

# Research on the Development Path of Youth School Sports under the Background of "Healthy China"

Zhao Liang\*

Dali Senior High School, Foshan, 528231, China

\*Corresponding Author

**Abstract:** Adolescents are the hope of the country and the future of the nation. The important subject of the "Healthy China" strategy is the youth. Adolescents' health has a decisive impact on the health of the whole people in the long-term. Youth sports education and physical culture education are of great significance to improve youth sports spirit and culture and improve their physical health. This article uses literature research methods of literature, comparative analysis and logical analysis to analyze and summarize the current status of youth physical fitness and the status quo of physical education, and then organize and summarize the strategies for youth sports development. Through research: youth physical education We cannot simply educate to cope with the exam-oriented education; through the education of youth spiritual culture, we hope to cultivate the characteristics of youth sports and love sports; through the education of sports, we can cultivate the tenacity and courage of young people, and be healthy and strong.

**Keywords:** Healthy China, youth, school sports

## 1. Introduction

The "Healthy China" strategy is the first time that my country has proposed a policy document in the field of health that is of great significance for ensuring comprehensive health and promoting the construction of a well-off society. The traditional educational philosophy always believes that physical education is a "secondary class" far less important than "cultural classes". The reason is that students are facing the pressure of entering higher education, and the content of the entrance examination is only "cultural lessons". This result leads to schools and families. Education is more inclined to the study of "cultural courses" courses, and physical education work cannot be better carried out. Objective factors affect youth sports education, but the education of sports spirit and cultural values can cultivate youth patriotism, hard work, and establish socialist core values and the concept of lifelong fitness.

## 2. The status quo of the development of youth sports in China

### 2.1 The physical and mental health of young people is not optimistic

According to relevant data, one-fourth of urban boys are fat, and with the increase in obesity, the running speed of adolescents is also decreasing. For example, the average speed of boys at 1000m has dropped by about 15s compared to the past; relevant data shows that the rate of myopia among adolescents in China is higher first in the world, the myopia rate of primary school students is as high as 40%, which is much higher than that of developed countries in Europe and America[1]. Speed, decreased endurance, and poor blood pressure regulation are all problems for Chinese teenagers. Related sports including standing long jump, slanting pull-ups, sit-ups, etc. tend to decline. The prevalence of psychological problems among Chinese adolescents has surpassed the average level of 15% to 20% in the international society, and the specific manifestations are in dealing with interpersonal relationships, controlling emotions, and learning performance. Nowadays, young people have been doted by their families for a long time, they are unable to face all kinds of setbacks in life, and lack a positive and healthy attitude and sense of responsibility[2]. Under the current state of physical education, some young people are more self-centered. They have insufficient determination to challenge difficulties, insufficient accountability and responsibilities, insufficient perseverance and resilience, and sluggishness when encountering difficulties. Sub-health is a common state of young people.

## ***2.2 Insufficiency of education concept and education system***

In traditional youth education, physical education has always assisted the learning of cultural knowledge. On the one hand, public opinion is guided by public opinion, and on the other hand, schools lack rigid inspection indicators for the results of physical education. Factors such as low value, which lead to the importance of physical education is far lower than the importance of "cultural courses[3]." Although quality education is now emphasized, the level of physical education is far lower than that of developed countries in Europe and America. Under the current exam-oriented education, physical education has not yet risen to the scope of real exam indicators. The public opinion in the whole society tends to value the learning results of youth intellectual and cultural courses, so usually schools, families, society and even individual students will put resources in the study of "cultural courses". Under this trend of social mediation, the physical education of young people can only be tasted. The backwardness of education concepts and the backwardness of the education system have caused youth physical education to fail to keep up with the development of the times[4]. At present, domestic physical education basically stays in the state of traditional basic physical exercise, and does not really integrate physical education and health education. This is related to the lack of relevant sports talents in the country, and the healthy China strategy has not truly integrated into youth education. Among them, the correct view of physical education and health of young people needs active guidance from schools and society.

## ***2.3 Lack of sports resources***

Compared with the past, China's youth sports education has made great progress, but it is far from insufficient compared with developed countries in Europe and America. Among them, the lack of education funds and teachers are important factors restricting the development of youth sports. At present, there are basically no sports venues in rural communities. In urban communities with a small amount of money, although a small amount of sports and fitness venues and equipment are equipped, they cannot form a large-scale development at all. Most young people are basically unable to perform effective activities near the community physical exercise. Even if it is close to the stadium, the stadium is still charged. It is not used for youth physical exercise. The stadium is basically vacant for many years due to expensive rents. To develop national fitness and youth sports, the most basic thing is sports venues and sports equipment. How can a national fitness culture be formed without venues and equipment. Looking at the developed sports powers in Europe and America, most of the reasons for their developed mass sports are free and semi-free developed sports infrastructure construction, which is the birthplace of youth sports culture and interest. A complete echelon of teachers is an important guarantee for teaching quality. According to a data, 90% of primary and middle school physical education teachers in the central and western regions of my country have a bachelor's degree or above, but there are not many physical education teachers with a higher degree. Teachers with a postgraduate degree the ratio is only 2.7%, which also shows that the overall level of primary and middle school physical education teachers in the central and western regions of my country is not high[5]. Insufficient sports venues, sports fitness equipment, and insufficient teachers are all factors that restrict the youth physical education in China.

In the medium and long term, due to insufficient funds for physical education, school sports facilities are imperfect. In some underdeveloped areas, schools do not even have sports venues, let alone sports facilities. Schools can only teach physical education courses on open spaces outdoors. In relatively developed areas, although schools are equipped with relevant sports facilities, most of them tend to compete in sports, and only a small amount of sports resources fall on ordinary young students. According to relevant data, the per capita sports funding for adolescent students in the western region is only 1 to 3 yuan, and the sports funding for some rural schools is even zero. The annual sports funding of related schools in the northern region is about 5,000 yuan, but about 4,000 yuan is used for sports games. Some schools can't even use modern sports equipment to complete a physical education course, even in developed areas. Equipped with sports equipment in accordance with the minimum configuration[6].

## **3. Youth Sports Development Strategy**

### ***3.1 Cultivating the core values of youth sports***

The patriotism education ideology will last forever. It will not change with the times and ages. The

majority of young people should understand that sports can not only build physical fitness, but also can win glory for the motherland and contribute to national rejuvenation. There is a sports spirit called never If you fail, there is a kind of pride called the motherland in your heart. The idea of a powerful country in sports is deeply rooted in the hearts of the people. The outstanding performance of sports heroes in the arena and their glory after successfully being crowned have attracted countless young people. During the learning phase, young people will be able to cultivate the spirit of love and dedication to their jobs, and to be one line and one line. Sports is a cooperative group sport. It has the nature of fairness and justice. Participants and referees should abide by relevant rules. There are no rules and no circle. Teenagers must abide by corresponding rules in physical education and learning. This article believes that youth physical education is not only the cultivation of physical health, but also the cultivation of the character, the cultivation of hard-working character, perseverance, and unyielding temperament. As ordinary teenagers, they may only see athletes competing on the field and see their mature and beautiful sports skills, but they have not seen the hardship and cruelty they have paid for success, nor have they seen their failures and failures again and again. The courage to stand up again. Hardworking, perseverance, and never give up, these spiritual qualities can be learned and experienced in physical education courses. The idea of lifelong physical education was first evolved from the idea of lifelong education. Sports runs through the entire life cycle, and young people are the best learning entry stage. Therefore, in the stage of contemporary youth physical education, grasp the key period of youth learning sports and take a long-term vision. Attach importance to the cultivation of young people's lifelong exercise thinking, and achieve the goal of truly promoting young people's lifelong physical and mental health.

### ***3.2 Deeply cultivate youth sports culture***

Sports culture is not an isolated concept. It is closely related to sports competition and national fitness. Sports culture is an assembly that includes sports material, sports behavior, sports system, and sports spirit. Cultivating sports culture is the core of physical education, but schools and society have little energy to pay attention to youth sports culture education. Therefore, cultivating youth sports culture is destined to be a long and arduous road. Sports culture is the foundation of sports and the inexhaustible driving force for the sustainable development of sports. Sports culture belongs to the category of cultural attributes. Culture includes behavior, material, and system. The development of youth sports culture requires the joint efforts of society, schools and families. Only by deep cultivation of sports culture can we truly inherit and carry forward youth sports education. School physical education adheres to the model of combining physical culture education and health education. On the one hand, it improves hygiene and nutrition conditions, and on the other hand, it is equipped with appropriate sports facilities to stimulate students' enthusiasm for learning and improve their understanding of "Healthy China". Adhere to the teaching model that combines classroom teaching and competitions, on the one hand, let the idea of "Healthy China" enter the classroom, and on the other hand, carry out themed sports events related to "Healthy China".

### ***3.3 Improve the youth sports system***

Strengthen the important position of youth sports in quality education, reform and innovate youth physical education strictly in accordance with the new era of socialism with Chinese characteristics, comprehensively improve the quality of physical education, and strengthen the irreplaceable role of physical education in the growth of young people. The sense of responsibility and mission of physical education. The results of youth physical education cannot be seen in the short term, which also leads to the unsustainable development of current physical education, and both schools and the Ministry of Education have a biased view of political achievements. Cultivating youth sports is the correct view of political achievements. Adolescents are the best stage of physical education. If you miss this stage, you may not be able to cultivate outstanding sports talents even if you spend ten times the energy and financial resources. This is an objective law of sports. Of course, this requires the school to take a long-term view, abandon traditional thinking and follow objective laws in teaching. To actively promote the reform of school physical education, it is necessary to improve the education methods, and truly incorporate students' physical attendance rate, physical health status, and sports skills into the entrance examination and into the comprehensive quality evaluation system of students. First of all, it is strictly forbidden to occupy the students' physical education every semester; secondly, to improve the comprehensive quality of physical education teachers, the school strengthens the training of physical education teachers, and at the same time increases the assessment indicators with teachers; finally, it is necessary to establish a complete student health and school physical education supervision

the inspection system strictly implements the content of the "Supervision and Evaluation Index System for Primary and Secondary School Sports Work (Trial)", and truly takes one hour of exercise per day as the supervision goal.

### **3.4 Strengthen the guidance of youth sports values**

The guidance of youth values requires the cooperation of the government, society and family. Local governments in strict accordance with the national development program for the future of youth sports, regard the establishment of correct sports values for youth as the primary development goal of youth sports, and cultivate adolescents' healthy personality. Give full play to the role of social media in publicity and incentives, promote scientific sports concepts, healthy talent concepts, and sports hero concepts in the Olympic Games to the society through the media, give full play to the role of the media, and form active participation in sports and physical exercise for lifelong benefits the change of public opinion mobilizes the enthusiasm of young people. On the family side, the traditional concept of a single entrance examination is broken, and young people are actively guided and encouraged to participate in sports. The value tendency of public opinion in the whole society will guide young people to have a new understanding of sports values and guide them to actively participate in sports.

## **4 .Conclusion**

The "Outline of the "Healthy China 2030" Plan" has important epochal significance and embodies the ruling philosophy of our party that has always adhered to serving the people. Teenagers are the future of the motherland, and their physical and mental health determines the success or failure of social undertakings. It is imperative to strengthen the physical education of young people. To strengthen youth physical education, on the one hand, the government needs to formulate relevant policies to improve the youth physical education system; on the other hand, it needs the cooperation of society and families, optimize sports resources, strengthen public opinion, and actively guide youth to participate in sports, so that physical fitness can be promoted become the norm in daily life.

## **References**

- [1] Laurson K R , Saint-Maurice P F , Karsai, István, et al. *Cross-Validation of FITNESSGRAM Health-Related Fitness Standards in Hungarian Youth.*[J]. *Research quarterly for exercise and sport*, 2015, 86(sup1):S13-S20.
- [2] Welk G J , Bai Y , Saint-Maurice P F , et al. *Design and Evaluation of the NFL PLAY 60 FITNESSGRAM Partnership Project*[J]. *Research Quarterly for Exercise & Sport*, 2016, 87(1):1-13.
- [3] Wang X Q, Xu Y Y. *The Exploration of Building College Students Physical Health Management System* [J]. *Contemporary Sports Science and Technology*, 2016, 006(014):59-61.
- [4] Romanillos G , Austwick M Z , Ettema D , et al. *Big Data and Cycling*[J]. *Transport Reviews*, 2016, 36(1):114-133.
- [5] Salam R A , Das J K , Lassi Z S , et al. *Adolescent Health Interventions: Conclusions, Evidence Gaps, and Research Priorities*[J]. *Journal of Adolescent Health*, 2016, 59(4):S88-S92.
- [6] Al-Samarraie H , Sarsam S M , Umar I N . *Visual perception of multi-column-layout text: insight from repeated and non-repeated reading*[J]. *Behaviour & Information Technology*, 2016, 36(1-3):75-84.