

Scientific Value and Social Significance of Children's Sports

Long Liu

Physical Education College of Anyang Normal University, Anyan Henan 455000, China

ABSTRACT. *Children's athletic ability is closely related to their physique and personality development. Although some children have lively personality and are fond of moving around, their attention is easily distracted and unstable in running, jumping and other game activities, and they usually give up when they encounter activities of certain difficulty. Such children need the guidance and encouragement of their teachers. Starting from the concept of children's scientific sports, this paper expounds the significance of children's scientific sports to children's health. Through analyzing the current situation of children's health and sports in China, the importance of scientific sports for children is analyzed from the aspects of physical, mental health and social value. Influenced by study life, children have rather little autonomous control of sports time, which can not meet the needs of children's sports. Scientific sports can not only promote children's physical and mental health, but also regulate children's behaviour and habits, which has far-reaching significance for children's growth and development.*

KEYWORDS: *Children; Scientific sports; Significance and value*

1. Introduction

Taking sports reflects that people follow the rule of human growth and development and the rule of physical activities. It is a complex social and cultural phenomenon, taking physical activities as the basic means and its goal being to enhance physical fitness, to improve health and to cultivate people's various psychological qualities[1]. Children and adolescents are the future and hope of the Chinese nation, whose physique and health conditions are directly related to the power and prosperity of the country. Nowadays, children are facing enormous schooling pressure, but their parents and teachers have not paid enough attention to their taking sports, so scientific sports are gradually weakening [2]. According to the survey, although the body shape like height and weight of adolescents and children in our country is in the state of increasing constantly, their overall physical quality shows a tendency of declining continuously, and diseases such as overweight, obesity, hypertension and diabetes, etc. are showing the phenomenon of breaking out lower in age. So scientific physical exercise is imminent for children.

2. Current Situation of Children's Health

With the development of economy and the change of life style, children are often affected by some subjective and objective factors in the process of growing up, thus having many unhealthy physiological and psychological problems. Because of the risk factors such as inadequate physical activities and unbalanced diet, chronic diseases closely related to lifestyle are also in the tendency of rising rapidly, and it is becoming increasingly prominent that the patients are lower in age. Research shows that China is the country with the highest child suicide rate in the world, which is 2.3 times that of the international average [3]. In addition, according to conservative estimates of experts, there are about 1.5 million autistic children in China. The Capital Institute of Pediatrics has studied the prevalence and change of simple obesity among children under 7 years old in eight major cities of China, and the result shows that the obesity rate of children aged 0-7 years is 93.4%, among which, the obesity rate of children aged 6-7 is the highest, rising from 0.84% to 4.17%, and the growth rate of that among boys is higher than that among girls. The main reason, besides being fastidious about their food and having unreasonable dietary structures, is that most of the children do inadequate exercise. According to the survey, children in community and family life take part in few sports activities, so their sports life is greatly deficient. In addition, children spend too much time in study, which occupies too much extra-curricular activity time of students. In order to increase the amount of learning of Chinese, mathematics and other courses, some schools have sports activities excluded [4]. In addition, some parents' misunderstanding of sports values leads to the bias of sports values and incorrect understanding of sports values.

3. The Value and Significance of Scientific Sports for Children

3.1 Physical Health

Children and adolescents have a lively nature, and they have a strong interest in sports. The growth and development of children and adolescents are influenced by many factors, such as genes, environment and so on. Many researchers have applied sports to children's physical and mental health and achieved good results. Research by Xi Yongyong and others shows that scientific sports have many benefits to alleviate the symptoms of autism in children by improving the typical symptoms of autistic children, improving their ways and skills of communication, increasing their social interaction and reducing their emotional outbreak. After Miao Yuanyuan and others intervened in sports games for children aged 5 to 6, the indexes of children's physical functions were improved, and the children's physical quality was improved [5]. Sports are beneficial to balance the metabolism of calcium and phosphorus in the whole body and bone, and accelerate the deposition of minerals in bone. Long-term sports can make the metabolism vigorous, help the proliferation of bone cells, accelerate the process of calcification, strengthen sclerotin, which are all conducive to the growth and development of children. According to Huang Haiqing's research, sports can effectively promote children's growth and

development, and have a significant impact on skeletal development.

3.2 Mental Health

Sports have now become an important means of fostering children's intellectual development, ideological and moral character and aesthetic quality. Sports emotions, which play an important role in the cultivation of children's EQ, include all the experiences in mood and feelings related to children's sports [7]. With the continuous improvement of the living standards, people's understanding of sports is no longer limited to the aspect of strengthening physical fitness. Instead, now we hope to get more spiritual enjoyment in the participation of sports activities. While watching sports games gives children a sense of excitement from the exciting games, they can also let out their emotions heartily in the process of taking sports. In the process, children enjoy a sense of pleasure, achievement and ease of mind. At the same time, their self-confidence can be improved.

3.3 Social Adaptation

By studying the influence of family sports on children's growth, Chen Mingqiao and others have found that family sports can not only cultivate children's habit of taking sports but also cultivate their sense of family affiliation, foster the process of children's socialization, enhance the understanding and trust among family members and set an example of family affection for children's growth. By designing sports games for children, they have cultivated children's social emotions, for both the communication between children and their peers and their social abilities have been strengthened after a period of sports games. It can be seen that sports can not only strengthen the friendship between children and partners, enrich their childhood life, but also improve their interpersonal skills and lay a good foundation for their better adapting to the social environment.

4. Suggestions

4.1 Take Sports Gradually

Physical exercise should be carried out gradually and step by step and can't be expected to be finished in a while. Exercise frequency and amount must be appropriate. The physiological load of activities should be determined reasonably according to the factors of the changing law of human physiological function, climate, site, equipment, etc. Some parents and children want to get the same effectiveness at once when they see that the children of other families are in good health and good quality. What they don't know is that if they don't take it step by step, not only can't they get good exercise results, but also they will get hurt^[8]. For the children who have just participated in exercise, taking sports activities, such as hiking, mountain climbing, running, etc. For example, it should be made sure that

the amount of exercise is from small to large, the intensity of exercise is gradually strengthened, and the technical difficulty is also from low to high. After a long time of exercise, they can gradually increase the amount, intensity and difficulty of exercise of sports so as to enhance their will and strengthen their physical fitness.

4.2 Pay Attention to All-Round Development

Adhering to all-round development of sports is to require the diversification of children's exercise activities so that all parts of the children's bodies can be exercised, which can develop in a balanced way. Therefore, the contents of children's physical exercise should be rich and colorful. Running, long jump, throwing, ball games, gymnastics, etc. can be used as the contents of physical exercise [9]. To promote children's normal growth and development and their coordinated functional development, the characteristics of children's age should be followed scientifically. We should scientifically and reasonably arrange the contents of sports games, gymnastics, equipment activities and other optional sports activities that children like in a variety of ways. In addition, collective activities and individual activities should be combined flexibly, different requirements should be put forward according to individual differences to promote the development of each child at different levels.

4.3 Persist in Taking Sports

As the saying goes, "take sports even in the coldest winter and the hottest summer". The effect of physical exercise on physical fitness can not be obtained once or twice or in a day or two. It can only be achieved after a long period of persistent exercise. Moreover, unremitting physical exercise activities are also conducive to the cultivation of children's willpower and self-control, so as to help them to form a strong will and good personality. "Fishing for three days and netting for two days" can only encourage children's laziness.

5. Conclusion

The healthy growth of children can't be achieved without sports activities. Only with the support of schools and families can children benefit from scientific sports. Parents and teachers should take the cultivation of children's interest and enthusiasm in sports as an important segment to improve their comprehensive quality, and put sports in the same important position as moral education and intellectual education. At the same time, protection should be strengthened to prevent injury. Exercise and protection are two aspects of achieving the same goal. Teachers should carefully consider the activities, choose flat and clean venues, make safety checks on equipment, set up necessary rules of activities and organize the activities reasonably to prevent accidents in the future. In addition, children's sports should be strengthened. The government should actively increase sports facilities, actively carry out various sports activities, and standardize the management of children's

sports activities. In this way, the emphasis on children's sports activities is put into practice.

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