

# Construction of Community Sports Guarantee System Based on Health Management Concept

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**Abstract:** This paper discusses the construction of a community sports guarantee system based on the concept of health management, and proposes a construction model that covers four aspects: health management, sports facility construction, health promotion, and community participation. By establishing health management records, diversifying sports facilities, promoting health knowledge, and organizing diverse sports activities, we aim to promote the active participation of community residents in physical exercise, improve their physical and mental health, and build a comprehensive community sports guarantee system.

**Keywords:** health management concept, community sports, sports security system, sports facilities, community participation

## 1. Introduction

In recent years, China's social and economic development has been rapid, and people's living standards have significantly improved. However, at the same time, they are also facing many health problems. With the intensification of the aging trend, changes in lifestyle, and increasing work pressure, health issues such as chronic diseases and obesity have become the focus of social attention. At the same time, the process of urbanization is accelerating, and communities have become an important unit of people's lives. The health status of community residents is directly related to the stability and development of the community. Therefore, how to build a scientific and effective community sports guarantee system has become an important issue that urgently needs to be solved.

The existing community sports guarantee system has many shortcomings in terms of service content, operation mechanism, and management mode, which cannot fully meet the diverse health needs of community residents. Traditional sports services often only focus on fitness and exercise, while neglecting the comprehensive needs of residents' health management. Therefore, it is necessary to propose a community sports guarantee system based on the concept of health management to adapt to the diversity and complexity of community residents' health needs, and improve the overall health level of community residents.

## 2. Overview of health management philosophy

### 2.1 Definition and characteristics of health management

Health management is a comprehensive and systematic approach to ensuring and managing health, aimed at promoting the physical and mental health of individuals and groups through scientific methods and means[1]. It emphasizes the characteristics of prevention first, comprehensive intervention, personalized customization, and full process management.

Firstly, health management focuses on prevention. It emphasizes the prevention of diseases by providing health education, regular physical examinations, health assessments, and other means to help individuals understand their own health status, adopt positive health behaviors, and prevent disease risks.

Secondly, health management has the characteristic of comprehensive intervention. It takes into account health factors in multiple fields such as healthcare, nutrition, exercise, and psychology, and through comprehensive intervention measures, changes unhealthy lifestyles and behavioral habits, and improves overall health levels.

Thirdly, health management emphasizes personalized customization. Everyone's physiological characteristics, health needs, and living environment are different. Therefore, health management needs to develop personalized health management plans and provide personalized services based on individual characteristics and needs.

Finally, health management emphasizes full process management. It not only focuses on the treatment of diseases, but also emphasizes the entire process management from health maintenance, disease prevention to rehabilitation management. By paying full attention to and managing individuals, early detection and intervention of health risks can be achieved, thereby improving health levels.

### ***2.2 Application of health management in community sports***

The concept of health management has broad application value in community sports. Firstly, in community sports activities, health management can promote the physical health of community residents through physical exercise, exercise training, and other means. Sports activities can enhance cardiovascular function, improve muscle strength, improve body posture, effectively prevent the occurrence of chronic diseases, and improve the overall health level of residents.

Secondly, health management can improve the mental health of community residents through sports activities. Sports activities can reduce work pressure, alleviate tension, increase social interaction, improve quality of life, and reduce the occurrence of psychological problems.

Thirdly, health management can increase community residents' awareness and understanding of health by providing health education and guidance. By promoting health knowledge and conducting health education activities, community residents are encouraged to develop good living habits, improve health literacy, and prevent the occurrence of diseases.

Finally, health management can provide scientific basis and personalized services for community sports by establishing health records and health assessment systems. By collecting health data and information from community residents, analyzing their health status, developing personalized health management plans, and providing personalized sports services, we can better meet the health needs of community residents.

### ***2.3 The significance of health management in the construction of community sports guarantee system***

The construction of a community sports guarantee system based on the concept of health management is of great significance. Firstly, it helps to improve the overall health level of community residents. Through health management measures, we can effectively prevent chronic diseases, improve lifestyle, improve mental health levels, and promote the physical and mental health development of community residents.

Secondly, health management can promote the popularization and development of community sports activities. The community needs to guide and motivate community residents to participate in sports activities through the concept of health management, establish a healthy lifestyle concept, improve the participation rate and satisfaction of sports activities, and promote the comprehensive development of community sports activities.

Thirdly, health management helps to strengthen social resource integration and collaborative cooperation. The construction of a community sports security system requires the joint participation and cooperation of communities, medical institutions, educational institutions, and other parties. The concept of health management can promote the integration and collaboration of resources from all parties, forming a new pattern of community co construction and sharing of sports services.

Finally, health management has demonstration effect and promotion value in the construction of community sports guarantee system. The construction of community sports guarantee system is a global issue, and the application and practice of health management concepts can provide reference and reference for the construction of community sports guarantee system in other regions and countries.

In short, the construction of a community sports guarantee system based on the concept of health management is of great significance and necessity in the current social context. It not only helps to improve the overall health level of community residents and promote comprehensive development of the community, but also promotes the popularization and development of community sports activities, strengthens social resource integration and collaborative cooperation, and has demonstration effect and promotion value. Therefore, it is necessary to strengthen research and practice on the construction of a

community sports guarantee system based on the concept of health management, and make positive contributions to building a healthy community and building a healthy China.

### **3. Analysis of the current situation of the construction of community sports security system**

#### ***3.1 Elements of community sports security system***

The community sports security system is a comprehensive system composed of multiple elements. The main elements include policy and regulatory systems, sports facilities and venues, sports organizations and institutions, talent cultivation and team building, and health management and education.

##### ***3.1.1 Policy and regulatory system***

Policies and regulations are the foundation and guidance for the construction of community sports guarantee system, covering the development goals, government responsibilities, resource guarantee, and other aspects of community sports. The improvement and implementation of policies and regulations are crucial for the healthy development of community sports. Policies and regulations provide clear development goals and guidelines for community sports. By formulating relevant policies and regulations, the development direction and goals of community sports can be clarified, promoting active participation of community residents in sports activities, and improving the overall level of sports in the community. Policies and regulations can also regulate the behavior of community sports organizations and institutions, enhance their service capabilities and quality, and further stimulate and guide the interest and enthusiasm of community residents in sports[2]. Policies and regulations clarify the government's responsibilities and obligations in community sports security. The government plays an important role in ensuring community sports, and needs to invest corresponding resources and funds to support the construction and development of community sports. Policies and regulations can clarify the responsibilities and obligations of the government, ensure that the government performs relevant functions in accordance with prescribed requirements and standards, provide necessary support and guarantees, and provide a good sports environment and conditions for community residents. Policies and regulations also involve the issue of resource protection. Community sports security requires sufficient resources such as sports facilities, venues, and talent support. Policies and regulations can regulate the allocation and utilization of resources, ensure the fair and reasonable allocation of community sports resources, and avoid resource waste and imbalance.

##### ***3.1.2 Sports facilities and venues***

The community sports security system needs to be committed to providing rich and diverse sports facilities and venues, such as sports venues, gyms, swimming pools, etc., to meet the diverse sports needs of community residents. When constructing and managing these facilities and venues, it is necessary to fully consider the actual needs and preferences of community residents, ensuring the provision of a convenient, safe, and comfortable sports environment. In addition, attention should also be paid to the accessibility design of facilities to facilitate physical exercise for the elderly and disabled. By providing such a high-quality sports facility environment, the community sports guarantee system can stimulate more people to participate in sports, promote physical and mental health, and enhance communication and interaction among community residents.

##### ***3.1.3 Sports organizations and institutions***

In order to build a strong community sports guarantee system, it is necessary to establish sound sports organizations and institutions, such as community sports associations, sports clubs, etc. These organizations and institutions bear important responsibilities, including the organization, management, and service of community sports activities. Firstly, community sports associations can serve as bridges and bonds, promoting communication and cooperation between different communities, and jointly promoting the development of community sports. Secondly, sports clubs can provide professional guidance and training for various sports projects, encourage community residents to actively participate in sports, and explore and cultivate excellent sports talents. In addition, these organizations and institutions can also organize a variety of sports events and activities, enhance the cohesion and friendship between community residents, and create a positive and upward sports culture atmosphere. By establishing sound sports organizations and institutions, the community sports security system can better play its role, provide more comprehensive and convenient sports services for community residents, and promote the sustainable development of community sports.

### ***3.1.4 Talent cultivation and team building***

The community sports security system needs to cultivate and introduce a team of professional and high-quality sports workers and coaches. These professional talents have rich professional knowledge and on-site experience, and can provide professional guidance and services to community residents to meet their needs for sports. Through continuous training and introduction, it can be ensured that the team of sports workers and coaches keep up with the times, master the latest training methods and sports skills, and bring a higher quality physical exercise experience to community residents. At the same time, they can also carry out various sports activities and courses in the community, stimulate more people to participate in sports, promote physical and mental health, and create a positive and upward sports atmosphere. Such a professional team will become an indispensable and important component of the community sports guarantee system.

### ***3.1.5 Health management and health education***

Health management is an important part of the community sports security system, which helps residents understand their own health status and adopt positive health behaviors through health assessments, health guidance, and other means. Health education is to provide health knowledge and skills, and promote the formation of good living habits among community residents.

## ***3.2 Current situation and problems of community sports security system construction***

At present, China's community sports security system has achieved certain results, but there are still some problems and challenges.

### ***3.2.1 Imperfect policies and regulations***

Although some relevant policies and regulations have been introduced, there are still gaps and deficiencies in the community sports security system. The formulation of policies and regulations needs to pay more attention to the needs of community residents and provide clear guidance and guarantees. Current policies often focus on macro level planning and management, while lacking sufficient consideration for specific community sports needs and actual operations. Therefore, it is necessary to improve relevant regulations in a targeted manner, emphasize the rights and opportunities of community residents to participate in sports activities, and clarify the responsibilities and obligations of relevant responsible parties. In addition, a sound supervision and evaluation mechanism should be established to ensure the implementation and effectiveness evaluation of policies. Only in this way can the community sports security system better provide comprehensive and high-quality sports services to residents, and promote the healthy development of community sports.

### ***3.2.2 Insufficient sports facilities***

Some communities lack suitable sports facilities and venues, which limits the opportunities for community residents to participate in sports activities[3]. It is necessary to increase investment and construction in sports facilities, and improve the coverage and quality of community sports facilities. Currently, some communities have relatively scarce sports facilities, and even some communities do not have sports venues available for residents to use. This has brought great inconvenience to residents' sports and hindered their willingness to actively participate in sports activities. Therefore, it is necessary to increase the construction of community sports facilities through government investment and social capital guidance, ensuring that each community can have complete sports facilities and venues. At the same time, attention should also be paid to the maintenance and management of sports facilities, improving their utilization and sustainability, so that more community residents can conveniently enjoy the benefits of high-quality sports facilities.

### ***3.2.3 Lack of professional talents***

Some communities lack professional and high-quality sports workers and coaches, which affects the development and service quality of community sports activities. It is necessary to strengthen talent cultivation and improve the professional level of sports workers and coaches. Currently, some communities' sports activities lack professional guidance, making it difficult to meet the needs of residents and even posing safety hazards. To address this issue, it is necessary to increase investment in training for sports workers and coaches, establish a sound training system, and enhance their professional skills and service awareness. At the same time, we can encourage the introduction of sports professionals with rich experience and advanced concepts to provide more professional sports guidance and services for the community. In addition, a sound incentive mechanism can be established

to attract more outstanding talents to participate in community sports work and promote the professional development of the entire industry. Only in this way can we better meet the diverse and personalized sports needs of community residents and promote the comprehensive development of community sports activities.

### ***3.2.4 Insufficient comprehensive health management***

The emphasis on health management is not enough, and some communities lack health management tools and mechanisms such as health assessment and guidance. It is necessary to strengthen the promotion and application of health management, and improve the health awareness and level of community residents. Currently, some communities have insufficient attention to health management and lack targeted health assessment and guidance services, resulting in many confusion and unmet needs of residents in health management. Therefore, it is necessary to strengthen the promotion and popularization of health management knowledge, increase community residents' awareness of the importance of health management, and stimulate their enthusiasm to actively participate in health management. At the same time, the community establishes a sound health management mechanism to provide comprehensive health assessment, health guidance, and other services for community residents, meeting the health management needs of different populations. In addition, activities such as health knowledge lectures and physical examinations can be carried out to promote the formation of good health management habits among residents and improve the overall health level and quality of life of the community.

### ***3.3 Development trends of community sports security system construction***

#### ***3.3.1 Diversified development model***

The community sports security system will take various forms of development, including community sports clubs, community sports meetings, resident fitness groups, etc. Meet the diverse sports needs of community residents through diversified development models. Establishing community sports clubs is an important form in the development of community sports. Community sports clubs can provide residents with various sports training and competition opportunities, enabling them to fully participate in sports activities, improve their physical fitness, and enhance their physical fitness. At the same time, community sports events are also an important component of community sports security. Community sports events can host various competitive and recreational sports activities, providing residents with a platform to showcase themselves and enhancing community cohesion and vitality. In addition, resident fitness groups are also an effective way to promote the development of community sports. Resident fitness groups can encourage mutual communication and cooperation among neighbors, organize various fitness activities such as morning running, Tai Chi, yoga, etc., and provide dual benefits of social and fitness. Through various forms of development models, the community sports security system can better meet the sports needs of residents and promote the comprehensive development of their physical and mental health.

#### ***3.3.2 Application of information technology***

With the continuous development of information technology, the community sports security system will increase the application of information technology, establish a digital management and service platform, and facilitate community residents' access to information, appointment services, etc. With the popularization of smartphones and the Internet, digital management and service platforms have become important tools to promote the development of community sports. By establishing a digital platform, community residents can easily obtain detailed information about sports activities, including venue, time, cost, etc., making it convenient for them to make choices and appointments. At the same time, digital platforms can also provide functions such as online registration and payment, simplifying residents' work processes and improving work efficiency. In addition, digital platforms can also provide more comprehensive health management services for community residents by publishing health information and providing fitness guidance. Through the application of information technology, the community sports security system can better meet the personalized needs of residents, enhance their enthusiasm and initiative in participating in sports activities, and promote the physical and mental health of community residents.

#### ***3.3.3 Strengthening health management***

Health management will become an important component of the community sports security system, promoting the physical and mental health of community residents through means such as health

assessment and guidance. In the community sports guarantee system, health management will play a crucial role. Through regular health assessments, it is possible to promptly understand the physical condition and health needs of residents, and provide them with personalized health guidance and advice. At the same time, health management can also carry out health lectures, health training and other activities, provide professional knowledge and skills, and enhance residents' health awareness and literacy. Through health assessment and guidance, community residents can engage in more scientific sports activities and exercise, prevent diseases, improve physical fitness, and achieve the goal of physical and mental health. The implementation of health management will effectively promote the development of the community sports guarantee system and improve the overall health level of community residents.

### ***3.3.4 Integration of social resources***

The community sports security system will further strengthen the integration and collaborative cooperation with various resources in society, forming a new pattern of sports services for community co construction and sharing. In the development of community sports, fully utilizing resources from all sectors of society is crucial. The community sports security system will actively cooperate with schools, enterprises and institutions, social organizations, etc. to jointly build and manage sports facilities, and share professional coaches and training resources. Through resource integration and cooperation, community residents can enjoy more diverse sports projects and services, improving the quality and level of sports activities. In addition, the community sports security system will actively introduce social capital, encourage social investment in sports facility construction and sports industry development, and create more employment opportunities and economic benefits. By integrating and collaborating with various resources in society, the community sports security system can form a new pattern of co construction and sharing, providing broader and higher quality sports services for community residents.

### ***3.3.5 International exchange and cooperation***

The construction of the community sports guarantee system will actively participate in international exchanges and cooperation, draw on and absorb advanced international experience, and improve the development level of the community sports guarantee system.

In summary, the construction of the community sports security system in China has achieved initial results, but there are still problems such as incomplete policies and regulations, insufficient sports facilities, and a lack of talent. The future development trends include diversified development models, the application of information technology, strengthening health management, integrating social resources, and international exchanges and cooperation. By continuously improving and innovating, strengthening the construction of the community sports guarantee system, we will provide better sports services and guarantees for the majority of community residents.

## **4. Strategies for building a community sports guarantee system based on the concept of health management**

### ***4.1 Application principles of health management concept in the construction of community sports guarantee system***

The concept of health management, as the core concept of the construction of community sports guarantee system, should run through the planning and implementation process of the entire system. Its application principles include personalized customization, comprehensive attention, and continuous tracking. The community provides personalized physical exercise programs and health management services based on the health needs and characteristics of residents through personalized customization; Comprehensive attention requires balancing physical and mental health in sports activities, and emphasizing the balance of various sports activities; Continuous tracking requires the establishment of health records, regular assessment of health status, timely adjustment of sports activity plans, and effective management and promotion of residents' physical and mental health.

### ***4.2 Key elements and indicator system of community sports security system construction***

In the construction of community sports security system, the development and improvement of key elements are crucial for improving the physical health and overall quality of life of community residents. Firstly, the construction of sports facilities is a fundamental condition to ensure that

community residents can conveniently engage in sports activities. This includes building diversified and high-quality sports venues, gyms, and public fitness facilities to meet the sports needs of different residents. At the same time, the construction of a professional talent team is also one of the key elements. The community helps residents engage in scientific and safe physical exercise by cultivating and introducing professional sports coaches and health management personnel who can provide professional guidance and services, and improves the effectiveness of sports. In addition, the organization of sports activities is also one of the key elements in the construction of the community sports guarantee system. By organizing various sports events, fitness activities, and training courses, we aim to stimulate residents' enthusiasm for participating in sports and enhance their awareness and enthusiasm for sports. This can not only increase interaction and cohesion among community residents, but also promote the overall healthy development of the community.

The indicator system is an important tool for objectively evaluating and monitoring the construction of the community sports security system. The facility completeness index can measure the coverage and quality of community sports facilities, and evaluate the convenience of community residents in accessing sports venues. The indicator of residents' health literacy focuses on their awareness and management ability towards health, including their mastery of health knowledge and adoption of health behaviors. The coverage index of sports activities can reflect the popularity and participation rate of community sports activities, and evaluate the enthusiasm and effectiveness of community residents in participating in physical exercise.

By establishing a comprehensive indicator system, we can comprehensively understand the construction and effectiveness of the community sports guarantee system, and take corresponding measures to adjust and improve it in a timely manner. In this way, community residents can enjoy better sports security services, promote the improvement of physical and mental health, and promote the overall sustainable development of the community.

## 5. Conclusion

The construction model of a community sports guarantee system based on the concept of health management should revolve around four aspects: health management, sports facility construction, health promotion, and community participation.

Firstly, health management is the core of the model, and it is necessary to establish health management records to record residents' health and exercise status, providing a basis for personalized health guidance. This can be achieved by establishing an electronic health record system that integrates personal health data, including physical examination results, exercise habits, etc., so that professionals can provide customized health management plans based on individual circumstances.

Secondly, the construction of sports facilities is an important guarantee for the construction of the community sports guarantee system. In addition to building diversified and high-quality sports venues and fitness facilities, consideration should also be given to the needs of residents of different ages, genders, and interests, providing a rich and diverse range of sports options. At the same time, it can also encourage communities to establish cooperative relationships with surrounding educational institutions, sports clubs, etc., share high-quality sports facilities and resources, and provide more diversified sports activity choices.

Thirdly, health promotion is an important part of the construction of the community sports guarantee system. By conducting health knowledge promotion and education activities, we aim to enhance residents' health awareness and literacy, and enhance their enthusiasm for participating in physical exercise. Health lectures, distribution of health manuals, and regular physical examinations can be held to promote residents' understanding of the importance of health management and provide relevant guidance and support.

Finally, community participation is a key link in the construction of the community sports guarantee system. Encourage community residents to actively participate in the organization and management of sports activities, such as establishing community fitness associations or volunteer teams, organizing various sports events, health activities, and training courses, so that residents have more opportunities to participate in and enjoy the fun of sports. In addition, social media platforms and mobile applications can also be used to provide community sports services that combine online and offline, making it convenient for residents to participate in sports activities anytime and anywhere.

Through the construction of the above four aspects, a community sports guarantee system

construction model based on the concept of health management can effectively improve the physical and mental health level of community residents and promote the overall sustainable development of the community. Such a system will provide residents with comprehensive sports security services, enabling them to have a healthier and happier life.

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