

Ecosystem Research on Outdoor Sports from the Perspective of Healthy China

Shangjun Liu

Gansu Normal College for Nationalities, Hezuo, Gansu 747000, China

Abstract: *By using literature method, content analysis method, speculative research method, and epistemology, this paper reviews the ecosystem of outdoor sports from the perspective of Healthy China. Interaction and interdependence; outdoor sports are both producers and consumers of the ecosystem, driving the ecosystem together. It is recommended to manage through legislation, protection and other means, so that the ecosystem of outdoor sports has vitality and flexibility, establish the integrity and authenticity of outdoor sports in the ecosystem, and provide scientific research basis.*

Keywords: *Healthy China, Outdoor sports, Ecosystem*

1. Research objects and methods

1.1. Research objects

Taking the ecosystem of outdoor sports from the perspective of healthy China as the research object

1.2. Research methods

Documentation method: Select CSCI, core journals and CSSCI CNKI, search "Healthy China", "Outdoor Sports" and "Ecosystem", remove "Conference Notice" and documents that are not in line with this topic, read relevant documents, and sort out.

Content analysis method: systematically analyze the research content, master its basic laws, discover the relationship and principle between outdoor sports and the ecosystem, understand the basic characteristics, and analyze the relevant content.

2. Ecosystem analysis of outdoor sports from the perspective of healthy China

2.1. Explanation of the ecological system theory of outdoor sports under the concept of health

In any case, ecology is an important functional unit of nature. Health is everyone's desire and pursuit, and health is related to the long-term development of the country and the nation. In order to identify the concept of health, it is necessary to understand the purpose of health, including physical, mental health and social adaptability. Take outdoor sports as an opportunity to promote healthy development. On this basis, construct the ecological system research ideas. Ecosystem is a system in which abiotic environment and biotic community work together, and is a system in which organisms and organisms, organisms and abiotics interact through material circulation and energy flow within a certain time and space range.

2.2. Ecosystem composition of outdoor sports in health governance

The complementarity and dependencies among the components of the system are one of the key features of any ecosystem. There are many types of ecosystems in nature, but the ecosystem of outdoor sports has the same composition. The geographical scope and nature of outdoor sports are much larger than tourism, and the technical requirements are also much higher, and it has a certain exploratory and challenging experience activities. At the individual level, an ecosystem is an organism's response to its environment, and for most of its problems, outdoor sports fall under the category of ecosystems, which, although varied, relate to the same components as part of an ecosystem.

Individuals and groups, as the organic main body of outdoor sports, play a thematic role in ecology,

that is, producers and consumers in the ecosystem, and coexist with the abiotic environment, driving the operation of the ecosystem of outdoor sports, and the abiotic environment. It exists objectively and reflects the reality in people's minds. These factors are the basis for choosing outdoor sports. Biological components are an open system. There is complementarity and interdependence between various elements, which is the key to realizing outdoor sports. The starting point of health governance, fully consider the internal mechanism of each factor, and create healthy outdoor sports in China.

2.3. Healthy Ways Change the Ecosystem Function of Outdoor Sports

2.3.1. Ecosystem provides productivity for outdoor sports

As an emerging sports, outdoor sports are developing rapidly and in multiple directions. The biomass is constantly expanding. Participating in outdoor sports is the primary productivity, and the ecosystem provides secondary productivity, accumulating energy for a healthy China.

2.3.2. Energy flow

The way of outdoor sports provides energy accumulation for the ecosystem, resulting in material energy conversion. This paper believes that the development of outdoor sports, from the healthy way, draws energy, flows along the exercisers, and transforms it into a kind of outflow in the ecosystem. form, which constitutes an ecological chain. At the same time, in the process of energy flow, due to different external factors, the flow of energy will inevitably produce some consumption, but the flow of energy cannot be created out of thin air, nor can it disappear out of thin air, it can only be transformed from one form to another form.

2.3.3. Substance cycle

The ecosystem of outdoor sports depends not only on the flow of energy, but also on the supply of outdoor nutrients. Substances are the basis of life activities. The various nutrients needed for a healthy China are transmitted through outdoor sports. The flow of materials in the ecosystem, for convenience, consider each element as a system library.

2.3.4. Information transfer

Information transmission is a new field in ecosystem research, and it is also an important function of ecosystems. Outdoor sports from the perspective of healthy China also need information transmission. Information is the form of interconnection between physical objects in the real world, especially among the masses., Information transmission is particularly important, with spreadability, sustainability, timeliness, and sharing. It is generated by Healthy China and obtains information, generates information sources, processes and transforms information through outdoor sports, expands to ecosystems, and transforms Determine action strategies for specific circumstances and put information into practice.

2.4. Ecosystem types of outdoor sports for healthy operation mechanism

Ecosystems change according to human influence. In ecosystems, outdoor sports and the environment interact with each other to achieve self-evolution. Based on the perspective of healthy operation mechanism, track and plan the ecosystem of outdoor sports, understand the mechanisms existing between the ecosystems, and classify them reasonably.

Sports participants are the main founders and main producers. Therefore, the number of people participating in outdoor forest sports is more and more extensive. Grasslands generally appear in sub-plateau or plateau areas, with a wide area and a small population density, which makes people yearn for more., The desert vegetation is sparse, the structure is unique, and it is mysterious. Streams bring people rafting, upstream and other projects. The lake can be used for kayaking, canoeing and other sports, and the marine outdoor sports can be used for desert island survival and marine sports.

2.5. Ecosystem management of healthy and fair outdoor sports

In today's ecosystem, human interference on the biosphere has become more serious than ever before, giving us greater responsibility, and the rapid development of modern science and technology has led to profound changes in management science. The ecosystem management of outdoor sports seeks health management without ignoring the resilience of the ecosystem that we all have in common. A management tool aimed at diversity and sustainable development. For many uncertainties, the state of the ecosystem must be discussed and studied. The goal of governance is to move towards an ideal state. In the

perspective of healthy China, management cannot be avoided. The ecosystem of outdoor sports needs more management. This paper believes that the management of the ecosystem of outdoor sports requires policy makers to make targeted legislation. System pollution, secondly, it is necessary to adjust the system, input nutrients, restore the ecosystem, and then protect it to improve the effectiveness of management. Ecosystem management must have parameters and standards, such as ecosystem sustainability, pay attention to the process of outdoor sports and value, structure and composition. To give the future a chance to choose, in these renegades, set certain standards and scales, so that the ecosystem of outdoor sports has vitality, elasticity, index reference and diversity.

3. Conclusion

The research focus is on the correlation between outdoor sports and ecosystems, the concept of ecological civilization, forming its own composition structure, material circulation forming supply functions, building ecosystem research ideas, finding common ideas for a healthy Chinese outdoor sports ecosystem, and reflecting outdoor sports from literature. The ecological system research of sports has entered a stage of deepening development. Biological components are open systems, with complementarity and interdependence between elements. Under the transformation of healthy methods, the ecosystem of outdoor sports has the functions of providing productivity, energy flow, material circulation, information transmission, etc., and in the healthy operation mechanism Among them, the ecosystem of outdoor sports is divided into forest outdoor sports, grassland outdoor sports, desert outdoor sports, stream outdoor sports, lake outdoor sports, ocean outdoor sports and other types. Legislation, control, prevention of ecosystem pollution, adjustment and input of nutrients, restoration of ecosystems, healthy development of the ecosystem of outdoor sports, ensuring the continuity of the ecosystem of outdoor sports, vitality, elasticity, and the future ecological union as a whole organism.

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