

Study on Sports Strategy of National Fitness under Health Service System

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Abstract

Health is related to the development of society and the prosperity of the country, the harmony of society and the well-being of the family. The related concepts of health service system are analyzed, the structure of health service system is analyzed, and the operating mechanism of health service system is analyzed. It is believed that the health service system consists of six structural parts including publicity, guidance, facilities, activities, monitoring and treatment, as well as four operational mechanisms including decision-making, power, guarantee and coordination. In this paper, the strategy of national fitness sports based on the health service system is put forward. The existence of any social and cultural form depends on its social value. Sports also have this generality in today's social and cultural life. It is determined by the characteristics of sports to keep fit and serve people's physical and mental health. The formation of the concept of "fitness for all" is the realistic requirement of China's social development, and it is also a concrete way for sports to fully embody its social practical value.

Keywords: Health service system, National fitness, Sports

I . Introduction

The Third Plenary Session of the 16th National Congress of the Communist Party of China put forward the "adherence to people-oriented, comprehensive, coordinated, and sustainable development concept", which revealed the universal law of the development of things, and is our party's further understanding and deepening of the law of socialist modernization. It is the common task of the whole party to firmly establish and implement the scientific development concept and realize faster and better development of China's economy and society. At the same time, it has important guiding significance for the sports sector to build a nationwide fitness service system [1]. Health service refers to the general term for products and behaviors provided to meet the needs of people's physical health. The health service system refers to an organic whole composed of elements that meet the needs of people's physique and health [2]. With the implementation of the National Fitness Program, the fitness facilities of community residents have been greatly improved, which plays a very important role in the formation of civilized, active and healthy fitness concepts and lifestyles. Similarly, the development of national fitness has also promoted the development of sports [3]. However, with the continuous improvement of people's living standard, people's desire for fitness is stronger and stronger. The lack of social fitness resources does not correspond to it. Regardless of the total amount of fitness resources or the per capita share, it is difficult to meet the diverse requirements of mass fitness. However, due to the restrictions of system and concept, sports resources are less open to the outside world. Not fully utilized". This has caused the contradiction between the serious "insufficiency" of community mass fitness resources and the "excess" of sports resources [4]. By innovating and discussing the new mode of rationally organizing national fitness activities under the market mechanism, it will have a positive significance to promote the development of national fitness activities, improve physical fitness, cultivate health and establish a positive attitude towards life [5]. National fitness refers to the ability of the whole people, regardless of age or sex, to strengthen strength, flexibility, endurance, coordination and control of all parts of the body so as to make the body strong [6]. The core goal of national fitness is to comprehensively improve the physical fitness and legal health level of all citizens, focusing on teenagers and children, advocating that the whole people take part in sports and activities more

than once a day, learn more than two fitness methods, and conduct a physical test once a year [7]. In June 2016, the State Council issued the National Flying Plan (2016-2020). The plan points out more clearly that “the implementation of the national fitness program is an important development war compensation for the country. To strengthen the people's physique and improve the level of sexual health as the fundamental goal, to meet the people's growing demand for diversified sports as the starting point and foothold ... “[8]. This paper puts forward the research on the national fitness sports strategy under the health service system, so that the members of the society can be more aware of the connection between physical fitness and health, and then fully aware of the importance of physical fitness, so as to promote the most direct connection between their lifestyle and fitness.

II. National Fitness Sports Development and Infrastructure Construction

A. Basic Strategy for the Development of National Fitness Sports

In the view of national fitness, many sports events are deeply loved by the public because of the diversity and simplicity of their movement skills. Compared with various ball games, swimming sports, and land-body sports, sports have a better fit in the social masses, because it was born in the folks, developed in the folks, and more in line with the lifestyle of the social masses (9)]. Constructing a nationwide fitness service system is a social system project that requires the great attention of party committees and governments at all levels and the active participation of all aspects of society. Only when all parties fully recognize its importance and necessity can the self-consciousness of action be enhanced [10]. The scientific development view provides a new perspective for us to further understand the construction of the national fitness service system. Adhering to the principle of “people-oriented” and realizing the all-round development of people is the essence and core of the scientific development view. Human has both natural and social attributes. Human needs include natural, social and spiritual needs. At the same time, this need will continue to change with economic and social development [11].

From the perspective of human history, sports and fitness activities can meet people's various needs from different aspects, which can not only enhance physical fitness, prevent diseases, promote physical and mental health and prolong life, but also contact feelings, promote interpersonal communication, develop social relations and promote people's socialization. In addition, physical fitness activities can become a lifelong hobby, giving people sustenance and belonging [12]. Fitness activities can break the limitation of social status, and give everyone the space to participate equally. Students' sense of accomplishment can make up for the loss in other social life. Therefore, sports activities are not only accompanied by the occurrence and development of the whole history of human society, but also are increasingly inseparable from people's lives with the progress of human society [13]. The entire life course of a person is a process of continuous adjustments to people and themselves, people and society, and people and nature. Sports and fitness can affect people's life from a unique aspect: such as children and adolescents, lay a physical foundation and promote Healthy physical and mental growth and development, promote the socialization of people, and cultivate scientific, healthy, and civilized lifestyles and habits. In middle age, physical fitness and leisure is an active and effective way of life adjustment, which can eliminate fatigue, relieve work pressure, enrich leisure life, maintain vigorous energy, and develop social contacts [14]. In old age, it is beneficial to prolong life, reduce pain, relieve loneliness, reduce family and social burdens, and enrich life in old age. Eliminating fatigue, preventing and curing diseases, and strengthening the body are the basic physiological needs of people, and the prerequisites for the survival and development of normal people.

The promulgation of policies and regulations such as the Sports Law and the Outline of the National Fitness Program is the basis to ensure the position of the national fitness in the whole sports work. As the first sports law promulgated by the state and the first policy program for national fitness, the importance of these two positions is self-evident. The survey found that 13.0% chose to know the Sports Law. 23.0% knew the Outline of the National Fitness Program. 40.0% knew both. Combined, 74.9% knew the policy and about three-quarters knew it. 24.0% knew neither. Nearly one-quarter did not know it, as shown in Table 1.

Table 1 Survey respondents' Understanding of Sports Policies

	Frequency	Percentage	Effective percentage	Cumulative percentage
Sports Law	21	13.0	13.0	13.0
Outline of the National Fitness Plan	40	23.0	23.0	35.4
Know both	63	40.0	40.0	74.9
Neither knows	43	24.0	24.0	100.0
Total	167	100.0	100.0	

Therefore, in the future construction and operation of the “system”, on the one hand, we should deepen the reform and development of policies and regulations, continue to refine and enrich the contents of the Outline of the National Fitness Program, and enrich it into the National Fitness Program that conforms to the reform and development of the national fitness cause in the new period. In addition, we should pay attention to the popularization and publicity of policies and regulations.

The results of the survey on the implementation of the National Fitness Program showed that 8.5% knew and understood all the content; 40.0% knew and understood part of the content; 40.8% knew but did not understand; a total of 89.3%. 10.7% did not know the answer at all, as shown in Table 2. This shows that the results of my country's implementation of the National Fitness Program have achieved certain results when the second phase of the project was carried out to the second phase. At the same time, we must see that there are still shortcomings. The proportion of people who do not know the content of the plan totals 51.6%, and the number of people who know and understand all the content only accounts for 8.5%, which is about one-twelfth of the overall number. Therefore, we should continue to strengthen the publicity of the content of the plan.

Table 2 Community Residents' Understanding of the Implementation of the National Fitness Program

	Frequency	Percentage	Effective percentage	Cumulative percentage
Know and understand everything	15	8.5	8.5	8.5
Know and understand part of the content	66	40.0	40.0	48.4
Know but don't understand	69	40.8	40.8	89.3
Don't know	17	10.7	10.7	100.0
Total	167	100.0	100.0	

While formulating and implementing the National Fitness Program, the State has also formulated the Olympic Competition for Glory Program, which is complementary to each other and is not only mentioned in the same breath, but also complementary to each other, and has become two indispensable elements to support the new pattern of development of sports in the new period. The results of the survey show that 8.5% of the people knew about the two

important sports programs.38.2% know the National Fitness Program.39.6% of them both know.13.7% said they did not use this knowledge or understanding, as shown in Table 3.

Table 3 Residents' Understanding Of Sports Plans

	Frequency	Percentage	Effective percentage	Cumulative percentage
Olympic glory plan	15	8.5	8.5	8.5
National Fitness Program	63	38.2	38.2	46.6
Both	67	39.6	39.6	87.3
No	22	13.7	13.7	100.0
Total	167	100.0	100.0	

B. Strengthen the Construction of Physical Fitness Infrastructure

In today's society, physical fitness is the most economical, comprehensive, effective, simple and easy way to meet people's needs. At present, Chinese society is changing from subsistence to well-off and even affluent society, and people's desire for health, fitness, happiness and longevity is getting stronger and stronger. Fitness has become a basic need of the broad masses of the people. Physical fitness and leisure activities are becoming an important part of people's daily life and playing an important role in improving people's quality of life. Adhere to the people-oriented scientific concept of development, which requires us to take the interests of the people as the starting point and foothold of all work, constantly meet the people's sports and fitness needs and promote people's all-round development, and constantly improve the people's material and cultural living standards and health level [15].

In recent years, the public's enthusiasm for participating in sports events in sports and fitness projects has been increasing, such as chopstick dance, king whip and top. The rich ornamental and performance characteristics of sports events make the public enjoy themselves. They can feel the sports culture while improving their physical fitness and enhance their sense of honor. However, at present, China has not done enough to build physical fitness infrastructure in terms of national fitness infrastructure. Many people can only practice sports on a small venue, and the related equipment is purchased by themselves. Based on this, the government should strengthen the construction of physical fitness infrastructure. In practice, make full use of urban parks, country parks, public green spaces and urban vacant places to construct sports facilities to promote the effective combination of sports and gardens. In addition, in the equipment configuration, we must gradually meet the needs of the public for sports.

III. Service System for Sports Fitness Activities

A. Health Services System

The main function of the health service system is to improve the national concept of physical exercise and physical health. Due to the influence of traditional concepts, people's awareness of physical fitness is not strong, especially in the vast rural areas. People are most concerned about the interests of their own and their families. They will not pay attention to physical fitness and physical health at all. Moreover, some peasants have never heard of national physical fitness monitoring. Therefore, there is an urgent need to improve people's fitness awareness and their

fitness concept, so as to form a good national sports health concept. At present, we should make full use of television, radio, newspapers and other media, as well as newspapers and columns, to promote the improvement of physical health through fitness exercise, to promote and strengthen self-health and fitness awareness through physical fitness measurement, to persuade and encourage people to give themselves back, to turn overdraft into investment, to invest in their own bodies, and to invest time, energy and money in their own bodies. Fig. 1 shows the health service architecture.

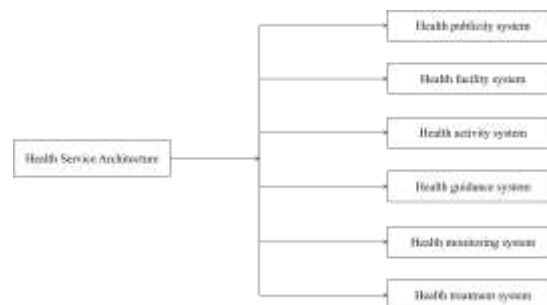


Fig.1 Health Service System Structure

Modern sports are created to satisfy people's entertainment and enjoyment and to promote the development of physical and mental health. It is a practice to transform one's body and mind and make it perfect by taking consciously controlled body movement as the main means. The manifestation of sports is physical activity. Physical activity is not only a day and means of sports, but also an essential feature of sports. Without sports activities, any other elements in people's physical exercises will lose their functions. Therefore, physical exercises cannot be mentioned, so it is impossible to talk about the promotion of physical exercises to the national physical fitness. The national physique and health activity system not only includes government-organized comprehensive sports games, national fitness long-distance running activities, national fitness days, fitness months, etc., but also includes a series of activities organized by people spontaneously.

B. Sports Fitness Activity Service System

Establishing the national fitness monitoring system and developing the national physical fitness monitoring is a task proposed in the Outline of the National Fitness Program and an important field of sports scientific research in China. At the same time, the national physique is the material basis of national economic construction and social development, and is an important component of comprehensive national strength. The service system of sports fitness activities is a comprehensive service system for residents to develop their awareness of fitness, develop the content of activities, cultivate the sports industry, and guide sports consumption to be responsible for the supply of sports information. Mass sports fitness activities are the core of national fitness development and the basis for the realization of sports fitness functions. Physical fitness activities are entertaining and have centripetal aggregation function, which has unique value in promoting social group unity and cultivating residents' sense of cooperation. In line with the idea of building a harmonious society, residents pay more attention to individual development through the participation of fitness activities, and then pay attention to the development of social sports, which complement each other and promote together. Establishing a complete information system is an important way to improve the overall function and service level of the physical fitness service system. With the implementation of the national fitness program and the development of mass sports fitness needs, fitness information dissemination has attracted attention from all sides. At present, our country has formed a fitness information network, with the increasing amount of text, pictures, audio-visual sports fitness information, richer content and more means of disseminating information, which has played a positive role in promoting the implementation of the national fitness program.

IV. Constructing the Operation and Countermeasures of the Nationwide Fitness Service System

A. Operation of the Health Service System

At present, the development of the national fitness industry is facing a good economic and social development environment and rare historical opportunities. The consumption structure is continuously upgraded. The national economy has continued to develop steadily, the industrial structure and the level of urbanization of residents have continued to increase, income has continued to grow, and the living standards of the people have improved significantly. These developments and changes at the per capita disposal of urban and rural residents have made the masses have a new and higher pursuit of quality of life. Participating in sports and enjoying sports have become their internal needs, and sports will play an increasingly important role in the lives of the masses. The economic and social development has laid a more solid foundation for the further development of the national fitness industry, and created a more favorable environment and conditions. The growing sports demand of the masses has become a strong driving force for the development of the national fitness industry. The operating mechanism refers to the mode and rules of activities among the elements in the structure and the external environment. Following this logic, the operating mechanism of health service system refers to the modes and rules of activities between the elements of health service system and the external environment. The implementation of the overall function of the health service system depends not only on the internal structure, but also on the various operating mechanisms that exist in the system. These operating mechanisms mainly include: dynamic mechanism, coordination mechanism, safeguard mechanism, benefit distribution mechanism and other related mechanisms. Their operating mechanism framework is shown in Fig. 2.



Fig.1 Operating Mechanism of the Health Service System

B. Countermeasures of Constructing National Fitness Service System

Sports competition is the inevitable requirement of sports development, especially mass sports. Only the competition can arouse the enthusiasm of the masses and mobilize more people to participate in sports activities. In order to give full play to the educational and propaganda functions of school physical education, students are the main body of campus physical education culture and the main body of future social members, as well as the participants and propagandists of sports activities. In order to organize mass sports competitions like competitive competitions, both sports management departments and managers of residential quarters, street offices and communities should pay equal attention to mass sports competitions. In this way, it will really make the national fitness activities radiate from the community to the street offices and from the community to the whole city. Further improve the physical fitness monitoring and evaluation system, reform the indicators of the monitoring and evaluation system, and ensure the standardization of related testing methods and the accuracy of data. Continuously improve and improve the monitoring equipment in each community, research and develop more simple, effective, and comprehensive physical fitness monitoring methods, which are suitable for timely and convenient physical fitness monitoring activities in local areas. According to the results of physical fitness monitoring activities, purposefully guide the development of national fitness activities, as the guide and basis for the next stage of national fitness activities. To further build and improve the national fitness service system is a common task of governments at all levels and the whole society. To mobilize the enthusiasm of all aspects, we must give full play to the role of incentive mechanism and give an objective, fair and scientific evaluation of the work and efforts of relevant organizations in order to achieve the predetermined social goals. Import the lever of incentive into the construction of the national fitness

service system, take it as the main content and standard of evaluation, and establish a comprehensive evaluation system that reflects the requirements of the scientific development view. In the way of evaluation, from single index to comprehensive index, from quantity to quality, and from efficiency to performance. Only in this way can we effectively promote the construction of the national fitness service system.

V. Conclusions

National fitness is an important part of the development of Chinese sports vision, and it is the important responsibility of every Chinese son and daughter to inherit and spread the national fitness. Since entering the new era, as the concept of health has been deeply rooted in people's hearts, getting health by participating in sports has become a kind of fitness means affirmed and accepted by the public. In this context, we should take the national fitness campaign as a springboard, not only to improve the physical quality with its simple and easy movement skills, but also to edify the public culture with its distinctive national and cultural characteristics, so as to enhance their sense of national identity and pride. The purpose of the nation's national fitness program is to improve the physical fitness of all citizens and serve the interests of the masses. It is a concrete manifestation of caring for the masses, cherishing the masses, and serving the masses. The construction of the nationwide fitness service system is to better achieve the above goals. Therefore, it is necessary to overcome the simple task view and resolutely oppose paying attention to form and ignoring content. Pay attention to the scene and ignore the actual effect. Pay attention to the present and ignore the lasting and long-term. Pay attention to quantity, ignore quality and other formalist practices. At the same time, the development of health services can not be separated from cooperation with the external environment. The establishment of stadiums and gymnasiums needs consultation and communication with land departments and construction departments. Physical fitness monitoring needs cooperation with health departments and education departments. To ensure the orderly development of national physical health services, it also needs continuous investment of state funds and inspection and evaluation by relevant departments. These are the manifestations of the exchange and communication between external resources and internal resources. The coordination mechanism needs to improve the working methods, improve the operational efficiency of health services, formulate system planning and system, and establish a good restraint and incentive mechanism to mobilize the enthusiasm of staff.

Acknowledgement

2021 Hebei Sports Science and Technology Research Project "Research on the Development of Mass Sports in Hebei Province under the Perspective of Healthy China", Project No. 20212015.

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