

# Research on the Value of Recreational Volleyball in National Fitness in Tianshui City

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**Abstract:** This research mainly analyzes the problems existing in the development process of recreational volleyball by investigating the development status of recreational volleyball in Tianshui City's national fitness, and then further explores and studies its value, so that this sport has more advantages and promotes the development of Tianshui City. The development of mass sports can better make volleyball, a traditional Olympic sport, entertaining, popularizing and popularizing.

**Keywords:** Recreational volleyball, National fitness, Value

## 1. Research objects

### 1.1. Research object

Taking the value of recreational volleyball in the national fitness of Tianshui City as the research object.

### 1.2. Research methods

#### 1.2.1. Documentation method

Through CNKI, the library of the college, and the reference room of the Department of Physical Education to find relevant research materials, understand recreational volleyball, and lay a knowledge foundation for the writing of this thesis.

#### 1.2.2. Interview method

Through on-the-spot investigation and investigation on the masses of Tianshui City, we can understand the status and value of recreational volleyball in the national fitness of Tianshui City.

#### 1.2.3. Logical Induction

After the conclusion is drawn, it is summarized to draw a more scientific and reasonable conclusion.

## 2. Value analysis of recreational volleyball in national fitness

### 2.1. Investigation and analysis of the promotion of recreational volleyball value in national fitness

#### 2.1.1. Analysis of the current situation of different groups participating in recreational volleyball

Table 1: Survey on the age status of participants

Age	8~16	17~25	26~35	36~45	46~55	56~65
Number of People	73	290	125	30	67	231
Proportion (%)	9	35.5	15.3	3.7	8.2	28.3

As can be seen from Table 1, the overall picture is not very good, with only 816 of the 3,000 people surveyed taking part in the sport. The survey found that the largest proportion of teenagers, older people have more free time, so participation is also possible, but 36-45-year-old people the least, they work pressure did not get better relaxation. In general, the popularity of entertainment volleyball is far from enough.

### 2.1.2. A survey of the current situation of the Organization of the exercisers

Table 2: Investigation on the organizational form of the exercisers

Organizational form	spontaneous	administrative departments	enterprises and institutions	non-educational administrative departments	others
Proportion (%)	67.5	9.8	6.7	11.5	4.5

As can be seen from Table 2, the organization forms of recreational volleyball are usually self-organized and organized by sports administrative departments. 67.5% of the players are self-organized, which shows its randomness. However, only 9.8% of the players are organized by the departments concerned, which shows that the players do not pay much attention to the recreational volleyball. status of understanding of Recreational Volleyball Questionnaire

Table 3: Status of understanding of recreational volleyball survey

Degree of understanding	not at all	understand a little	understand a lot	fully understand
Number of People	600	1870	315	129
Proportion(%)	20.7	64.2	10.8	4.3

With the improvement of people's living standard, the residents have a deeper understanding of fitness and a stronger sense of fitness. As can be seen from table 3, most people have some understanding of recreational volleyball, but only 15.1% of them have an in-depth understanding of it, it can be seen that the public's awareness of fitness needs to be improved.

## 2.2. Analysis of health value of recreational volleyball

### 2.2.1. The fitness value of recreational volleyball

Taking part in recreational volleyball can effectively improve individual body resistance, exercise various parts of the body, improve individual body function and prevent disease, improve the body resistance.

### 2.2.2. The recreational volleyball healthy mind value

In sports people can produce self-confidence, self-esteem, pleasure, etc., to meet People's communication. The need for cooperation, so that excess energy to be Catharsis, ease the daily pressure and tension, promote mental health.

### 2.2.3. The influence of the recreational volleyball on the healthy life style

The recreational volleyball can adapt to the needs of the modern social life, along with the improvement of people's living standard, the increase of economic income, and the implementation of the national fitness plan, people are keener to participate in physical exercise to get a healthy body, and the recreational volleyball sports to bring people a healthy way of life by way of entertainment.

## 2.3. The recreational value analysis of the recreational volleyball

Enriched the students' after-school life after-school time, the interest and the hobby same student carries on the recreational volleyball movement, is advantageous to release the study pressure, enhances the human relations, enrich students' after-school life.

### 2.3.1. Enrich the leisure and entertainment life style of the elderly

Entertainment volleyball can not only keep fit but also achieve the effect of entertainment, through the exercise itself can also make friends, further enriched the leisure and entertainment life of the elderly

### 2.3.2. Enriched the holiday family leisure and entertainment content

Entertainment volleyball sports content rich, diverse forms of sports, entertainment as the main purpose for all ages, is Advantageous to the rich holiday family leisure entertainment content.

### 2.3.3. The development and utilization of tourism materials have been enriched

And many tourist attractions and regions have opened recreational volleyball venues to make use of their own conditions, thus providing people who are tired of travelling with diversified experiences of tourism activities. Analysis of the social value of recreational volleyball

#### **2.3.4. Provide the opportunity of communication for the neighborhood**

Promote the community harmonious neighborhood can communicate with each other through the form of recreational volleyball, understand each other, and live in harmony, is conducive to promoting community harmony.

#### **2.3.5. Enhance the solidarity and cohesion of workers in enterprises and public**

Institutions and to increase labour efficiency more and more enterprises and public institutions are focusing on sports. Proper recreational volleyball can improve people's health, strengthen solidarity among workers, promote the development of human function and improve labor efficiency.

#### **2.3.6. Form a better connection with competitive volleyball and train volleyball talents**

History shows that any sport is originally in the form of entertainment, people in the process of continuous discovery of shortcomings and thus create another suitable on this basis, competitive volleyball is such, in the entertainment volleyball on the basis of further improvement, entertainment volleyball is the basis of competitive volleyball, therefore, we can link up with competitive volleyball and train more and better volleyball talents.

### **2.4. Analysis of the educational value of recreational volleyball**

#### **2.4.1. To meet the implementation of sports and health curriculum standards**

Recreational volleyball as a collective entertainment, its characteristics are safe travel, physical pleasure travel, good fitness, is in line with its standards, can well meet the Physical Education and the Health Curriculum Standard Implementation, promotes the student healthy physique.

#### **2.4.2. Project support has been provided for the implementation of the Sunshine Sports Project**

Whose major value lies in its contribution to the improvement of the health quality of the population, the strengthening of the exercise consciousness of the population and the enrichment of the objectives of Physical Education in secondary schools; And the recreational volleyball as recreational sports fit this point very well, can be one of its items.

#### **2.4.3. Promoted the establishment of the concept of life-long sports**

And the recreational volleyball has the characteristics of safety, fitness, pleasant walking and strict collectivity. Engaging in such sports is beneficial to improving health quality and strengthening people's exercise consciousness, set up a life-long concept of sports.

### **3. Conclusion**

Based on the above understanding of the value of recreational volleyball in national fitness, the author thinks that the promotion of recreational volleyball in Tianshui is not too deep, professional ability and equipment is not perfect, but in modern society, fitness is the trend of the Times, with the improvement of living standard, people pay more attention to health, so recreational volleyball as a form of fitness, in Tianshui is not yet fully developed is very potential.

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