

# Research on the Development Status of Children's Physical Fitness in Gongyi City

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**Abstract:** *The growth of children is the bright hope of the Chinese nation and its future. Their good physical health and mental state are of utmost importance. To enhance children's mental health in our country and promote the development of their physical and mental well-being, Gongyi children's body fitness is key. Through systematic investigation, tracking, and analysis, we can focus on Gongyi children's comprehensive physical development, providing an important theoretical foundation for guiding their physical fitness training institutions and career development. Based on survey results, we can analyze the basic situation of physical fitness exercise in Gongyi City, addressing issues such as the excessive concentration of fitness venues, unbalanced teacher resources, and negative attitudes among parents. We also propose suggestions and improvement measures to effectively encourage Gongyi city children to participate in physical fitness exercise. By utilizing literature methods, we aim to provide a comprehensive understanding of the current situation and future directions for children's physical fitness in Gongyi City.*

**Keywords:** *Gongyi City; children; children's physical fitness; development status*

## 1. Introduction

### 1.1 Research background

With the rapid development of today's society, the lives of the Chinese people are also improving. However, due to the popularity of mobile computer games, coupled with the entrance pressure of exam-oriented education for primary and middle school students, parents and teachers are increasingly concerned about the test scores of primary and middle school students. This leaves less and less time for children's extracurricular activities. Childhood is a crucial period for the growth and development of teenagers, as well as the best time for physical fitness and exercise. Many children miss this critical period of development, meaning their physical fitness cannot be improved as adults, and their sports foundation is not solid. Therefore, physical exercise is essential to consolidate the physical foundation during this period. Teacher MAO Zhenming also stated that there is a lag in addressing children's physical problems. That is, their physical weaknesses generally do not directly indicate any disease, which is why many parents and schools do not pay sufficient attention.

Children's physical fitness training primarily targets children aged 2-6. During this crucial stage of physical and mental development, young children can enhance their physical qualities through scientific and effective training methods. This plays a crucial role in the overall physical and mental development of children, fostering healthy exercise habits and promoting team spirit.

### 1.2 Purpose and significance

Currently, the physical condition of young children in China is stagnating, social adaptability is deteriorating, teamwork ability is weakening, and the development of school sports is limited. Sports training institutions aim to address this, facilitating leapfrog development. However, as China's children's physical fitness is still in its infancy, there are still numerous issues in the industry's development. Based on this, this article, through consulting a vast amount of literature and investigating and visiting Gongyi's three children's fitness venues, comprehends the present situation of Gongyi children's fitness development, identifies the problems, and studies the existing issues. It then puts forward reasonable suggestions, providing practical experience and theoretical reference for the development of Gongyi children's fitness.

The article considers children aged 2-6 in Gongyi City as samples, summarizes their physical

exercise, analyzes the problems and reasons encountered during exercise, and provides specific improvement methods and suggestions, aiming to enhance the physical fitness of children in Gongyi City.

The paper studies the attitude of children's parents towards the physical fitness hall and the development status of children's sports halls. Through a comprehensive analysis of the research results, the paper makes scientific and reasonable suggestions on the children's sports mode, in order to promote the normal growth and development of children in Gongyi City and develop a good body posture. The aim is to enhance physical fitness, promote mental health, and increase the ability to adapt to social life.

### **1.3 Literature review**

#### **1.3.1 Status quo of foreign research**

The term "physical fitness exercise" originated in the United States, and its English name is "Physical Fitness". It is a physical fitness education program initiated by the national sports, health, and dance groups in 1987. Its content mainly covers the basic knowledge and methods related to fitness, emphasizing the understanding and techniques for improving aerobic fitness, muscle strength and endurance, body flexibility, and the impact on human body composition through gymnastics activities. Additionally, it includes health knowledge about nutrition and physical activities<sup>[1]</sup>.

When the term "physical fitness" was put forward, countries all over the world gradually realized the important role of physical fitness in the growth of children, and began promoting it in schools. However, due to concerns about site facilities and equipment issues, coupled with the pressure of graduation rates, physical fitness is not widely available in schools<sup>[2]</sup>.

#### **1.3.2 Domestic research status quo**

After the introduction of the "double reduction" policy in 2021, it was clearly stated that the weighting of the national physical education examination should be gradually increased to match the importance of language subjects. On August 3, 2021, The General Office of the State Council of China issued the document National Fitness Plan (2021-2025), which clarified a long-term development goal: by 2025, the total size of China's sports industry should reach 5 trillion yuan<sup>[3]</sup>.

Liu Xintong once proposed that the social attention towards the children's physical training industry is gradually increasing, but it has not yet reached its most vigorous era. The entrepreneurs judge that parents' current market is not enough to support the largest companies, which are foreign financial institutions facing congenital barriers, while Chinese institutions have not fully emerged<sup>[4]</sup>.

Cui Jinling pointed out that with the introduction of the "Healthy China 2030" policy and the rapid development of the children's physical fitness training industry, the demand for professional children's physical fitness training teachers is also increasing<sup>[5]</sup>.

Based on the physical and mental development characteristics, educational goals, and methods of the individuals being educated, scholars have categorized those participating in physical exercise and sensory training as children aged 2-12<sup>[6]</sup>. Based on the research requirements of this paper, the concept of "child" is defined as encompassing individuals aged between 2 and 6 years old.

Zhang Yin proposed that since the introduction of the "Healthy China 2030 Plan Outline" in 2016 and the establishment of the first children's physical fitness hall in China in 2017, there have been more than 3,000 youth physical fitness training institutions in China in just four years. Against the backdrop of this era, despite the development of China's physical fitness industry, given the slow start of China's physical fitness industry, there is still a significant gap with the developed countries. Therefore, China still needs to continue guiding the development of the fitness industry, in order to improve the physical fitness level of Chinese teenagers, so that the level of fitness training of Chinese teenagers can be better developed in China's sports industry<sup>[7]</sup>.

The term "physical fitness" originated in the United States. In the 1980s, some experts and scholars in Taiwan and Hong Kong introduced the term "physical fitness" to China. Nowadays, "physical fitness" is regarded as a means of enjoying life and adapting to changing environments<sup>[8]</sup>. In the early 1990s, China defined fitness as having the physical ability to carry out physical activities, and having enough energy to perform daily work without feeling tired<sup>[9]</sup>.

Through the investigation of the development of school physical education, Wei Xiaoguang

discovered that the physical fitness curriculum has become an integral part of the school physical education program, allowing students to freely choose sports activities. Furthermore, the development of physical fitness courses enhances students' physical fitness and improves their physical and mental health. This enables students to possess a certain level of sports cultural literacy, thereby enhancing their personality<sup>[10]</sup>.

Chen Xiaohu's investigation revealed that the fitness of Chinese teenagers is currently in its infancy and still in the research stage. The development potential is immense, yet the emergence of adaptation problems has gradually increased. The scarcity of children's physical education teachers and the insufficient professional level of coaches have a significant impact on the development of children's physical fitness in our country. Owing to the lack of physical research and deviations in understanding, there is still a long journey ahead in China<sup>[11]</sup>.

Ma Jinghong and other scholars believe that the school and society do not pay enough attention to school physical education. The school sports system is not perfect, and the school's teachers, facilities, and funds are far from sufficient. Due to the gradual decline in the physical fitness of primary and middle school students, it is now necessary for schools to enhance the physical activity of primary and middle school students, improve the campus sports system, ensure that physical education is not usurped by other courses, pay attention to students' physical growth, and give full play to their athletic abilities. This will help to improve the students' sports skills and ensure they achieve all-round development<sup>[12]</sup>.

Yu Da and other scholars have found that children can learn about society and understand themselves through games, learn to handle interpersonal relationships by taking on various social roles, and learn to abide by social norms and adapt to society by adhering to the rules. Simultaneously, sports games can also enhance children's athletic abilities, improve teenagers' physical fitness, promote their physical and mental health, foster the comprehensive development of teenagers' personalities, and cultivate and perfect their character. Furthermore, it can foster teenagers' lifelong awareness of sports<sup>[13]</sup>.

Professor Yan Xianhui suggested that engaging in physical fitness training enables teenagers to significantly enhance their agility, speed, endurance, and other qualities, while fostering their ability to perceive time and space. This, in turn, helps them maximize their thinking, memory, decision-making, and creativity. Furthermore, improving children's physical fitness promotes their physical and mental well-being, contributing to the development of a balanced and healthy personality<sup>[14]</sup>.

Zhan Xiaohan proposed that participating in certain activities can improve children's cognitive and judgment abilities. It is also helpful for improving children's learning abilities<sup>[15]</sup>.

Professor Li-li Zhang pointed out that young body fitness training aims to address the physical and mental difficulties faced by Chinese children today. By adopting a scientific body fitness training method with diversified projects, students can invest flexibly, thus improving children's interest in body fitness exercise. This not only cultivates children's enthusiasm and initiative but also helps them form good posture and habits of physical exercise, laying a solid foundation for lifelong sports<sup>[16]</sup>.

Moderate exercise in children can promote the development of bone and muscle, and plays a very important role in improving cardiopulmonary function. At the same time, it can enhance the immunity of the body and reduce the risk of infection from germs<sup>[17]</sup>.

Du Huihui highlighted the key issues pertaining to children's physical fitness training in Sichuan Province: the absence of a robust management system, resulting in a chaotic training market and a dearth of standardization within the training industry. She also suggested some remedies, such as refining the marketing plan, enhancing the proficiency of teachers, and acquiring cutting-edge concepts<sup>[18]</sup>.

It began to enter the Chinese market in 2017, and since then, the children's physical fitness industry has developed rapidly. According to data at the time, there were more than 500 training venues in China in 2017<sup>[19]</sup>. After these years of development, China's children's physical fitness industry gradually tends towards improvement, but it is still in the initial stage. The future still holds broad prospects for development.

The sports industry is known as the tertiary industry, and its development prospects are very broad. However, due to the absence of a relatively perfect management system, the development of China's sports industry is restricted<sup>[20]</sup>.

To summarize, the rapid development of children's physique in China also reveals a range of issues, including a deficiency in the professional and service levels of teachers in certain institutions. The physical development of children in China is still in its infancy, however, the prospect for development is extremely promising. Therefore, we ought to emulate advanced foreign concepts in order to enhance the development of domestic children's physical fitness.

## **2. Study objects and study methods**

### **2.1 Research object**

Examining the current state of children's physical fitness in Gongyi city as the focus of the study, encompassing 500 parents, 6 venue leaders, and 10 coaches, a grand total of 516 children were surveyed.

### **2.2 Research methods**

#### **2.2.1 Literature and data method**

Through this survey, this paper searched electronic resource databases such as CNKI, China CNKI, and China Journal Network (focusing on high school extracurricular activities, physical exercise, and morning running), along with journal articles and papers on sports. These resources provide an appropriate theoretical basis for this research. By combining the data provided by children's parents in Gongyi City, we can gain a deeper understanding of the development of children's physical fitness in Gongyi City, thus guiding our research in the most effective direction.

#### **2.2.2 Questionnaire survey method**

This article reports on an anonymous survey conducted in Gongyi city's downtown area and the east, targeting the parents of 500 children and 10 coaches from the Gongyi city Three Children Fitness Pavilion Six. The survey consisted of 516 questionnaires, with a recovery rate of 98.81%. Out of these, 499 were deemed effective (including surveys from 483 parents of children, 6 venue personnel, and 10 coaches), resulting in an effective recovery rate of 96.7%.

#### **2.2.3 Data statistics method**

The data from the survey were input into the computer for sorting, and the data were analyzed using EXCEL statistical software.

#### **2.2.4 Interview method**

In the research process, to understand the current situation of training development from different aspects of Gongyi children's physical fitness, after reading a significant amount of literature and developing an outline for access, primarily focusing on interviews with managers, coaches, and parents of students at Gongyi children's physical fitness training institutions. The collected data will provide relevant theoretical support for this research.

## **3. Results and the analysis**

### **3.1 Infrastructure analysis of children's physical fitness venues**

The infrastructure condition of the venue is an integral part of the teaching environment. A superior teaching environment can directly reflect the importance investors attach to children's sports. On one hand, the environment of the venue can influence parents' attitude towards the children's sports hall. On the other hand, it also affects the class status of the coaches and the revenue of the children's sports hall. According to the statistics of the venue facilities of Gongyi Children's Sports Hall, the specific situation is shown in Table 1 below:

Table 1: Analysis of GongyiChildren's Sports Center

name	floor space (m <sup>2</sup> )	Site material	resting area	bathing box	Wash the bathroom	toilet	Equipment equipped with	Health level	anti-collision equipment	geographic position
The Thomas Children's Sports Hall	200	Solid wood plastic	have	have	not have	have	complete	fine	have	Eastern Conference
Yuedong children's Sports hall	230	Solid wood plastic	have	have	not have	have	complete	fine	have	Eastern Conference
Zhuoyue Children's Sports Hall	260	Solid wood plastic	have	have	not have	have	complete	fine	have	Eastern Conference

As can be seen from Table 1, the facilities of each venue are almost identical. With the continuous improvement of the economy and policies, each venue is developing in a more standardized direction. Specifically, the size and material of each venue are much the same. The service area in the venue is also designed for parents to watch their children's classes. However, the three venues in Gongyi city are concentrated in the eastern area, and one is not open in the city, which also reflects the economic situation of Gongyi city. Most urban parents cannot enroll their children because their address is far from the venue and their work is busy.

### 3.2 Analysis of children's physical fitness and energy development reasons in Gongyi city

#### 3.2.1 Gongyi city parents 'understanding of children's physical fitness

Parents' understanding of children's physical fitness can be divided into three parts. Through a questionnaire survey of parents in Gongyi City, the answers vary. Now, the parents' understanding and perception of children's physical fitness are categorized into statistics, as shown in Table 2:

Table 2: Parents' Knowledge of the physical fitness of children (N=483)

circumstances	Never understood	Have learned	The child is participating
Parents (people)	90	243	150
proportion (%)	19.6	50.3	31.1

As can be seen from Table 2, among the surveyed parents, 90 have never known, accounting for 19.6% of the total, 243 have heard of children's physical fitness but did not participate, accounting for 50.3% of the total, and 150 parents are participating in their children's physical fitness training, accounting for 31.1% of the total. It can be seen from the data in the table that most parents have some understanding of children's physical fitness, but few are actively involved in it. The above data show that the importance of children's physical fitness to children's development has not been fully recognized in the parents' consciousness.

#### 3.2.2 Gongyi city parents let their children to participate in the analysis of children's physical fitness and exercise consciousness

One of the most important motivations for participating in physical exercise is awareness of the benefits of exercise. The level of awareness reflects the initiative and persistence of exercise, which can encourage participants to form long-term, healthy exercise habits. Table 3 presents a survey of parents in Gongyi City who want their children to participate in physical fitness exercise. The survey is divided into four elements to demonstrate the recognition of the importance of children's physical exercise in Gongyi City, as shown in Table 3:

Table 3: Exercise awareness (N=483)

Parents consciousness	Very want to	important	Not too important	unimportance
Number of people (people)	220	183	35	45
scale (%)	45.5	37.9	7.2	9.4

It can be seen from Table 3 that parents in Gongyi City, China, are optimistic about their children's physique. According to the difference analysis of the data points, 220 people believe that exercise awareness is very important, accounting for 45.5%, which is the highest proportion. 183 people think that exercise awareness is important, representing approximately 37.9%. These figures indicate that most parents still have the awareness to encourage their children to participate in physical exercise. Thirty-five parents did not care (7.2%), and 45 parents believed it was unimportant (9.4%), but there is a need to strengthen the belief that parents should encourage their children to participate in physical

exercise. The state has also outlined in the "Fitness Planning Outline" that it clearly advocates "carrying out lifelong sports education for children, and cultivating children's sports awareness, skills, and healthy habits".

### 3.2.3 Gongyi city parents let their children to participate in the physical fitness exercise motivation analysis

Sports motivation is the subjective desire generated by people to meet their specific sports needs. With this motivation, children will consciously exercise, which is the impetus for children to exercise. This motivation is divided into five sections: to enhance children's physique, cultivate children's cheerful character, enhance children's self-confidence, cultivate children's correct body posture, and others. For the sake of their children's physical and mental health and future physical development, this is directly related to the outward appearance of the future young generation of the motherland. This is also the main reason why the government attaches great importance to the development of youth sports, because once there are physical problems, no matter how high the wisdom is, it cannot be fully utilized. The analysis of the motivation of parents to participate in physical fitness exercise is shown in Table 4:

Table 4: Motivation for Exercise (N=150)

Exercise motivation	Enhance the child's physique	Cultivate a child's cheerful character	Enhance the children's self-confidence	Develop children's correct body posture	else
Number of people (people)	28	24	50	38	10
scale (%)	18.7	16	33.3	25.3	6.7

According to Table 4, 28 parents want to enhance their children's physical health, 24 parents want to cultivate a cheerful personality in their children, 50 parents want to boost their children's confidence, 38 parents want to shape their children's good body posture, and the remaining 10 people. Thus, the percentage of parents who want to enhance their children's confidence reached 33.3%, while 18.7% of parents want to strengthen their children. Given that the majority of the parents surveyed hope to improve their children's confidence and shape their good physical shape, it indicates that most parents believe confidence is crucial for their children's growth.

### 3.3 Gongyi city parents hope that children's physical fitness can carry out the analysis of the project

Gongyi city parents hope that the children's physical fitness project is analyzed. The physical fitness project is a way for children to exercise, and among these, parents hope to carry out the project, including physical fitness classes, basketball classes, balance bike classes, rope skipping, and so on.

Table 5: Items that Parents wish to develop (N=150)

event	Physical class	Basketball class	Balance car class	Skipping class	else
Number of people (people)	38	50	12	32	18
scale (%)	25.3	33.3	8	21.4	12

As can be seen from Table 5, Gongyi parents hope that the fitness pavilion of the project is diverse. The number of each choice is not very high. Many parents hope to carry out physical classes, accounting for 25.3% of the total number. Parents want to carry out physical classes mainly to enhance children's physique, improve child health, and make the children's physical qualities develop in all aspects. 33.3 percent of parents hoped for basketball, 12 for 8 percent, 32 for 21.4 percent, and the remaining 12 percent. In the survey, it was found that parents mainly consider safety issues when choosing projects, and parents have relatively few choices for balance car projects. To avoid injuries to their children, they will choose some safe, simple, and easy-to-operate projects.

### 3.4 Analysis of educational education of Gongyi Children's Physical fitness Hall

Educational background is a comprehensive embodiment of a coach's academic ability and professional quality. Generally speaking, the higher the degree, the stronger the professional quality. The more high-quality talents, the stronger the team's business ability will be. According to Table 6,

among the 10 coaches surveyed, 5 coaches had a junior college degree, accounting for half of the total surveyed coaches. Three people have a bachelor's degree or above, while two people also have a high school degree or below. To sum up, the educational level of the coaches is average, so the institutions should strengthen the introduction of highly educated professionals.

*Table 6: Analysis of Educational Education of Gongyi Children's Sports Hall (N=10)*

circumstances	High school and below	junior college	Bachelor degree or above
Number of people (people)	2	5	3
proportion (%)	20	50	30

As the primary focus of children's physical fitness training, coaches must comprehensively grasp the characteristics of children's physical and mental development. They should sensibly establish the teaching content and the application of teaching methods tailored to the varying circumstances of students at each stage, ensuring that children receive more scientific and effective exercise. During the field interview, it was discovered that many coaches lack professional knowledge regarding children, leading to a lack of a comprehensive understanding of the growth and development rules of children's bodies. This increases the risk of children sustaining injuries during exercise.

### **3.5 Analysis of the publicity methods of Gongyi Children's Physical fitness Hall**

During the investigation of the three venues in Gongyi City, it was discovered that all three venues employed ground promotion techniques, yet the results were unsatisfactory. Parents could only gain limited information about the venues through promotional pages, without being able to witness the actual effect. This resulted in a wasteful expenditure of manpower and incurred certain economic losses. To address this, offline activities should be conducted at the physical fitness venues, guiding students to demonstrate their athletic abilities in outdoor sports fields. By doing so, parents can witness the teaching effects, thereby enhancing the effectiveness of publicity.

## **4. Conclusion And Suggestion**

### **4.1 Conclusion Jiaozuo City, Henan Province**

(1) There are three children's fitness venues concentrated in the eastern part of the city. This makes parents living in the city want their children to be physically fit and need to send their children to the eastern district.

(2) Parents do not have a comprehensive understanding of their children's physical fitness, and some even do not, which reflects that parents do not pay enough attention to their children's physical exercise. This also indirectly reflects that the promotion of physical fitness halls is inadequate.

(3) Teachers' educational levels are uneven, and highly educated talents are scarce. The coaches' insufficient knowledge of children's sports increases the risk of sports injuries for children in the teaching process.

(4) The method of promoting children's physical fitness halls is too limited, consisting primarily of leaflet distribution and on-the-ground promotion, with a lack of offline activities.

### **4.2 Suggestions**

#### **4.2.1 Reasonably arrange the geographical location of fitness venues.**

Operators should reasonably arrange the geographical location of the venue according to people's needs, so that it can be more convenient for parents who want their children to participate in the city, and do not hesitate because of distance.

#### **4.2.2 Strengthen parents' awareness of children's physical exercise**

Parents should learn more about the importance of children exercising during the growth process through reading or the Internet, enhance parents' awareness of children's physical exercise, and guide parents to understand and pay attention to children's physical fitness.

#### 4.2.3 Strengthen the introduction of highly educated coaches

Pay attention to the professional quality of the coaches and strengthen the introduction of highly educated coaches. Encourage coaches to acquire more professional knowledge of children's sports to promote the improvement of teaching quality.

#### 4.2.4 Adopt diversified marketing strategies

Currently, the museum's mode of publicity is too limited, necessitating the integration of diverse approaches. Various online platforms and APPs should be utilized to reinforce school-enterprise cooperation and organize competitions offline.

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