

Social Responsibility of Sports in Major Epidemic Situation and Construction of Family Environment

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Abstract: During the period of major epidemic prevention and control, cities and villages were closed one after another across the country, grid closed management was started, and the people started their home life mode. Schools actively respond to the relevant deployment of “stop classes and teaching, stop classes and school”, and the youth sports activities also return to the family. Research shows that: home life, limited space, sports can change people's way of life; enhance physical fitness, anti-epidemic control. Under the epidemic situation, we should change the way of life through sports activities, optimize the family environment, adhere to exercise, and improve the immunity of teenagers and their family members, so as to prevent the epidemic situation. The advantages of sports lie in timely changing roles, stimulating vitality, strengthening heart and body, serving residents and contributing to society. It is also the historical mission and social obligation given to sports in a specific period and special stage to highlight the social responsibility and responsibility of sports in the context of epidemic situation.

Keywords: Sports, Major Epidemic, Social Responsibility, Historical Mission

1. Introduction

Sports is a kind of spirit, a spirit that dares to challenge any difficulties and dare to conquer evil. Sports also represents health and happiness. The epidemic is the order, and prevention and control are the responsibility. Sports can bring health to thousands of households and always convey the breath of hope [1]. During the epidemic, through strengthening education, gathering people's hearts, and actively cooperating with isolation prevention and control, sports teamwork in winning this major epidemic prevention and control battle has strengthened technical wisdom and group cohesion. Sports, as a transmission of strength and spirit, has consciously assumed responsibility and mission in the face of a major epidemic.

1.1. Transmission and Promotion of Sports Spirit Culture under the Epidemic

Sports are not only physical activities, but also mental and psychological activities. It uses spiritual activity to dominate physical activity and mental activity. Professor Huang Li from Wuhan Institute of Physical Education pointed out in her doctoral thesis: Sportsmanship refers to people's consciousness and thinking activities with health and happiness, challenge and conquest, fair competition, and unity and cooperation as their main value standards [1]. Teacher Zhang Miao of Dongbei University of Finance and Economics also pointed out: Sports spirit “plays an important role in improving national self-confidence, strengthening national cohesion, and invigorating national spirit [2].” Furthermore, Wuhan is a famous historical and cultural city and a city of heroes, taking “dare to be the first and pursue excellence” as a cultural symbol. After the outbreak of the epidemic, the sports world and sports people naturally carried forward their sports spirit and consciously assumed their responsibilities and missions. For example, the Nike Super Club issued an online announcement, requiring students, trainees and citizens to cooperate to do the following: Take personal protection; Maintain healthy eating habits; Consciously isolate and test; See a doctor promptly; Strengthen joint prevention and control early warning; Do not spread rumors, do not believe in rumors, do not spread rumors. The school hospital organizes medical staff to join the urban medical-care linkage and rush to the front line to participate in rescue work. The majority of teachers may write articles to guide the people, or arrange suitable programs to guide home fitness activities.

1.2. Family Sports and Home Fitness

Paying attention to family sports and home fitness is its foothold and starting point. Associate Professor Liu Li of Tianjin City University wrote an article calling for: Strengthen “the development of various tasks in the sports industry during the epidemic prevention and control period.” She pointed out: The sports industry must “make full use of modern information technology. Give full play to the propaganda role of various media such as WeChat groups, official accounts, electronic screens, and publicity boards. Widely publicize the importance of home fitness. Promote national scientific fitness methods. Popularize scientific fitness knowledge. Vigorously advocate the fitness lifestyle during the epidemic prevention and control period. Give play to the positive role of ‘family sports’ during the epidemic prevention and control period. Contribute ‘sports power’ to winning the fight against the epidemic”. At the same time, it is required that in the face of the epidemic, sports guide the whole nation's home fitness, enrich the nation's sports culture, bring the nation's confidence and courage, reduce the nation's pressure, and introduce a sports path plan [3]. In the face of a major epidemic, the sports industry should attack in a timely manner, give play to the unique functions and special value of its industry, and improve the social service mechanism system. As we all know, sports covers three major forms: school sports, social sports (including family sports) and competitive sports. Because the role and function of family sports at this moment are more obvious, we must follow the flow of the boat, show our talents, make great achievements, and make the due dedication of the sports industry.

2. Methodology

2.1. Cultivate Lifestyle Habits with the Guidance of Sports Behaviors

The epidemic is raging and threatens the body and mind. This puts forward new requirements for the physical and mental health of young people. In the pedagogy textbooks, it is believed that the fundamental task of youth sports is to promote the growth and development of adolescents and strengthen their physical fitness. Well, physical and mental health comes from physical exercise and good habits. Purposeful cultivation of good habits for young people needs to focus on the following two points:

(1) Cultivate hygiene habits based on daily life. Then we have to start with small things, from me, from now on. For example, develop healthy habits at home: Wash your hands frequently, cover your mouth when sneezing; Thermometers, masks, and alcohol cotton balls are always available; Serving chopsticks are divided into meals instead of gathering together. The bath towels and cups are clearly distinguished; Hang the vents of the return home coat and shoes; detect the symptoms of fever and cough and rush to the hospital immediately [4]. Marxist educator Yang Xianjiang wrote in “How to Keep Healthy?” Proposed in: The principle of “keep fit”. That is, good food, good rest, and good entertainment. It's just three simple things. Food emphasizes balance and co-eating; Pay attention to proper sleep (eight hours) and ventilation; Entertainment is “we should do gymnastics every day to reconcile our homework.” He believes that the “muscles and muscles” that we do not “use” in our work should be “specially used in gymnastics. The elements of entertainment care about fun.” The best entertainment method “I'm afraid it's about walking.” Indoors can be implemented in small circle walking, stepping, lifting and jumping. These exercises “facilitate excretion, promote blood circulation, and increase the function of the heart and lungs [5]”.

(2) Strengthen physical exercise and cultivate good habits. How do we develop the sports habits of young people? Yang Xianjiang is still in “How to Make Good Habits?” On the ten habits that young people must develop. We choose to briefly describe the relevant terms. He pointed out: 1) Pay attention to healthy habits. Exercise early and keep exercising. Appropriate games, go to bed early and get up early. Keep it clean and follow the rules of hygiene in life. 2) Maintain the habit of good posture. The head must be straight, the hair must be short, the chest must be straight, the back must be straight, and the clothes must be neat. 3) The habit of the game. In order to enrich life, restore fatigue, and increase vitality, it is necessary to emphasize and practice games. Attention must be paid to the game, and attentiveness must be required. 4) The habit of bravery. To be honest, admit your faults, do things with perseverance, defy attacks, and dare to take responsibility. 5) The habit of self-cultivation. Frequent introspection, follow advice, maintain the ideal of long-term education, humble and have keen observation and thinking ability [6]. There are also reading habits, responsible habits, regular habits, self-confidence habits, and cooperative habits, so I will not repeat them here. The other is to master the rules for forming good habits. He specially introduced the five-step cultivation method: 1) Agitation

rate: Attentive; 2) Attention rate: Pay attention to repeated practice; 3) Persistence rate: Make no exceptions; 4) Practice rate: Seize the first opportunity to implement; 5) Effect rate: Reactionary results with pleasure. Under the circumstances of today's epidemic invading, Yang Xianjiang's rule of cultivating good sports and living habits for young people has important practical significance and applicable value in fighting the epidemic.

2.2. Promoting Physical and Mental Harmony and Character Cultivation through Sports Life

The so-called character refers to a person's quality and character. Then, sports life behavior refers to the individual character of a person participating in sports. Young people's sports life and conduct will have a profound impact on their lifestyle and will quality. So, in the face of a major epidemic, how should we cultivate their good behavior based on the concept of physical and mental harmony? Its focus is:

(1) To lay the foundation for all-round development with sports. Through major epidemics, it is necessary to guide young people to understand that strong muscles and bones are the basic guarantee for learning knowledge and cultivating tenacious will [7]. Strong muscles and bones are the instinctive effect of sports. Increased knowledge, emotional adjustment, strong will, especially strong will is the most significant effects.

(2) Strengthen the effect of sports in cultivating will and quality. During a major epidemic, especially when living at home for a long time, physical stress can be relieved through moderate exercise, while psychological stress and psychological barriers are difficult to control. Therefore, it is extremely urgent to effectively alleviate or adjust the psychological pressure through sports. Psychology reveals that there are individual differences in self-consciousness, decisiveness, self-control, and tenacity in the will quality of adolescents. Measures to cultivate the quality of tenacious will include: 1) Establish a lofty ideal of life and cultivate healthy and profound emotions; 2) Start with small things and actively participate in practical activities; 3) Actively participate in physical exercise; 4) Give full play to the educational role of role models; 5) Self-exercise to strengthen the will [8]. The methods of physical exercise and volitional self-exercise revealed by psychology prove that physical exercise has a special function in improving the volition and conduct of young people in the epidemic.

2.3. Cultivate Broad Sentiment with Sports Awareness

(1) Carrying out emotional education by fighting the epidemic. Despite the ferocity of the epidemic, the party and government can organize a nationwide effort to prevent and control the epidemic in the shortest possible time. More than 1.4 billion people responded to the call and lived behind closed doors. Tens of thousands of elite medical staff from more than 20 provinces and cities quickly rushed to the epidemic area. Vulcan Mountain Hospital was built in 10 days. Leishenshan Hospital was built in 12 days. More than 10 shelter hospitals were quickly built. Do everything possible to increase the number of beds to ensure full treatment [9]. During the epidemic, under the unified and coordinated command of the Party Central Committee, all people worked together to overcome the difficulties. The whole country is a game of chess. The army and the medical nurses are dedicating retrogradely. Millions of volunteers gave silently. These have created miracles in the world and made many impossible possible. This incident itself is a live textbook of the reality version, which makes the young people feel unforgettable.

(2) Promote ecological education with the help of major epidemics. The source of the epidemic is wild animals. How do we correctly handle the harmony between humans and nature, including wild animals and plants? The epidemic itself is a typical case. What kind of heart and mind do human beings need to coexist and share with the natural world? Why restrict and regulate individual behavior? Through reflection and tracking education of the epidemic, young people will essentially understand the deep connotation of "green mountains and green waters are golden mountains and silver mountains". In the recent CCTV host contest, a picture of "people and bears confrontation" was shown, which is intended to warn people that no matter who launches an "attack", they will eventually die together without a winner. Recently, the National People's Congress has followed up and promulgated the "Regulations on the Protection of Wild Animals," which prohibits hunting, poaching, trafficking, processing, and processing of wild animals for consumption, which are enforced by law. Educating young people whether to eat wild animals is an important criterion for testing civilized people or barbarians.

(3) Learn from the epidemic to cultivate patriotic feelings. The body is the car of knowledge and the

house of morality. The epidemic teaches that young people must strengthen their physique to enhance their individual immunity so that they can resist disease and grow up happily and healthily. Young people want what they do, and their physique is the foundation. On this basis, he cultivated his family and country feelings, cultivated deep patriotic feelings since childhood, strengthened national consciousness, learned skills to serve the country and people, and carried forward the spirit of internationalism to build a world community with a shared future [10]. In order to strengthen the body and improve the immunity of the body, in order to better serve the people and serve the country, young people must adhere to Mao Zedong's advocacy of "Perseverance is good", "Attention to all strength", and "Very clumsy." . If we lose our physique and individual immunity, our ideals will instantly become illusions or vanishes. This is the life warning taught by the epidemic.

3. Results and Discussion

The epidemic is raging and fierce. The citizens, especially the citizens of Wuhan, are under unprecedented pressure and are undergoing a major test that has not been met in a century. Home life requires family sports embedding and participation. Take home as a unit to implement sports activities. Although adult exercise has "turned folk into custom" and has its inertia, it can still be improved and guided, especially the sports values of family adults play a guiding and demonstrative role for young people. Here is a brief analysis based on the harmonious development theory of humans, from the macroscopic perspective of embodied humans, focusing on strengthening the body, healthy mentality and happy life.

3.1. Enhance Their Physical Fitness from the Perspective of Physiological Development

This is a summary of the historical experience of national independence and national liberation since modern China, and it is also a warning provided by this epidemic. The incubation period of new coronary pneumonia is long, the symptoms are not obvious, and the mortality rate is low. On the contrary, it is highly diffuse and more harmful. The people who are susceptible to the new crown pneumonia virus are mostly elderly people and people with underlying diseases. The average age of the dead was 68 years old. However, these people are likely to become critically ill patients after infection and are difficult to cure. In other words, these people are people with relatively weak autoimmune systems [11]. Therefore, our sports industry should promptly adopt various forms to guide people to devote themselves to home fitness activities, cultivate fitness concepts and exercise habits, and arrange dynamic and static physical exercise programs suitable for home sports. The active one strengthens the body; the calm one nourishes the heart. Dynamic and static depend on each other, and longevity. This is the mission that family sports should undertake in the face of the epidemic, and it is also the responsibility of family sports to deal with the epidemic.

3.2. Healthy Psychology from the Perspective of Physical and Mental Harmony

Physical fitness and mental health are mutually reinforcing. Sports psychology reveals the impact of sports on mental health: It can enhance people's sense of security and spontaneity, can improve decisiveness and independence, can relieve tension and anxiety, help to form friendship prestige and leadership, and can improve individual values. It also tells people the six criteria of mental health, namely, normal intelligence, proper self-evaluation, happy and stable emotions, strong will and quality, harmonious interpersonal relationships, and strong environmental adaptability. Practice has proved that persisting in physical exercise can make the human body strong, endurance and energetic. It can also make people stand the test of difficulties and setbacks, enhance the sense of success and self-confidence, and stimulate the spirit of enterprising and hard work. Moving these to daily life can promote people to be aggressive and hardworking [12]. Good psychological qualities such as endurance, increased self-confidence, strong will, and aggressiveness are enough to overcome frustration and failure, and relieve anxiety and tension. This happens to be the civic psychology and psychological qualities that should be cultivated in the face of a major epidemic [13]. In other words, maintaining mental health has a positive catalytic effect on physical health. If you neglect mental health and mental health, it may induce or exacerbate the condition. Faced with the spread of the epidemic, especially in people's home life, people are prone to various discomforts in the body, and mentally prone to negative emotions such as anxiety, irritability, sadness, depression, fear and trouble. For this reason, the sports world must develop sports psychological counseling software and courses in a targeted manner to provide psychological counseling, trouble-relief, problem-oriented and

result-oriented for the citizens. Cultivate tenacious will quality and perseverance endurance. Lay a good national psychological foundation for the ultimate victory over the epidemic.

3.3. Happy His Life from the Perspective of Behavior Habits

Life refers to the various activities carried out by people or organisms for survival and development, or refers to the basic conditions of food, clothing, housing and transportation related to survival [14]. Therefore, it is so important to cultivate a healthy and civilized lifestyle for the people, so much so that General Secretary Xi Jinping has been so instructive and persuasive. If we cultivate a healthy and civilized lifestyle for Chinese people, we must first make them a complete person [15]. According to this epidemic, a large-scale education movement of people's wisdom and ecological enlightenment has just begun. Taking physical fitness as the starting point and cultivating a civilized and healthy lifestyle as an intermediary, we will start the enlightenment movement of people's intelligence, strength, and morality, and use sports to transform people. Returning to the theme, this is the starting point and destination of the social responsibility and mission of sports or family sports.

4. Conclusions and Suggestions

4.1. Establishing Online Youth Sports Courses

The youth online sports curriculum system includes five basic elements: Digital terminal, digital resource, teacher, student, network. These elements are optimally configured and interact with each other to form a comfortable and convenient smart learning environment, which can better achieve the purpose of efficiently supporting home physical exercise. The functional structure of the youth online sports curriculum system. Digital terminals include desktop computers, notebooks, tablet computers, mobile phones, electronic whiteboards, hand-painted boards, etc. Youth online sports courses need to make full use of various suitable educational media to build an all-media learning ecosystem. Digital resources include video conferencing system, social software, online course platform, APP, electronic teaching materials, etc. [9]. Online sports courses for teenagers are conducted through the Internet, 5G network, satellite broadband network, etc. It integrates the online and offline business processes of teacher office and student learning, and changes the way of working, management, teaching and learning. In order to better promote the system functions of online sports courses for young people, teachers and students need to use all conditions to create a smart home physical exercise environment. This is not only an objective requirement to improve the effectiveness of online sports courses for young people, but also an urgent need to promote family education and realize lifelong learning.

4.2. Optimize the Family Physical Exercise Environment

Psychology reveals that there are individual differences in self-consciousness, decisiveness, self-control, and tenacity in the will quality of adolescents. Measures to cultivate the quality of tenacious will include: 1) Establish a lofty ideal of life and cultivate healthy and profound emotions; 2) Start with small things and actively participate in practical activities; 3) Actively participate in physical exercise; 4) Give full play to the educational role of role models; 5) Self-exercise to strengthen the will [10]. The methods of physical exercise and volitional self-exercise revealed by psychology prove that physical exercise has a special function in improving the volition and conduct of young people in the epidemic. At the same time, it also emphasizes the role model. Mao Zedong also attached importance to the role model effect of "strong will" in "Sports Research". It's fierce to fight against the world; if you don't cut Loulan, you don't swear to return it, you are not afraid; it is courage to turn your family into a country; it is courage to be outside for eight years, and to pass through the door three times without entering, it is durable. It can be the foundation of daily sports. Those who have the will are also the pioneers of life and career. "The people of the will are also the guarantee of fighting the epidemic and cultivating good character." The main purpose of husband sports is martial arts. The vision of martial arts, if fierce, if not afraid, if dare to do, if durable, is a matter of will." It can be said that sports are very effective. It can be seen that cultivating adolescents with healthy and good conduct is based on the lines of sports, volition, and good conduct. Begins with sports, in the middle lies the quality of will, and ends with the achievement of good conduct.

4.3. Create Sports Conditions for Smart Homes

The family physical exercise environment is also called the sports space, which has multiple functional attributes such as home entertainment, home fitness, sports participation, sports learning, and leisure sports. The main countermeasures for constructing a smart home physical exercise environment are as follows: ① Attach importance to the planning and design of the physical exercise environment for smart homes. Make full use of the existing conditions, through careful planning and design, with minimal economic investment, to build a comfortable, simple, creative, and smart sports space. ② The planning and design of sports space should follow five principles: The principle of economy, comfort, simplicity, creativity, and wisdom. ③ According to the family housing area, choose to set up an independent sports space, or share space with the living room, bedroom, balcony, etc. The enclosed sports space has good sound insulation effect, and the open sports space has poor sound insulation effect and is susceptible to external interference. ④ Choose a suitable sports space design style according to the preferences of family members. The main styles of sports space design are: Modern style, classic style, creative style, smart style, etc., can highlight the characteristics of modern, classical, creative, and smart elements to meet different individual needs. ⑤ Choose appropriate media and resources. According to the actual situation of the family's economy, network, etc., choose suitable media such as TV, mobile phone, and tablet computer. ⑥ Strengthen the construction of sports space culture and create a good atmosphere for physical exercise.

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