

Research on Main Points of Community Sports Work under the Background of National Fitness

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ABSTRACT. *with the deepening of the national fitness strategy, the needs of community residents for physical fitness show new changes. In this context, community sports organizations should have the mindset of advancing with the times and people-oriented thinking, and clarify the important content and effective methods of community sports work. In order to provide some guidance to the workers of community sports organizations, this paper studies the main points of community sports work under the background of national fitness.*

KEYWORDS: *National fitness, Community sports, Mass fitness, Sports work*

1. Introduction

Health is the eternal pursuit of human beings, and the ultimate goal of national fitness is to achieve national health. Community sports is an important part of social sports. To do a good job in community sports work is of great significance to national economic development and social stability. This paper argues that the community sports work under the background of national fitness should be carried out closely around the two core words of “national” and “fitness”.

2. The Object of Community Sports Work Should Be “All People”

2.1 On the Basis of Focusing on Middle-Aged and Elderly People, Focusing on Young People and Children

“All people” here refers to all residents of the community. At present, the community sports work in many provinces and cities in our country one-sidedly pays attention to middle-aged and elderly people, but not enough attention to young people and children[1]. Affected by age, middle-aged and elderly people have an urgent need for physical fitness. They need more physical fitness guidance from community sports organizations. However, there are also a lot of teenagers and children in the community. Although there are a lot of leisure activities of teenagers

and children, there are serious problems of “house” due to the influence of computers, TV and mobile phones. After school, many young people stay at home and are unwilling to go out for sports. For a long time, they could not maintain coordinated development with school physical education and promote their healthy physical development. Teenagers and children are the future of the motherland, and their physical health is directly related to the revitalization of the nation and the prosperity of the country. In view of this, community sports work should pay attention to the physical fitness guidance of young people.

2.2 Increase the Participation of the Whole Community

There are three methods: first, community sports organizations should increase their publicity in sports and fitness. For middle-aged and elderly people, the propaganda content should emphasize the improvement effect of sports on chronic diseases. For teenagers and children, the propaganda content should emphasize the role of sports in promoting the development of bone and muscle sound field. Based on the current reality that both the middle-aged and young people are very familiar with the Internet, community sports organizations can choose WeChat publicity and short video publicity in their publicity methods. Secondly, community sports organizations should encourage community residents to participate in community sports work[2]. Community sports organizations may set up sports activity leaders in each building. The leader is an adult chosen by one of the family members of the building. The leader, who rotates every two or three months, is responsible for leading the residents of the unit to community sports activities. In this way, all the community residents also become a member of the community sports organization, and enhance the awareness of participation. Thirdly, the staff of the community sports organization regularly or irregularly conduct a questionnaire survey or family visit to the community residents to investigate the opinions and suggestions of the community residents on their own sports work. For the opinions and suggestions put forward by the community residents, the staff of the community sports organization should take seriously and publish the solutions.

3. The Purpose of Community Sports Work Should Be “Fitness”

3.1 Implement a Variety of Physical Fitness Activities

Sports has many functions, such as enhancing physical health, improving mental quality, cultivating moral quality, and enhancing interpersonal relationships. Among these functions, enhancing physical fitness is the most direct and basic function of sports. Under the background of national fitness, the work of community sports should always focus on “fitness” and take the improvement of community residents’ physical health as the fundamental standard to measure the quality of work. At present, the community sports work in some provinces and cities places too much emphasis on entertainment, and a lot of various sports activities are organized. However, after the activities of community residents, their physical health level has

not been improved, or even declined. Obviously, this kind of community sports work is different from the relevant requirements of national fitness, which cannot significantly promote the implementation of the national fitness strategy. In this regard, the community sports work must be clear about the purpose of “fitness”, with “improving the physical health level of community residents” as the fundamental goal, organize and carry out all kinds of fitness activities.

At the content level, as far as the current situation is concerned, Tai Chi, square dance, badminton, basketball, and table tennis are the main sports activities in many provinces and cities in China. Although these sports are simple and easy to learn, long-term learning and practicing of these sports are prone to aesthetic fatigue and lose the enthusiasm and initiative to continue learning and practicing [3]. In this regard, community sports organizations should selectively add some novel sports items, such as aerobics, yoga, rope skipping, and some sports games based on the original content of community sports activities. The main reason for choosing these items is that they have very distinctive fitness functions.

In terms of form, the community sports activities in many provinces and cities in China mainly focus on individual residents’ sports and fitness activities and small-scale special sports games or competitions, but there are few large-scale sports and fitness activities. As a result, the influence of community sports activities is narrow, and community residents have little interest in participating in sports and fitness activities. In this regard, community sports organizations should regularly organize large-scale physical fitness activities, such as the community elderly Taijiquan competition, the community youth rope skipping competition.

3.2 Work out a Fitness Guidance Plan That Meets the Actual Situation of Community Residents

The staff of the community sports organization should carry out regular surveys of the community residents, understand the age structure and gender structure of the community residents, and with the help of the relevant physical testing equipment, comprehensively and in detail the physical health status of the community residents. After understanding the above situation, the staff can work out a sports fitness guidance program for community residents of all ages and physical health conditions [4].

Physical fitness guidance is a scientific and rigorous work, involving sports science, sports medicine, nutrition and other professional knowledge, which puts forward high requirements for the staff of community sports organizations. At present, the educational level of the staff of community sports organizations in many provinces and cities in my country is low, and most of them do not have professional knowledge reserves of sports, sports medicine and nutrition, so they cannot effectively guarantee the scientific nature of physical fitness guidance. In this regard, the provincial and municipal governments should try their best to perfect the training mechanism of social sports instructors and let social sports instructors join community sports organizations on their own initiative. In addition, local colleges

should be encouraged to provide necessary talent support for community sports organizations.

3.3 Increase the Construction of Community Sports Infrastructure

Perfect community sports infrastructure, such as basketball court, trail, fitness equipment and so on, is an important basis for community residents to carry out physical fitness activities. A well-developed community sports infrastructure can stimulate community residents' motivation for physical fitness and allow community residents to spontaneously participate in community sports activities. The construction of community sports infrastructure needs financial support. At present, the funds used by sports organizations in many provinces and cities in China to carry out sports activities are raised by community residents themselves^[5]. Although some community and street committees will support some activities of community sports organizations in some cases, the amount of funds is still limited and can only purchase some simple sports equipment for community residents. Therefore, community sports organizations should actively seek financial support from local governments and enterprises. After the completion of sports infrastructure, community sports organizations should arrange full-time personnel to inspect and maintain it regularly, so as to extend the service life of the facilities as much as possible.

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