

# Discussion on the development of community old-age sports under the combination of physical education and health

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**ABSTRACT.** *With the development of society, people pay more and more attention to physical exercise. In today's society where the national fitness boom, the community is the main gathering place of urban residents. The concept of "community sports" has gradually formed and developed, which has created a development for the community old-age sports in China. The favorable timing. This paper meets the current situation of the elderly sports and health development in the community, and combines the community old-age sports model to meet the health needs of the modern elderly. It is necessary to pay attention to the close cooperation of the government, the market, the school sports and the community work, so as to truly form the body and the body. Combined with the development model of the elderly sports.*

**KEYWORDS:** *sports; health care; community elderly sports*

## 1. Community old-age sports and health status

(1)The organization of community old-age sports is based on the grassroots community, with the community as the main body and spontaneous organization as the principle. With the support of the government and the participation of the community<sup>[1]</sup>, the community provides support for the elderly in the community. Group sports activities. In the article "Investigation and Analysis of the Status Quo of Old-age Sports in Urban Communities in Zhangzhou City", Zhao Baozhen analyzed that most of the elderly in urban communities have strong physical fitness awareness and have formed fitness habits<sup>[2]</sup>. It is pointed out that the lack of professional sports instructors, the degree of organization is not high, the stadium facilities are few, the elderly have a low level of sports knowledge and sports

consumption<sup>[3]</sup>.

(2)The funds for community old-age sports are mainly funded by government sub-districts, corporate sponsorship and individual donations, and self-funding. The community sports elderly activity venues are basically prepared by the government and the community, and basically no fees are charged. The location of the event is relatively fixed, basically the community's elderly indoor activity center and open-air event venue. Most elderly people have a weak sense of spending on physical exercise, and the consumption method of "paying for sports" is not acceptable. The community's old-age sports generally showed an insufficient situation in funding, which is a major bottleneck restricting the development of old-age sports in the community.

(3)Traditional health care has a long history in China and is of great value to the current elderly health. Traditional Chinese health methods mainly use specific methods and methods such as guiding, qi, taking, living, and room surgery. There are many fields involved in health care, including medicine, philosophy, pharmacy, health care, sports, etc., and are closely related to acupuncture, meridian, medicated diet, diet therapy and other related knowledge<sup>[4]</sup>. Most elderly people want to obtain relevant conservation and health care knowledge from traditional Chinese health care. However, the source of health knowledge accepted by the elderly is limited to television and the Internet. The amount of knowledge received is small, and it is related to specific operations. The eagerness and urgency of the elderly's knowledge of health care make the lawless elements take advantage of the virtual people, publicize false health methods, health care products, etc., so that the elderly can be deceived.

Generally speaking, the current old-age sports are in a state of spontaneous development and self-destructive looseness. In the process of development, there is a lack of government-led behavior, lack of top-level design for the development of senior sports and human resources, and other resources. The attention of the elderly group needs to be improved. The development model of the old-age sports with the integration of old-age sports and health care, medical care, health care and rehabilitation has not attracted enough attention and practical exploration<sup>[5]</sup>.

## **2. The necessity of a new type of community old-age sports model that combines sports and health care**

When the elderly retire from work and return to the life of clean and leisure from the originally intense and orderly work, they will inevitably feel lost and lonely. The participation of the elderly in physical education activities not only enriches the elderly life, but also further improves the physical and mental health of the elderly. As we all know, the quality of emotions directly affects the mental health of the human body. Positive emotions promote the development of life in a good direction, promote interpersonal relationships, make people feel happy; improve sleep, promote appetite, rejuvenate people; and keep blood pressure steady, Good endocrine activity, enhance physical fitness and immunity; such well-ordered mental and psychological activities make the elderly show a quiet, stable and harmonious state of mind, making the mentality of the elderly more youthful and maintaining good physiological functions. The healthy development direction of modern elderly people not only stays in physical exercise, but also pays more attention to “psychological rejuvenation“. How to have a young and up-to-date heart is the goal pursued by the majority of old friends. Therefore, paying attention to the health of the elderly is not only in the body, but also in the balance and health of the mind. In the process of combining the body and the body, we must pay attention to the importance of adjusting our minds and doing it.

## **3.The community old-age sports health combination mode to achieve the path**

### ***3.1 Architecture Old-age sports combined with health mode***

According to the above analysis, the old-age sports development model combining sports and health care is a new idea for the development of community old-age sports. It not only helps to improve and improve the physical and mental health of the elderly, but also promotes the development of community sports. Gao Jun, Cui Zhigang, Zhang Jisheng, etc. believe that the development of community sports in the elderly should focus on the implementation of the national fitness program and the development of community sports, forming a four-in-one, coordinated, healthy and steady development pattern of cities, districts, streets and

residential quarters. Referring to this idea, this paper believes that the development model of community old-age sports combined with sports and health should start from four aspects, including government, community, school and social forces, and integrate multi-party resources collaborative innovation development model.

### ***3.2 Old-age sports combined with health development***

(1) Exercising government functions to improve the management mechanism of the elderly sports

The perfect development of community old-age sports, the government's strength should be placed first. The number of elderly people in the community is large and large, and cannot be completed by civil organizations or individuals. Therefore, in the face of a series of problems brought about by the aging of the population, the government has formulated relevant policies and systems to promote the health care of the elderly in the perspective of "healthy aging" and promote the healthy development of the elderly sports in their respective jurisdictions. Increase the special funds for sports for the elderly, increase the intensity of construction site equipment, and increase publicity efforts to increase the participation of senior citizens of all ages.

(2) Develop a comprehensive intelligent service for the pension market

First, you can develop a sports health mobile app. The use of high-tech means to develop sports health mobile APP software, through the subscription number, mobile phone text messages, mobile APP, etc. to push relevant information on the elderly sports health activities in real time, to achieve intelligent physical training mode. After obtaining relevant information, the elderly choose to participate in the corresponding physical activities, health training, exercise guidance, etc. according to their physical conditions.

Second, it is possible to carry out a health lecture on health care for the elderly. As people age, various chronic diseases such as arthritis, hypertension, hyperlipidemia, chronic bronchitis, and cerebrovascular diseases gradually plague older friends. Therefore, for the special group of the elderly, professional teachers are hired to give lectures on health care for the elderly, in the health plan, in the

sports program, exercise intensity, exercise time, exercise frequency, etc. to achieve an operational method; in physical health, health therapy, diet Counseling in the aspects of case analysis, psychological analysis, family relations, interpersonal communication and other aspects of the case analysis and correct guidance.

Third, the market regulation of the elderly sports health products. The market for aged sports health care products is mixed and varied, and most of the product names are inconsistent, too deified, and there are behaviors that deceive the elderly. The market should play a regulatory and supervisory role, regulate the market for elderly sports health care products, impose severe penalties for those with serious fraud, and regularly publicize the real situation of health care products in the society.

### (3) School sports sharing community sports resources

There are various types of schools in various cities in China. All kinds of special physical education teachers are concentrated in the school. The equipments and equipments of various venues are more complete. The stadiums in the school are mainly used during the day and training, while on weekends and holidays. Basically idle with holidays. The main body of community sports participation is mainly elderly people, and the time of exercise is basically concentrated in the morning and evening. The venue of community sports activities is informal and lacks formal instructors. Therefore, school sports and community sports share resources in the mutual division of manpower, material resources and space. Strengthen the government's guiding role, formulate relevant laws and regulations for schools and community sports operation mechanisms, and promote the benign operation of the two. School sports are used to enrich community sports, and school sports is not only a provider of sports resource sharing, but also a platform for community sports resources sharing, which can broaden the horizons for students and provide a good reference for cultivating students' comprehensive sports literacy. effect.

## 4. Conclusion

In short, the development of the community-based old-age sports development model is a new way to improve the development level of the elderly sports in the community. However, the realization of this model requires the cooperation of multiple parties and the integration of relevant social resources to achieve the goal

of healthy aging.

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