

# Exploration of the Coupling Path of Competitive Sports and School Sports under the Background of "Healthy China"

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**ABSTRACT.** *The "Healthy China" strategy has become a hot issue of social concern, and it has pointed out the direction for the development of school sports. Strengthening the coupling of competitive sports and school sports is an effective means to implement the healthy China strategy. It is a strategic measure to enrich the connotation of school sports and improve the physical and mental health of students. It will promote the overall development of the physical and mental health of students in the "new era" and promote a healthy China, construction is of great significance. This article uses literature research methods and logical analysis research methods to try to analyze the connotation of competitive sports and school sports under the background of "healthy China" and propose three coupling methods of competitive sports and school sports, which can curb students' physical fitness looking for a new way out of the dilemma of declining health.*

**KEYWORDS:** *healthy China, competitive sports, school sports*

## 1. Introduction

Health has become the focus of social concern, and "Healthy China" has become a national strategy. The connotation and subject of "Healthy China" is healthy people, and the goal is to finally achieve "everyone participates, everyone exercises, everyone is happy, everyone is healthy, and everyone is happy". National physical health has become an important content of the "Healthy China" strategy and an important carrier for the realization of the "Healthy China" strategy [1]. Strengthening the organic integration of competitive sports and school sports is conducive to promoting the development of school sports, thereby promoting the improvement of students' physical health. In the past ten years, judging from the test data of students' physical fitness, the physical health of students is worrying and is in a stage of continuous decline. The physical health of students is related to the destiny of the country and the future of the nation. The level of health is related to the happiness and well-being of the people across the country, and is closely related to the country's comprehensive construction of a well-off society. The "Healthy

China" strategy is an important theoretical guide to promote the development of my country's sports industry and improve the overall health of the people. The concept of "Healthy China" has become an important concept for the development of the new era, giving school sports a brand new meaning and historical mission.

## **2. Analysis of the Connotation of Competitive Sports and School Sports**

Competitive sports refers to the overall development of a person's physical fitness, maximizing their physical, intellectual and psychological potential, and a sports process with the main purpose of climbing the peak of sports skills and creating excellent sports performance[2]. The goal of competitive sports is to achieve self-worth and obtain tangible or intangible benefits by defeating rivals under competitive rules through reasonable tactics and superb skills. Competitive sports has the function of cultural activities: it is a solemn celebration etiquette culture, a normative culture that improves social morality, an emotional culture that enhances aesthetic awareness, and it is also a conceptual culture that is loaded by competitive sports. The content of the value concept affects the social psychology and national spirit. Fierce competition is the characteristic of competitive sports, which is also different from school sports and mass sports, which also makes competitive sports exclusive. Strong standardization is also a characteristic of competitive sports. Standardization is a guarantee for the orderly progress of sports competitions and a guarantee for the full use of athletes' techniques and tactics, competitive sports is extremely fair. It is a competitive activity conducted under clear rules. Everyone is equal before the rules. All activities are handled strictly in accordance with the rules and do not favor any contestants. In addition, competitive sports is also open, utilitarian, uncertain and entertaining.

School physical education is composed of three parts: physical education, extracurricular sports activities, and after-school sports competitions. School sports means that students learn sports knowledge and sports skills through participating in sports, sports competitions and sports classes, to cultivate students' sports habits and hobbies, to cultivate students' good ideological quality, and to promote their physical and mental health. Its purpose is: to enable students to learn one or two sports skills, cultivate students' sports habits, and improve students' physical health; and to conduct ideological and moral education to improve students' comprehensive qualities.

## **3. Inevitable factors for the coupling of competitive sports and school sports**

### ***3.1 Activate students' passion for sports***

It has become a phenomenon that students are tired of studying sports. In order to change this situation, educators who are struggling in the frontline of sports have been thinking and exploring. It is believed that the integration of competitive sports and school sports can activate students' enthusiasm for sports [3]. The main reasons

include: First, the entertainment of competitive sports attracts students in the new era to participate in sports. In the new era, students are open-minded and like self-exhibition. Sports provides a platform for students in the new era to show themselves. Second, the fierce competition of competitive sports conforms to the mainstream direction of the development of the new era and is also the development of students in the new era. The mainstream direction of the school is easily recognized by the majority of students, and then resonates; third, the spirit of unity and cooperation in competitive sports attracts the participation of students in the new era, becoming one of the strong internal power sources for students to like sports; fourth, competitive sports the awareness of strict rules of sports has unique charm and is also an important reason for attracting students in the new era to participate in sports. Competitive sports are all competitive activities carried out under clear rules. Everyone is equal before the rules. All activities are strictly in accordance with the rules. Deal with it and do not favor any contestants.

### ***3.2 Enrich students' extracurricular sports activities***

Enriching students' extracurricular sports activities is one of the ways to change the current decline of students' physical health. The integration of competitive sports and school sports can help enrich the content of students' extracurricular sports activities and enhance students' enthusiasm for participating in extracurricular sports activities, which is mainly reflected in the following aspects: First, the unique cultural functions of competitive sports are conducive to students' extracurricular sports culture quality improvement; Second, the strict standardization of competitive sports makes sports more challenging, challenging oneself and surpassing oneself is the main theme of contemporary student development, and it also promotes the development of students' extracurricular sports; Third, the openness of competitive sports the characteristics of justice, fairness, and fairness are in line with the characteristics of students in the new era, and promote the development of competitive sports. The simplification of competitive sports also makes it close to the characteristics of the development of students in the new era.

### ***3.3 Good medicine to enhance students' physical fitness***

In the past two decades, the continuous decline in the physical health of students has become the most troublesome problem in the school sports industry. In order to curb the fait accommodating fact of the decline in students' physical fitness, colleagues in the school sports community have made many attempts and achieved some results[4]. The organic integration of competitive sports and school sports. The entry of competitive sports into campus and classroom will help increase students' enthusiasm for sports learning and increase their interest in sports. The main reasons are as follows: First, as we all know, interest is the best teacher for learning. Competitive sports covers a wide range of content, and it is easy to fit students' interests and hobbies, find the fit points of students' interests, and cultivate them, so that students like sports, love sports, and guide them to participate in and persist in

exercising for a long time, so as to enhance their physical fitness the goal of. Second, enthusiasm is the internal motivation for participating in various activities. Competitive sports is a passionate and passionate project, which is also the inherent reason for its infinite charm. Integrate competitive sports into school sports, use the characteristics of competitive sports to activate school sports, enhance students' enthusiasm for participating in sports, and achieve the purpose of students willing to participate in sports activities. Third, the entertaining and competitive nature of competitive sports attracts students' participation.

#### **4. Coupling path of competitive sports and school sports**

##### ***4.1 Coupling of competitive sports and school physical education***

Physical education is the basic organizational form of physical education. Through physical education, students can learn some sports knowledge, sports skills and skills, master one or two sports skills, cultivate students' sports habits, and improve their physical health. In addition, physical education classes can also cultivate students' good ideological qualities [5]. At present, students are tired of studying sports, their physical health status has declined significantly, they have no good physical exercise habits, and have no hobbies and interests in sports. This has become a true portrayal of a considerable part of students' sports life. The formation of this situation is due to students' own reasons and social reasons, but the main reason should be the school physical education system. The organic integration of competitive sports and school sports makes part of the content of competitive sports become the teaching content of physical education through weakening or dwarfing, which is beneficial to enrich the connotation of school sports.

Promoting physical health is a basic feature of sports. Competitive sports occupy the high ground of sports and are the highest level of sports. Competitive sports is a very complex and highly professional sports activity, which requires high technical movements and technical difficulties. If it is not well grasped, it will easily cause physical harm. Therefore, the standards and rules of competitive sports should be appropriately weakened, and competitive sports should be connected with school competitive sports and mass competitive sports activities to promote the integration of competitive sports and school sports. School sports competition activities should be based on the actual situation of the students, reasonable organization and arrangement of tasks, in sports activities, pay attention to cultivating students' sports interests, and guide students to actively participate in sports activities.

##### ***4.2 Coupling of competitive sports and extracurricular sports activities***

Competitive sports can be divided into high-level competitive sports, intermediate-level competitive sports, and elementary-level competitive sports. High-level competitive sports mainly refers to professional competitive sports with the goal of competing for gold and silver. It is also called professional sports [6].

School sports: Intermediate-level competitive sports, with a relatively high degree of socialization, are popular sports recognized by the society and developed more widely. Such competitive sports can be promoted in school sports; while junior-level competitive sports, it is the best fit for the integration of competitive sports and school sports, and should be widely developed in school competitive sports. Reasonably weaken competitive sports events and introduce them to students' after-school sports activities, and use school sports clubs as a starting point to enrich the content of after-school sports activities and enhance students' enthusiasm for participating in after-school sports activities.

Students often participate in after-school sports activities, which can promote communication with others and improve the ability of students to communicate with others; frequent after-school sports activities can also meet new students and make new friends through sports activities; often participate in after-school sports activities and participate in sports competitions to experience the charm of sports, it cultivates students' good psychological qualities such as competition consciousness, fighting spirit, and ability to resist pressure, and improves students' social adaptability after entering the society. Competitive sports play a unique role in cultivating students' exercise habits and sports interest. The cultivation of sports habits is mainly reflected in role models and star influences. Students watch high-level sports competitions and appreciate the positive energy brought by athletes' chic movements, graceful postures and superb skills, as well as the ecstasy of winning. The cultivation of interest in sports is mainly reflected in actively participating in after-school sports activities, watching the actions of sports stars that you like or admire, and wearing sports star costumes reflects your love for a certain sport.

#### ***4.3 Coupling of competitive sports and school sports competition***

Modern society is a society full of competition, and the sense of competition is a necessary ability in social existence. Competitive sports and school sports can cultivate students' sense of competition. In sports, all participants compete in fair conditions and according to the same rules. In order to win the game, participants are required to give full play to their physical stamina, skills and skills, and they should not be afraid of difficulties. The spirit of perseverance, striving for the top, believing in yourself, and never giving up is a concrete manifestation of the cultivation of competitive spirit. In the process of sports competition, self-challenge and self-transcendence to obtain better results are the pursuit of participants. The achievement of each achievement is not accidental, it is the result of extraordinary efforts and overcoming difficulties that ordinary people can't overcome. Challenge yourself, surpass your opponents to win, and realize their value in life. This kind of competitive sports spirit has an incomparable role in educating students to establish a good ideological and moral character. The in-depth integration of school sports competitions and competitive sports can encourage students to absorb more of the essence of competitive sports spirit, improve students' comprehensive ability, and improve their social competitiveness.

## 5. Conclusion

As a concept developed under the background of the new era, "Healthy China" has given great inspiration to the development of competitive sports and school sports in the new era. How to establish and realize the symbiotic and mutually beneficial relationship between school sports and competitive sports requires us to conduct research and exploration from multiple levels and multiple dimensions. At the national level, it is necessary to carry out top-level design and planning at the macro level, integrate physical education and sports into the policies of different industries, and introduce corresponding laws, regulations and safeguards; at the school level, a step-by-step and interlocking system should be established, a connected physical education curriculum system; At the level of competitive sports, root competitive sports in school sports, explore effective paths for the integration of sports and education in the selection, training, competition and cultural learning of athletes, and construct school sports and the good ecology of mutual benefit and symbiosis of competitive sports promotes the deep integration of competitive sports and school sports, promotes the healthy and stable development of school sports, and curbs the dilemma of continuous decline in the physical health of students.

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