

# The Study on the Evaluation System of the Implementation of the National Fitness Policy under the Health China Strategy

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**Abstract:** The policies formulated and promulgated by the state provide institutional guarantee for the development of national fitness in China. After the policy is promulgated, it needs to go through complex stages of implementation, evaluation and feedback in order to achieve the goal of the policy. In these stages, the policy implementation stage is the key to the transformation of the national fitness policy from the text to practice. However, for a long time, the local government of our country once focused on the policy-making and ignored the policy implementation, which also led to the implementation of the national fitness policy in some places is not optimistic, "choose to implement", "flexible implementation", "resist the implementation" and so on, which eventually made it difficult to realize the public sports interests carried by the national fitness. In fact, the phenomenon of the national fitness policy implementation block also reflects that the local government's policy implementation still needs to be improved. Executive power, as the vitality of government administration, is the main responsibility of local government. Its strength reflects the effect of government serving local people, affects the overall situation of local economic, social and cultural development, and the practical interests of local people. Therefore, a detailed and comprehensive analysis of the implementation of the local government's national fitness policy and the construction of the corresponding evaluation system of the implementation of the national fitness policy are of great significance to effectively supervise the implementation of the national fitness policy, improve the efficiency and effect of the national fitness policy, and realize the construction of a healthy city. It will be of great practical significance to realize the healthy development goal of national fitness.

**Keywords:** National Fitness, Policy execution, Evaluation system

## 1. Introduction

In recent years, China has promulgated the "national fitness regulations", "national fitness plan (2011-2015)" and "national fitness plan (2016-2020)" and other national fitness policies. With the promulgation of new policies and measures such as "healthy China 2030" planning outline "and" guiding opinions on accelerating the development of fitness and leisure industry ", the national fitness cause is once again pushed to a higher development platform. Healthy China is a blueprint for the development of a well-off society in an all-round way. It is an innovative development concept and embodies the common ideal of the government, the society and the whole nation. Without national health, there will be no overall well-off society. National fitness is no longer limited to the scope of sports, but the pre hurdle of "disease prevention", which is an important part of healthy China. National fitness is an important way and means to achieve national health, and is the basic guarantee for all people to enhance their physique and live a happy life. Its core is health priority, and national fitness is one of its basic means. The key to the development of national fitness lies in the implementation of relevant policies of local governments. As a national strategy, the management of national fitness should be at the forefront of reform and innovation, and play an important role in the growth of sports industry, the main position of sports culture and the booster of healthy China.

## 2. Methodology

Under the strategic background that national fitness is included in healthy China planning, this study takes the implementation of national fitness policy of local government as the research object. This paper intends to systematically explore the evaluation system of the implementation of the national fitness policy in China, put forward the optimization strategy of the national fitness policy in China, improve the implementation of the government's national fitness public policy, build a healthy China (city), and form the policy power to promote the sustainable development of the sports public service system. Following the idea of theory practice theory, this paper first discusses the background, current situation and value of the implementation of the local government's national fitness policy in theory; Then, starting from the practice, this paper clarifies the existing problems and their roots in the implementation of the national fitness policy of the local government, so as to pave the way for the further construction of the integrity of the evaluation system; Finally, the feasibility of the national fitness policy implementation evaluation system is theoretically elaborated, summarized and deduced. The comprehensive use of multi-disciplinary knowledge, especially the public policy, politics, evaluation, sports and other aspects of the theory and method into the relevant research of the national fitness policy implementation evaluation system, expand the research field of the national fitness theory and method. By using the methods of literature review, expert interview, AHP, questionnaire survey and comparative study, this paper introduces Delphi method to analyze and determine the implementation of national fitness policy in healthy China (city).

Based on the background that the cause of national fitness has become a national strategy, combined with the current situation of national fitness policy implementation evaluation in China, based on Sports Science, sociology, policy science and other related theories, especially the "mitt horn" system model of policy implementation, this paper studies the evaluation system of national fitness policy implementation, Starting from the current situation of local government's national fitness policy implementation, this paper explores the multiple mechanisms of local national fitness policy implementation, and constructs the framework model of national fitness policy implementation. Following the logical thinking from theory to practice and then to theory, first of all, optimize the "mitt horn" policy implementation system model in theory, and construct the evaluation system of national fitness policy implementation; Secondly, the evaluation system is applied and tested in practice; Finally, based on the regression theory, this paper puts forward some suggestions on how to play an effective role in the construction of healthy city.

### 2.1. Foreign Related Research Trends

Western academic circles have studied the issue of public policy implementation earlier, and most of them equate the research of "public policy implementation" with the research of "public policy implementation". Since the 1970s, there has been an upsurge of policy implementation research in the field of public policy research in the west, especially in the United States. A series of theoretical achievements have emerged, including process model, mutual debugging model, game model and system model, and a number of analysis models of policy implementation have been put forward, forming a powerful "policy implementation movement". In particular, the policy implementation system model, which was proposed by mitt and horn in 1975, clearly illustrates the relationship between various system factors in the implementation of public policy, and takes the communication, action between organizations and the value orientation of executives as a single factor. Compared with the previous theoretical model of policy implementation, it has certain progress. American scholar Allison believes that the contribution rate of policy implementation to policy objectives is 90%, while policy programs only account for 10%. Tess Kay, a British scholar in the field of sports policy implementation, believes that "sports policy implementation is a dynamic and complex process of transforming citizens' sports interest expression into practice after it is determined. A perfect implementation practice is to achieve the dual goals of qualitative and quantitative stipulated by the policy, As long as there are differences between policy objectives and practice results, it is regarded as the failure of policy implementation." According to the degree of power centralization in policy implementation, Nils, a Swedish scholar, divides the northern European sports policy implementation model into three types, namely, the decentralization model in Denmark, the centralization model in Norway, and the Swedish model between the two, that is, the stable implementation model. Mick green, a British scholar, has analyzed the mode of policy implementation from "all people pay attention to sports" to "all people participate in sports". The main method adopted is to establish a sports foundation through government funding and social investment to get people's attention to sports. Generally speaking, there are many researches on the mode and effect of sports policy execution in foreign

countries, but few on the evaluation system of sports policy execution.

## **2.2. Domestic Research Trends**

The implementation of public policy has become a research hotspot in the field in the past. Mo Yong Bo (2007) defines policy execution as "accurately understanding the objectives and direction of policies, and concentrating on regulation and practicality through carefully designed schemes and resources, such as property, information, law and system, so as to achieve effective regulation and control policies. The inherent ability and strength of the government to achieve the set goals. "There are also domestic scholars who have studied the local government's public policy execution. Zhou Guoxiong (2007) believes that "the public policy execution is a kind of potential power to describe and measure the level of public policy execution." There are also domestic scholars who have conducted research on the local government's public policy execution. Ding Huang (2014) believes that the local government's public policy execution "means that the local government, on the basis of accurately understanding and recognizing the spirit of the central policy, carefully designs the policy implementation plan, reaches a consensus with the policy target groups, and uses the policy implementation process to solve policy problems A kind of resultant force in the process of achieving policy results." The related topics mainly focus on the connotation attribute, value dimension, influencing factors, promotion path and evaluation system of public policy execution, and make a multi angle and in-depth discussion on public policy execution, and gradually become mature.

The domestic research on the national fitness policy started late, and mainly focused on the value of the national fitness policy, text features, content interpretation, implementation path and so on. There is little research on the implementation of the national fitness policy (social sports, mass sports, etc.). Feng Huohong (2006) published the article "Research on the implementation of social sports policies of local governments in China since the reform and opening up -- Taking Shenyang City as an example" in sports culture guide, which is an earlier research on the implementation of sports policies in China. With the increasing concern of sports researchers on the implementation of sports policy, research on the implementation of sports policy also began to appear, such as (Wang Shuyan, 2009) analysis of the influencing factors of the implementation of sports policy in ordinary middle schools, (Wang Shuyan, 2010) evaluation index system of the implementation of school sports policy, (Yang Chengwei, 2010), 2014) research on the effective implementation path of youth physical health policy, (Chen Fuliang et al., 2015) construction of influencing factors model of school sports policy implementation, etc., it can be seen that the research on the implementation of sports policy in China mainly focuses on the field of school sports, the vision is still narrow, and the research on the implementation of national fitness policy is extremely rare.

Taking the "mitt horn" policy implementation system model as the theoretical guidance of constructing the evaluation system, and combining with the characteristics of the national fitness policy implementation ability of local governments in China, this paper revises the "mitt horn" policy implementation system model, and forms the national fitness policy implementation ability model in China. By combing the research on policy execution at home and abroad, most policy scholars equate the research on "public policy execution" with the research on "public policy execution", and there is no research on sports policy execution, which needs to be explored.

## **3. Results and Discussion**

At present, the cause of national fitness has become a national strategy, and the implementation of the national fitness policy is closely related to the implementation of the strategy. The research on the executive power of the national fitness policy in the sports academic circle is relatively lacking. Introducing the executive power of the policy into the field of the national fitness policy will help to enrich the research system of the national fitness policy from the theoretical level, and further form the theoretical guidance for the development of the national fitness cause.

The effective implementation of the national fitness policy is an important step from theory to practice, which should have a certain value orientation. This orientation not only includes a certain goal pursuit, but also needs to follow some principles; the main principles are integrity, efficiency, fairness and human nature.

At present, there are some constraints in the implementation of the national fitness policy in China from the formal system, informal system and mechanism. Based on the theory of institutional change,

this paper puts forward the corresponding optimization path, and holds that to promote the effective implementation of the national fitness policy, we need to establish a public participation platform for policy-making, and improve the rationality and legitimacy of policy-making. To promote the network mode reform of the national fitness policy implementation organization system, innovate the supervision and evaluation mechanism of the national fitness policy implementation.

Developed countries have extensive social participation in the whole operation process of mass sports policy. Compared with developed countries, China's social participation in the process of mass sports policy is still in the exploratory stage. The realization of the cooperative paradigm of social participation in the process of mass sports policy needs to optimize the public opinion environment and attach importance to the interpretation of mass sports policy.

In the construction of healthy China (city), the implementation of national fitness policy is an important starting point. The government should position itself reasonably, change its function in the process of mass sports policy, and actively explore and improve the system mechanism of social participation in the process of mass sports policy.

#### 4. Conclusion

The realization of the national strategy of national fitness in China is inseparable from the institutional guarantee of various national fitness policies, and the implementation of policies determines the degree of realization of policy objectives. Therefore, the implementation of policies is the key to the healthy development of national fitness in healthy cities. Sports authorities will promote the National Fitness Management as the most priority and core content in sports work, which has higher requirements for further improving the performance evaluation system of national fitness policy implementation, supervising the government behavior in the implementation process of national fitness policy, and promoting the functional transformation of government sports departments.

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