粗的是脂肪，毕竟肌肉和脂肪体积差得远呢，并且你知道长肌肉有多难吗？那可是按年算的。

一句话总结：关心你的体型，少关心秤上的数字。

人物志： 德里克 - 罗斯 “玫瑰重生”

缪喆 李伟祎

2018 年 11 月 1 日夜，明尼苏达联合中心，森林狼队与爵士队的比赛进行到最后一节。随着篮球从罚球线上抛出，划出一道弧线后穿过球网，德里克 - 罗斯得到了个人本场比赛的第 50 分，“MVP”的欢呼响彻球馆。比赛结束，掩面痛哭的罗斯被队友团团围住。那个万圣夜，30 岁的罗斯扮成了 10 年前的自己。

经历了混乱的 07-08 赛季，幸运之神在 08-09 赛季的夏天眷顾了芝加哥这座城市。公牛队以 1.75% 的概率抽到了状元签。在选秀大会上，罗斯被自己的家乡球队选中。芝加哥球迷直呼“虽然科比没来，但上帝给了我们罗斯”。

罗斯没有让家乡的球迷们失望，他把大学时展现出的出众天赋带到了 NBA 赛场，首秀就得到 11 分，并送出 9 次助攻，成为那一届新秀中第一个带队进入季后赛的球员。在季后赛首秀中，他砍下 36 分，成为贾巴尔后季后赛首秀得到最高分的球员。虽然大战 7 场之后年轻的公牛最终没能更进一步，但罗斯得到“年度最佳新秀”的殊荣还是实至名归。没有人会在那时否认，20 岁的罗斯将会有有一个光辉灿烂的职业生涯。

09-10 赛季，罗斯的表现依然耀眼，他把自己的单场均分提高到了 20 分，并入选了全明星阵容，成为乔丹之后公牛队的第一个全明星球员。2010 年的夏天，随着勒布朗在众多球队中选择加盟迈阿密热火，在流言中沉默了一个夏天的罗斯在赛季前的记者会上用一句“为什么我不能成为联盟最好的球员，为什么我不能成为 MVP”表达了自己的不忿。

事实证明罗斯的豪言壮语并非不自量力。

常规赛公牛队对阵詹姆斯与韦德领衔的热火，三战三捷，以 62 胜东部第一的骄人战绩挺进季后赛。而德里克 - 罗斯，也以 22 岁的年纪成为 NBA 历史上最年轻的 MVP。09-11 三年间的罗斯，把出色的身体素质和细腻的技术结合到了极致。他像一颗子弹，迅猛地划破气流，穿过对手，直击篮筐。可劲爆舒展的动作背后藏着无数骇人的隐患。

2012 年季后赛对阵 76 人的比赛成为了罗斯噩梦的开始。在一次再平常不过的落地后，罗斯听到了自己左膝盖十字韧带发出了断裂的声音。在当年





9月的个人球鞋发布会上，谈及伤病罗斯几度哽咽，“我记得当时的一切。我记得自己跳到空中和落到地上的每一个瞬间，还有撕裂的声音。这是我经历过最接近死亡的事情，就像风一样，感觉一切都从我身边被剥离。”2013年刚复出十场，同样的噩梦再次降临到了罗斯身上——右膝半月板撕裂，再次赛季报销。再次复出后的罗斯虽然有过短暂的高光表现，但早已不复当年勇。他被交易到尼克斯，打了一个赛季不到后膝盖伤势却再次复发。

到了2017年夏天，曾经的风城之子已无人问津。他只好底薪加盟骑士，在昔日针锋相对的勒布朗-詹姆斯的帐下打杂。随后的一年他完全迷失了自己，在骑士队毫无存在感的他被交易到爵士后随即被裁掉。绝望的罗斯甚至一度想到了退役。

玫瑰花瓣，瓣瓣凋零。

还好他没有放弃篮球，最终等到了森林狼队的邀请。起初他只是作为球队的替补后卫，每场比赛得分不超过两位数。但罗斯在有限的机会里证明了自己的价值，他的出场时间不断增加，球队地位水涨船高。他成为了替补阵容的领袖，在主力休息时带领球队前进。罗斯没有辜负球队的信任，他在新赛季连续六场得分上双，尤其是在对阵火箭的比赛拿到28分。

然后，2018年11月1日晚，德里克-罗斯作为首发后卫站上了联合中心的地板。从20岁到30岁，从联盟巨星到替补后卫。德里克-罗斯失去了赖以成名的身体素质，却在2018年夏天的休赛期投出20000颗篮球，磨炼出更加纯熟的投篮技巧。30岁的罗斯比20岁时更加明白自己要做什么，更加理解了篮球的意义。

“我不怀念MVP赛季的自己，那时候的我太蠢了，如果再给我一次机会，我会好好珍惜自己的身体，不去做那些暴力的动作。”话语背后，藏着罗斯对于自己篮球生涯无尽的无奈。

在罗斯身上，我看到一个接二连三遭遇过毁灭性打击的人，不甘于沉沦，不愿混日子。宁可卧薪尝胆，给后辈打替补，也不愿放弃。因为只要上场，就有希望。是啊，希望。正如大仲马所说，人类的全部智慧就包含在等待和希望两个词中。

篮球如是，生活如是。

体育馆街拍



EP.1 夏末与深秋 离别又重逢

✍ 李伟祎

📷 钱家澍

苏州的雨水很容易让人想到黄庭坚的一句词：桃李春风一杯酒，江湖夜雨十年灯。

第一次念这句诗时，我还在利物浦，读大三。比我大一级的学长毕业回国，在他的文章里用这句话表达了对利物浦棒球队的不舍。

一年后，我毕业了。五月多的天，那里依然炎热，我“卖”掉一些家当，步行回家，恰好路过一男一女在对话。女生笑着对男生说：应该也不会再见了，加油啊。我经过的时候，他们刚好分开，我跟男生是一路回家。他走了一会，抬手轻碰了碰脸。我心想这剧情好小言，笑了一下，暗自摇头。转弯的时候，刚好看到不远的落霞。它明亮的光束，却仿若转瞬消失。我突然别离上心头，想起那句诗。

我不知该如何形容这种感觉，大家各奔前程，往事似在眼前，却难以回溯。之后几年，我们在各个城市落脚，偶尔碰面。惊喜重逢的同时，我们总要一起回想上次的见面时间，然后一起惊讶于时间的流逝。

我常觉得夏末凉薄，看似炎热，晚间却总有凉意。而十月的苏州气温骤降，仿佛跨过初秋，直逼深秋。我们在这样的季节重逢，也在这样的季节离别。有人遇见新的朋友，有人告别过去的心情；有人迎来崭新，有人重逢过去。

对于新大一的伙伴们，在这个秋天，你们告别了高中好友，甚至曾经的伙伴，却在一个新的地方迎来了更多的机会与可能。对于学长学姐们，他们有人面临着毕业，有人与朋友因为 2+2 暂时分开，有人继续深造，走入新的环境，遇见更多的故事。

对于每个人来说，这个十月，是离别也是重逢，是结束也是开始。

而大学时代的许多故事，都与运动有关。

一起拼搏的社团，一起打的比赛，亦或是共同对某项运动的向往而拥有的相逢与友谊，都在这里产生。所以，你会如何搭配，迎接未来，又怀念过去。你是否会穿某些有意义的单品，或者同款，用以表达秋日的心情？

体育馆街拍，我们在这里等你。



每个深秋，
是离别也是重逢，
是结束也是开始。
大学时代的许多故事，
都与运动相关，
也都从深秋开始。





EP.2 从日落到黄昏



你有多久未曾在自然中感知，

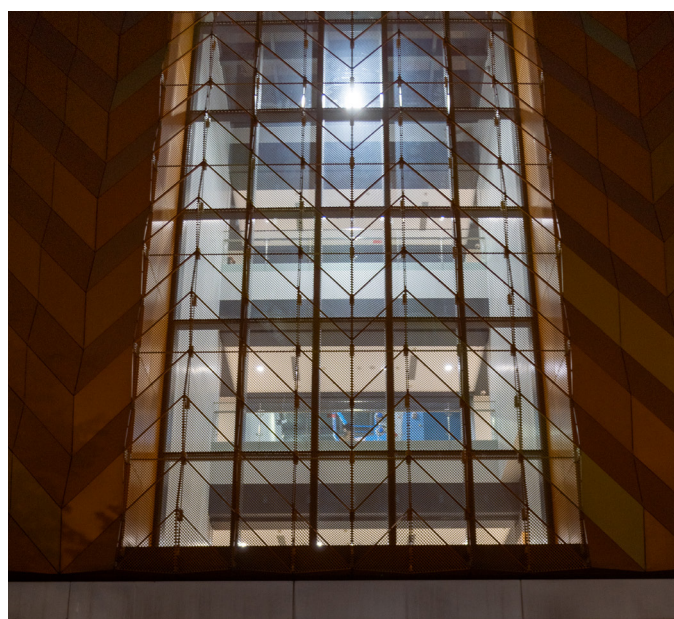
时间的流逝。

从黎明清晨至晌午；

从午后日落到黄昏。

你是否注意过不同光影赋予建筑的色泽，

赠予人的神采，



描摹出的流淌的故事。

在一个固定的地点，

去看到不同时段建筑，

人，还有故事。

体育馆街拍，我们一起见证，

从日落，至黄昏。



闭馆音乐：说再见的仪式感

马瑞

体育馆是 XJTLUers 的主要运动场所，每天都有同学在这里碰撞激情、挥洒汗水，彰显青春活力。在每日闭馆前，体育馆会准时响起闭馆音乐，提醒同学们结束当日的运动，也作为与场馆暂时说再见的仪式感，闭馆音乐也成为很多同学对 XJTLU 的重要回忆。

2021 年，我们共向 XJTLUers 征集了两次闭馆音乐，西浦的老师和同学们一共为我们推荐了 558 首歌曲。经过社团网站的投票和选拔，共有 21 首音乐作品被选中，并作为闭馆音乐在场馆播放。新学期我们将继续开展闭馆音乐征集活动。欢迎大家踊跃投稿，你喜欢的歌曲都有可能出现在馆里哦！

S1	S2
《奇迹再现》	《N 冰可乐 2 meet you》
《阿珍爱上了阿强》	《稻香》
《Viva La Vida》	《七里香》
《Perfect》	《Hedwig's Theme》
《YES! OK!》	《等你下课》
《海底》	《Merry Christmas Mr. Lawrence》
《冥き水底 ~テンペスト: 深部~》	《夜空中最亮的星》
《daylight》	《乒乒乓乓天下无双》
《The Truth That You Leave》	《不为谁而作的歌》
《少年时代》	《你要跳舞吗》
	《Yellow》

急救培训

马瑞 李宸曦

日常生活中，急病和意外伤害时有发生。对心跳、呼吸骤停或一些意外伤害而言，抢救的黄金时间仅有 4-6 分钟。中国每年心脏病猝死人数约 55 万人，居全球之首；而我国医院外发生猝死的救治成功率不足 1%，远低于发达国家。经过救护技能培训，我们每位普通人都是可以掌握心肺复苏和创伤现场救护等技能，在关键时刻不仅可以减轻自己和他人的受伤程度，更是为抢救生命赢得宝贵时间。为帮助老师和同学们学习急救知识和技能，应对突发情况，西交利物浦大学体育中心联合苏州市红十字会，于 2021 年 11 月 17 日和 24 日下午，举办了两场“初级救护员培训”活动。

现场培训主要分为心肺复苏和创伤现场救护两个部分。红十字会的培训老师首先示范了心肺复苏的全过程：评估现场安全、启动紧急医疗服务、脉搏检查、胸外按压、开放气道、人工呼吸。之后，

老师拆分动作，详细的讲解了胸外按压和人工呼吸的具体操作，及 AED 的使用方法等。在讲解完后，学员们上手实践，反复练习；并在老师的帮助下，纠正了不规范动作与急救行为。对于创伤现场救护，红十字会的老师主要介绍了“止血、包扎、固定、搬运”四项技术，及呼吸道梗阻的紧急救援方法——海姆利克腹部冲击法。老师讲解完后，学员们两两一组，互相包扎练习，力求扎实掌握操作要领。

现场气氛十分欢乐，老师用通俗、幽默的语言讲解知识，还邀请了许多同学上台互动。除此之外，急救模拟人、AED 模拟训练器、绷带、三角巾等道具也被带到现场，让大家在仿真情境下学习救护知识。最终，经过严格的理论考试和技能实操考核，参训的 103 名学员全部顺利通过考核，取得初级救护员证，成为一名合格的红十字初级救护员。





第一排右二为杨晰尧

杨晰尧：篮球伴我成长

周园 李宸曦

美国学者考斯特在上世纪 90 年代末提出了身体活动促进心理健康原因的 6 项假说，从心理学与生物化学的角度分析了身体活动作用于心理健康的机制。在此之后，又有大量的实验研究表明，通过参与有规律的、中等强度的运动锻炼，不仅能够减少抑郁、焦虑症状，降低患心理疾病的风险，也能改善认知功能，提高生活质量。从人体自身激素调节的角度来看，适当的运动可以增加脑部血流量，促进内啡肽的释放，使人获得镇静和舒适愉快的心理体验。从情绪效益角度而言，运动产生的良好情绪体验可以促进心境状态的改善、并降低焦虑水平，减少应激和紧张。从神经系统的发展角度来看，运动可以通过激活大脑皮层，增强大脑皮层神经系统的均衡性和灵活性，进而提升人体的感知能力和认知功能。

“积极心理学”是由美国心理学会主席 Martin E.P.Seligman 等西方心理学家发起并倡导。此学说聚焦于积极的主观体验、个人特质与社会组织环境，提倡个体从积极角度诠释自身的价值与意义，这对助力当代大学生成为一名年轻的成年人意义非凡。除此之外，从积极心理学的角度考量运动干预，也证实了运动能帮助个人建立人际关系，获得社会支持，从而达成促进心理健康，增强自我效能的愿景。运动干预对于积极心理学所关注的兴趣、幸福、希望与乐观，勇气与心理韧性，人际交往和团队协作能力等等，都具有正向的激励作用。

纯谈理论难免枯燥乏味，我们希望借助个案研究的模式，邀请西浦老师、同学分享自己的运动故事，将运动的精彩与魅力、运动对于心理健康的正向激励，富有灵魂的传递给大家。首期嘉宾是来自西浦校女子篮球队的杨晰尧同学。让我们一起聚焦这个嘴角带笑，眼里有光的女孩，听她讲述篮球伴她成长的故事。

与篮球初识

认识晰尧的人都知道，她个性爽朗，朋友众多，既喜欢耍酷又爱笑。你可能很难把这样的她与小时候的她联系起来：内向，沉默，独来独往。她说，小时候的自己不是不愿与人交往，只是不知道该如何与人相处。“那是什么让你改变的呢？”她肯定的回答：“篮球。”

一次偶然的机会，晰尧接触到篮球，并入选学校女子篮球队。从场上到场下，她逐渐爱上了这项运动。篮球不止带给她挥汗如雨的快乐，还帮助她学会与人相处。球场上，默契协作让她明白伙伴的意义；球场下，她逐渐敞开心扉，因为篮球带给她与伙伴聊不完的话题。篮球在日积月累之中改变了她沉默孤独的性格，注入勇气与果断给她，让她在多变的成长环境中越发适应。

那场比赛，最难忘怀

2018年，云南省高中篮球锦标赛在大理举行。全省各支劲旅皆齐聚于此，竞争十分激烈。幸运之神在最开始，并没有眷顾晰尧所在的队伍。在小组赛的第一轮，她们就遇到了实力最强的对手，并遗憾落败。这意味着，接下来每一场比赛，她们都要取得胜利，才能挺入决赛。

压力重大，但并无法压垮她们，反而越战越勇。一路过五关斩六将，收获了总决赛的入场券。

决赛赛场，如同戏剧一般，她们和最初的对手再次相遇。

晰尧和她的队友明白，这是一场考验，但绝不是一场注定结局的比赛。她们利用所有的空闲时间，观摩对手的比赛。点滴积累，细致观察，针对强敌的特点设置了多个应对策略。这不仅仅是战术的突破，更是团队协作与凝聚力的再建。

开场哨响起，决赛开始。对方进攻势如破竹，比分一路领先。上半场比赛即将结束，晰尧心中忐忑不安，生怕之前的失败再度重演。就在此时，队友一个突破上篮2+1打成，面对对方强壮高大的中锋，她无畏地向篮筐冲击，精彩的进球让比分追平，晰尧心中的希望再一次被点燃。教练根据场上形式调整进攻策略，此刻队里的每一个人，都只有一个想法：倾尽全力。

在最后一节比赛的最后一秒，晰尧巧妙的助攻创造出机会，与队友共同完成了一次精彩的进攻，比分再次追平。

比赛来到了焦灼的加时赛。整场比赛交替得分，谁都没法对最终的胜负提前先下定论。但团队里的所有人都明白，四节比赛的咬牙坚持与不放弃，才



得以挣来这加时赛的机会。休息间隙,教练只说:姑娘们,咱们好好享受最后的5分钟加时赛!

最终,晰尧和队友们不负众望,拿下了比赛。终场哨吹响,汗水和泪水一起落下。女孩们紧紧抱在一起,庆祝着属于她们的来之不易的胜利。

这场比赛,让晰尧成长颇多、感受颇多。“这场比赛,少了任何一个人,都没办法取得胜利。”每个人的紧密配合,每个人的拼尽全力,才让这个团队实现1+1>2的神奇效果,摘得桂冠。即使比分落后,灵活的应变与敢于拼搏的精神,都可以让她们扭转局面,反败为胜。正是这场比赛,磨练了晰尧的意志品质,也让她真正理解了体育的精神,真正领会了何为“团队协作”。这样的运动经历不仅给了她强健的体魄,更是磨练了她的心理韧性,帮助她完成性格的转变与人格的塑造,这一切,都将在未来的岁月中继续影响她。

传递篮球精神

晰尧作为人文社科学院篮球队的队长,带队参与了第二届西浦学院杯的篮球赛。参赛的队员们,多半从未接触过正规的全场比赛;而篮球作为一项同场竞技的团队项目,团队配合也尤为重要。英雄主义不能赢得10个人同场竞技的比赛,想在比赛中取得好成绩,技术和团队意识都需要提升。

晰尧针对队友们的实际情况制定训练计划,并组织大家训练。通过不断且有针对性的训练,队员们不仅在技术方面取得突破,更意识到团队配合的重要性。晰尧在与队员的练习和沟通中,不遗余力地将自己对篮球的知识与理解分享给大家,潜移默化地影响着她们。最终,人文社科学院女子组在学院杯的赛事中斩获亚军,更有队友在此过程中发现篮球潜能,加入到女篮校队。

篮球,一路陪伴晰尧的成长,带给她很多正面激励。不仅帮助小时候的她在运动中逐渐建立自信,改变了原本的内向与寡言,更让她找到了和朋友们的共同话题,逐步融入群体之中。在这种积极的社交环境里,晰尧开始感受到社会的正向支持,人际交往能力也相应得到了提升。进一步来讲,正是篮球让晰尧拥有了积极的社会关系,这些关系促进了她积极特质的发展和表现,从而进一步促成了她积极的主观体验。在这样的良性循环中,晰尧建立了积极健康的心理状态。

对于晰尧而言,篮球不仅仅是一项运动,更是一种她习以为常的解压方式。篮球给予她许多,将内向寡言的她塑造的外向开朗,她的生活也因为篮球增添许多精彩。如今,她已成长为一个性格坚韧,不轻言放弃的年轻成年人,也懂得如何将团队精神积极宣扬。作为西浦女子篮球队队长的她,将会继续把篮球带给她的鼓舞与力量传递下去!我们也希望这份积极与正面的精神,可以更快更好更强的影响更多人!

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崴脚处理办法

R
est

制动

立即停止运动，以防踝关节进一步损伤。

I
ce

冰敷

冰敷受伤的区域，每次 10 分钟，间隔 1-2 小时，以减轻疼痛和肿胀。

C
ompression

加压

加压包扎限制活动，用弹性绷带固定脚踝。

E
levation

抬高

脚踝抬高至超过心脏水平位置，以减轻内出血。

2021，你与体育馆的故事

马瑞

今年体育馆共陪你度过了 277 天
通过预订和分享，共产生 130252 张票
共有 101481 人次的西浦人来到体育馆参加运动

今年有 5927 位西浦人注册了“体育中心”小程序
加入了运动的大家庭
我们的大家庭成员数达到了 20015 名，

今年，“攀岩”也被列入了场馆日常的运动项目中
有 1191 位西浦人参与其中
51 人成功登顶

今年体育馆共承担体育课 3441 节
“体育星期三”小众运动项目体验课 99 节
“体育馆特色课程”系列课 144 节

今年最受全校宠爱的依旧是羽毛球馆
使用率高达 97.54%
篮球馆“打败”桌球馆跃居第二
使用率高达 88.03%
最佳进步奖要颁给高尔夫球馆
使用率从 2% 进步到 11%

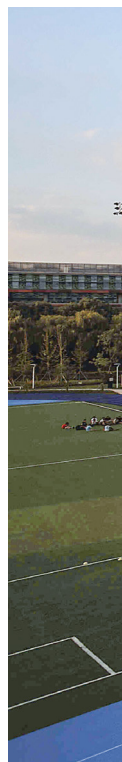
今年体育馆为大家准备了
“体育星期三”小众运动项目体验课
及“体育馆特色课程”的系列课
共有 5147 人次西浦人参与到我们的课程学习中

今年共有 489 位场馆助理加入场馆
总服务时长达到 10730 小时
许多同学在为同学们服务的过程中获得了“体育馆自由”
今年体育馆里举办了 11 项赛事



共有 688 名西浦人参与其中
竞技的激情和汗水让人心率飙升
队友的共振与陪伴更让人心生欢喜

每个人都带着对过去的总结
对未来的企盼
走上了新的征程
我们衷心的希望
运动可以成为你新年征程上的陪伴
希望每个人都能在运动和激情中
收获更好的自己
2022，让我们相遇体育馆



年关将至，体育馆又与你共度了一个春夏秋冬，
辞旧迎新之际，一起回顾我们的 2021。





1. 场馆开放时间

周一至周日 10:00-12:00, 13:00-21:00。若因场地保养，大型

2. 场馆使用预定

可通过网页端和微信小程序预定。网页端（支持中英双语）小程序。注册账号与密码为本人 AD 账号和密码，如 San.

3. 优惠券的使用

为鼓励大家积极参加体育运动，学校每月会向全体学生发放

4. 场馆更衣室和淋浴室

体育馆更衣室位于场馆 G 层大厅两侧，提供更衣空间、储物柜、淋浴间三项服务。更衣室仅对在校师生开放，件（ID 卡）到前台办理借用手续，使用结束后到前台结算。

更衣室开放时间为 9:00-12:15, 12:50-21:15，闭馆前 15 分钟将停止办理借用手续。如遇借用高峰需排队等待，为促进资源合理分配和节约使用，淋浴为有偿使用。该费用不支持使用场馆优惠券支付。淋浴卡借用后有效期为

5. 入馆须知

- 1) 请在场馆开放时间内进入体育馆，除体育课外使用运动场地须提前预订；
- 2) 请在验票后使用场地，运动结束后扫码离场，如 7 天内两次未验票，将被计入“黑名单”无法预订和使用场地；
- 3) 禁止任何食品、饮料进入场馆；
- 4) 请自备相关运动器材；
- 5) 请勿穿着黑底鞋、高跟鞋、钉鞋等易对地面造成损坏的鞋履进入场馆；
- 6) 禁止私教等一切商业行为；

更多入馆提示请在购票前仔细阅读《西浦体育馆用户使用协议》，使用时遵守各场馆的《场馆须知》。

6. 联系方式

在使用过程中出现任何问题，请邮件联系我们 Sports.Centre@xjtlu.edu.cn

考试，核酸检测等需使用体育馆场地，体育馆会暂时闭馆，届时会提前通过官方群邮等发布通知。

：登陆 <http://sportscentre.xjtluculture.com>；或登录微信小程序（仅支持中文）：微信小程序中搜索“西浦体育中心” Zhang21。

100 元场馆的优惠券，有效期为一个月。

提供包括储物柜、盥洗台、淋浴间等服务。使用更衣空间无需预约，如需使用储物柜或淋浴间前请凭本人有效证

请妥善安排时间。体育馆闭馆期间更衣室不开放使用。

1 小时，初始额度为 20 元。水卡使用按量计费，使用结束后须支付水卡初始额度和余额之间的差价。





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