

Research on the Relation between Competitive Sports and National Fitness Development in China in the New Era

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ABSTRACT. *By clarifying the relationship between competitive sports and national fitness, it is believed that in order to promote the coordinated development of the two, first of all, we should establish a correct concept of development, in addition, we should promote the fairness of the sports environment, further strengthen the construction of school sports, and encourage multiple participation in competitive sports. Find a balanced and coordinated development channel between competitive sports and national fitness.*

KEYWORDS: *competitive sports; National fitness; Sports power; Coordinated development*

1. Introduction

The successful hosting of the Beijing Olympic Games undoubtedly set an unparalleled milestone for China and the world. While summing up the successful experience, we have focused more on the future development of sports in China, especially on how to improve and give full play to the public sports in the process of building a strong sports country in China. Co-service function[1].

2. Relation between Competitive Sports and National Fitness Development in China in the New Era

First of all, we should make it clear that the purpose of developing competitive sports was to win glory for our country on the field. As we all know, the implementation of the Olympic glory program has made the level of competitive sports in China develop rapidly. In the international arena, we often see our top players compete for gold and silver in many projects, such as the Olympic Games, such as the Asian Games. In the 16th Asian Games held in Guangzhou in 2010, the singing cycle of the Chinese national anthem is enough to prove the good situation of the development of competitive sports in China[2].

In the past era of material scarcity, we need to rely on the national system to pursue the brilliance of competitive sports. At that time, we urgently hope to prove our strength through sports, because sports at that time were endowed with too many different meanings. As Lang Ping recounts in his autobiography, "The image of my spike is stamped, the collective of women's volleyball team is photographed on the calendar, as well as commemorative coins and medals, like national heroes. Forced you to go up and down, playing is not our own personal thing, personal behavior, but a national event. It can be seen that competitive sports can not be a pure sport, but carrying too much historical connotation. Especially more than 20 years ago, we needed to use sports achievements to stimulate national pride. Even today, competitive sports still shoulder too many responsibilities. It aims to win medals in the world competitive sports competitions, especially in the Olympic Games. Looking at the development of national fitness, it aims to enhance the national physique, improve the quality of life and work efficiency of the public. Compared with competitive sports, the sports purpose embodied in national fitness is much simpler. Participation in sports is only because individuals need health and happiness. Since the State Council promulgated the Outline of the National Fitness Program on 20 January 1995, China's mass sports industry has made brilliant achievements. Especially with the explicit provisions of the Sports Law and the Outline on sports funds, sports materials, sports venues and facilities, the material conditions needed to carry out national fitness have been effectively guaranteed. We can see that the community we live in and the surrounding parks have matching fitness venues and equipment; the sports activities of the masses are more and more colorful, the enthusiasm for fitness and the participation of the crowd are also increasing; the policy regulation and management mechanism is more perfect; sports make the life span and quality of life of the masses increase year by year. High. The Outline of the National Fitness Program has been implemented for more than ten years. The diversified sports service system for the masses has been improved day by day. The cause of mass sports has developed rapidly and in a good state of development. The development of competitive sports and national fitness not only promotes the progress and improvement of the overall level of sports in our country, but also conforms to the interests of the people, embodies and implements the spirit of the State Council and the General Administration of Sports, and is a sports development plan for the benefit of the country and the people[3].

Sports includes mass sports, competitive sports and professional sports. Competitive sports are only part of sports, while gold medals are only part of competitive sports. The greatest function of sports is to strengthen people's physique first. We can't generalize it partially[4].

3. Coordinative Development Strategy of Chinese Competitive Sports and National Fitness in the New Era

3.1 Establishing Correct Development Concept

The promulgation of the Outline of the National Fitness Program and the Outline

of the Olympic Glory Program in 1995 shows that the national and sports decision-making departments hope that the national fitness and competitive sports will be coordinated. Under the concept of coordinated development, the state has raised the national fitness campaign to the same important position as the competitive sports competition. Because the cause of national fitness is directly related to the people's physical fitness, life happiness and overall development, is the solid foundation of competitive sports, and plays an irreplaceable role in enhancing national cohesion and promoting economic and social development. Therefore, we should ensure the smooth implementation of the National Fitness Regulations. If the national fitness campaign is well done, the level of sports and competitive sports will also be improved. The leading role of competitive sports in national fitness should not be neglected. The Olympic project management centers use the stadiums they own and the experience and management methods formed in the organization of competitive sports to carry out various mass sports activities. Such as the open water competition, winter swimming competition and national staff shooting competition carried out by the swimming center of the State General Administration of Sports. If we think that sport is the gold medal and that sport is the way to find a good job and gain fame and wealth, these ideas more or less distort the essence of sport and easily lead to the alienation of sport. When the society develops to today, people's health consciousness and the concept of spending money to buy health are further strengthened, which necessarily requires that our understanding of sports function should be more rational, the simple pursuit of the total number of gold medals should be gradually diluted, and attention should be paid to strengthening the people's physique, improving the health quality of the whole nation and so on. In order to carry out the national fitness campaign with the goal of quality of life, we should seek the intermediate combination point and complementary coordination mechanism for the coordinated development of national fitness and competitive sports, incorporate the implementation of the Regulations on National Fitness into the overall plan of national economic and social development, establish a long-term mechanism for national fitness, and adhere to mass sports and competitive sports. The principle of coordinated development enables the two to form a co-existence and co-prosperity development trend, in order to promote China from a sports power to a sports power[5].

3.2 Promoting the Fairness of Sports Environment

The report of the 16th National Congress of the Communist Party of China puts forward that the basic point of formulation and implementation of the Party's principles and policies is to represent the fundamental interests of the overwhelming majority of the people. Therefore, in building a strong sports country, we should consider the fundamental interests of the people, respect the sports rights of the general public, especially the vulnerable groups, and allow all ordinary citizens to participate in the national fitness activities. To lower the threshold of mass fitness, we should let the masses love exercise and be willing to exercise! In particular, we should pay attention to strengthening the physical awareness of the broad masses of peasants, through the development of mass sports to promote the new trend of rural

spiritual civilization, so that peasants form a civilized and noble way of life, and obtain a strong and healthy body. In addition, the state should increase investment in fitness for the whole people, especially in facilities and personnel, and include venues construction in people's livelihood projects and private projects, so as to provide more and better fitness venues for mass sports. Emphasis should be placed on the per capita ownership and use of sports facilities such as basketball courts, swimming pools and gymnasiums. Especially in the underdeveloped areas where the old and the young are poor, more equipment and facilities should be given to the children and adolescents there so that they can fall in love with sports and spread their enthusiasm for sports. The grass-roots sports facilities in these areas can strengthen the integration of resources with public welfare facilities such as schools and comprehensive cultural stations in villages and towns, strive to maximize the benefits with the least investment, so that more citizens can enjoy the rights of sports and the good social benefits brought by sports[6].

3.3 Strengthen the Construction of School Physical Education

Because adolescents are the future of the motherland and adolescent sports are the foundation and source of national fitness and competitive sports, further strengthening school sports and developing adolescent sports can not only promote the extensive development of national fitness, improve the health quality of the whole people, but also promote the sustainable development of competitive sports. One of the important ways to realize the goal of sports power. Relying on the school to train sports reserve talents is the only way for the development of sports in many developed countries. In the Los Angeles Olympic Games, a Stanford University won more gold medals than the entire Chinese delegation. Taking the road of combining physical education with physical education, school physical education can better undertake the task of training and transporting reserve talents of competitive sports, solve various problems existing in the training of reserve talents of competitive sports in the past, and also cope with the existing problems such as the continuous decline of the physical fitness of our teenagers and the increase of the proportion of myopia, overweight and obese students. Effective ways. The health problems of adolescents can not be solved by sports departments alone. The root cause is probably more in the education system. The state should devote more manpower, material and financial resources to the pilot schools of reserve talents, improve the training environment and conditions in the school system, and ensure the smooth realization of the combination of physical education and education. The establishment of high-level sports teams in Colleges and universities and the development of campus football show us the achievements of school sports development. Therefore, only by further strengthening school physical education, the training mechanism of sports reserve talents will be increasingly improved. Only by keeping up with the development of society can the concept and policy of personnel training be conducive to the coordination and sustainable development of national fitness and competitive sports[7].

3.4 Encouraging Multiple Participation in Competitive Sports

With the gradual deepening of the reform of socialist market economic system and the implementation of the concept of harmonious society, people have realized that the health and happiness index of a nation can not be accurately reflected by the ranking of medals, so the government's full investment in competitive sports will become history. We may as well refer to the successful experience of developed countries and combine with the objective law that the improvement of competitive sports level should establish its own mass base, make full use of social resources, support more non-governmental sports associations and various forms of competitive sports clubs in terms of human, material and financial input, so that they can be competitive. The development of the campaign continuously conveys talented people, so as to achieve social selection and talent-only, breaking the closed training situation of those weak and few-trained projects in the past. Although the Chinese men's dragon boat team won only two bronze medals at the Guangzhou Asian Games, the team composed of Jiujiang peasants as the main body and a dragon boat team from the folk came to the palace of the Asian Games, which shows that the development of competitive sports does not necessarily depend on the national system[8].

Chinese traditional culture has always advocated the idea of seeking common ground while reserving differences and developing harmoniously. By clarifying the relationship between competitive sports and comprehensive fitness, we can easily find that there are contradictions between them, but it is not irreconcilable. We should seek the intermediate combination point and complementary coordination mechanism of their coordinated development, so as to form a co-existence and co-prosperity development trend. In addition, in order to promote the coordinated development of national fitness and competitive sports, in addition to the tireless efforts of the sports sector, it also needs the support and cooperation of the education sector, the health sector and all sectors of society. The best way to solve the problem is to look at the problems in the process of development from the perspective of development and to find a channel for balanced and coordinated development.

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