

Countermeasures and Suggestions for the Integration of School Sports and Social Sports in the New Period

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Abstract: Under the influence of the concept of lifelong sports, China's social sports has achieved rapid development, but compared with university sports, there is still a certain gap, mainly due to the limited physical skills of residents, the lack of public sports facilities, and the awareness of mass sports. Weak and weak, the fitness of the whole nation is low. In this context, giving full play to the resource advantages of college sports and combining it with social sports has become an effective way to promote the development of social sports. Based on the analysis of the current situation of college sports and social sports development, this paper makes an in-depth analysis of the integration of college sports and social sports.

1. Introduction

Since the promotion of the national fitness campaign, the enthusiasm of residents to participate in fitness has been continuously improved, and the concept of health first has become more and more popular among people[1]. However, compared with the university sports in China, due to the imperfect infrastructure construction, the people's awareness of physical exercise is relatively weak. Residents lack the necessary motor skills and lead to slow development of social movements[2]. According to the news released by the People's Daily in 2014, the per capita activity of sports venues in China is less than 1.5 square meters, compared with colleges with perfect sports facilities, physical fitness guidance, and a good sports atmosphere[3]. In this context, the use of college sports resources to develop social sports is an effective way to enhance the national physique and establish a lifelong sports awareness, which has a great impetus.

2. The Significance of the Integration of College Sports and Social Sports

2.1. College sports and social sports can promote the development of social sports

China is a country with a large population. In recent years, with the continuous improvement of the level of economic development, the intensity of physical labor has been continuously reduced, and the aging of the population and the deterioration of the environment have made people's health needs even higher[4]. However, the proportion of urban and rural residents participating in sports in China is not high. Due to work pressure and sports grounds, urban residents do not have enough time for physical exercise, and township residents generally lack awareness of physical exercise. Currently, most residents exercise in parks, squares and streets[5]. Square dance has become their main exercise method because many middle-aged and elderly residents lack the necessary motor skills. College sports is an important part of acquiring motor skills. Most people master school sports skills, establish sports habits, and sports facilities equipped with colleges and professionals also provide sufficient conditions for the development of sports activities. Through college sports, we can effectively promote the development of social sports and promote the establishment of national fitness and lifelong sports awareness[6]. Therefore, the combination of college sports and social sports can effectively make up for the shortage of social sports venues, residents' awareness of physical exercise is weak, lack of physical activity, and thus play a role in promoting the development of social sports.

2.2. College sports and social sports can promote the integration of colleges and universities

Through appropriate opening of college sports, students can engage with the society, improve students' social adaptability, improve the lack of physical education in colleges and universities, and enhance students' sense of social responsibility[7]. At the same time, it can also improve the current situation of college students lack of physical exercise, encourage students to build interest in physical exercise, and increase opportunities for physical exercise. For teachers, long holidays make them useless. By combining with social sports, teachers can promote social guidance, avoid teacher waste, and give full play to the strength of professional and technical personnel. The socialization of college sports can also adapt college sports to the needs of market-oriented development, keep up with the pace of the times, build a harmonious sports society, and accelerate the process of sports socialization. Through the integration of college sports and social sports, we can effectively change the simplified teaching mode of college sports, absorb the social sports fitness entertainment experience, and promote sports industrialization and diversification.

2.3. College sports and social sports can promote lifelong awareness

At present, college sports in China exist as examination subjects. The shortcoming of exam-oriented education is that it is not conducive to students' lifelong sports awareness. To improve lifelong sports awareness[8]. On the one hand, it is necessary to train students' lifelong physical exercise habits from the school stage. From the out of the campus, develop a comprehensive fitness awareness, carry out an interesting physical exercise program, and cultivate a sense of fitness for the whole nation. Through the combination of college sports and social sports, face-to-face can be realized, and the surrounding communities of colleges and universities can be quickly radiated through networked means to enhance the interactive lifelong sports awareness between students and residents.

3. Research on the Status Quo of the Integration of School Sports and Social Sports

This paper investigates people who participate in sports activities in the XX region. During the investigation, due to the time and place of community fitness activities, the survey selected a total of 10 fitness organizations, a total of 365 people, a total of 365 questionnaires, a total of 343, the recovery rate was 93.97%.

3.1 Basic situation of sports population

(1) Gender distribution characteristics. Of the 343 people surveyed, 189 were women, accounting for 55.1% of the total; and 154 were men, accounting for 44.9% of the total. The female population is slightly higher than the male population.

(2) Age distribution. The study found that people who participated in sports activities were mainly people over the age of 35, of whom 68 were between 35-45 years old, accounting for 19.83% of the total number; 73 people, aged 46-55 years old, accounting for 21.28% of the total number. 116 people, aged 56-65 years old, accounting for 33.82% of the total number; 86 people over 66 years old, accounting for 25.07% of the total number. It can be seen that the number of people participating in sports activities is 56-65 years old, accounting for more than 1/3 of the total. See Fig.1 for details.

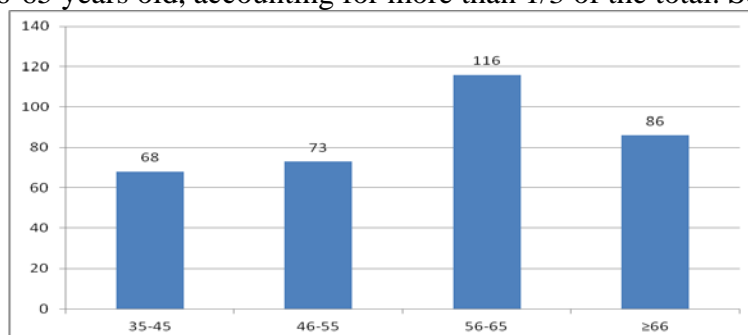


Fig.1. Age Distribution (People/%)

(3) Distribution of education levels. The survey found that 113 people received high school education, accounting for 33.04% of the total; 92 undergraduates, accounting for 26.9% of the total; 67 junior high school, accounting for 19.59% of the total. It can be seen that the people participating in sports activities are mainly concentrated in high schools and above, accounting for 60% of the number of people participating in sports activities, as shown in Fig.2.

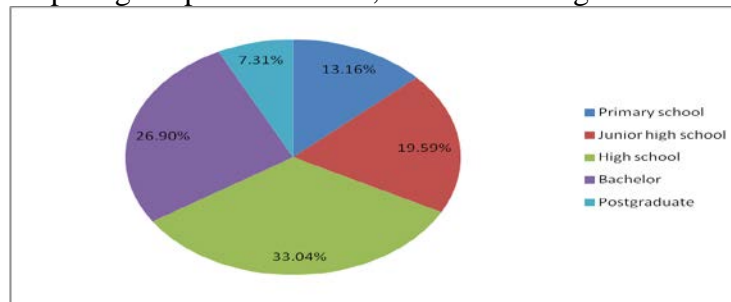


Fig.2. Cultural Degree Distribution (People/%)

(4) Occupational distribution. The survey found that 224 of the 343 respondents did not have a job, accounting for 65.31% of the total. From the perspective of no occupation, 189 retirees accounted for 85.14% of the total; 23 laid-off workers, accounting for 10.36% of the total; 7 from no occupation, accounting for 3.15% of the total, as shown in Figure 3. It can be seen that participation in sports requires a certain material foundation and time as a support. In addition, as the physical function of the elderly deteriorates, more and more people are paying attention to the importance of physical exercise. Therefore, it is reasonable to let more retirees participate in sports activities.

There are 119 occupations, accounting for 34.69% of the total. From the perspective of occupational distribution, 45 managers accounted for 37.82% of the total occupation; 27 employees accounted for 22.69%, accounting for more than 60% of the total occupation, see Table.1.

Table 1 Occupational Distribution of Occupational Personnel

Career	N	%
Worker	27	22.69
Migrant Workers	12	10.08
Student	4	3.36
Manager	45	37.82
Service personnel	7	5.88
UNESCO staff	11	9.24
Other	13	10.92

3.2. Sports personnel participate in sports activities

(1) Exercise program. In the survey, 212 people chose to walk as activities, accounting for 28.96% of the total number; 165 people chose square dance and social dance as activities, accounting for 22.54% of the total number; 99 people chose to participate in the event, accounting for 13.52% of the total number. The three together accounted for 65.03% of the total number. It can be seen that easy-to-learn sports activities such as walking, running and square dance are the first choice for the public. See Table 2 for details.

Table 2 The Participation of Sports Personnel in Sports Activities

Project	N	%
Walking	212	28.96
Running	99	13.52
Square dance, ballroom dancing	165	22.54
Football, volleyball, basketball	56	7.65
Gyro	49	6.69
Whipping	38	5.19
Tai Chi, Qigong	57	7.79
Other	56	7.65
Total	732	100.00

(2) Participation motivation. In the survey, a total of 278 people exercised, accounting for 53.24% of the total number; 69 people in entertainment places, accounting for 12.41% of the total number; 61 people losing weight, accounting for 10.97% of the total number. There were only 36 people in the exercise period during the student period, accounting for 6.47% of the total. See Table.3 for details.

Table 3 Motivation for Participating in Physical Exercise

Motivation to participate in physical exercise	N	%
In order to exercise	296	53.24
For recreation	69	12.41
In order to communicate with people	57	10.25
For weight loss	61	10.97
Accompany your child	26	4.68
Exercise habits developed during the student days	36	6.47
other reasons	11	1.98

(3) The method of acquiring motor skills. The survey found that motor skills were mainly obtained through social sports organizations or sports organizations organized by organizations, 139 and 124 respectively, accounting for 32.33% and 28.84%; the number of school physical education courses was only 47, accounting for 10.93% of the total number. The number of extracurricular sports activities is 26, accounting for 6.05% of the total number. See Table.4 for details.

Table 4 Ways for sports personnel to participate in sports skills acquisition

Access to sports skills	N	%
Studying physical education during school	47	10.93
Extracurricular sports activities during school	26	6.05
Through social sports organizations	139	32.33
Sports activities organized by the organization	124	28.84
From the family	18	4.19
Personal preference	76	17.67

3.3. The connection between school sports and social sports

(1) The connection between sporting goods. The physical exercise program originated from the school and only 102 people, accounting for 29.74% of the total. The physical exercise program originated from 70.26% of other routes. This shows that school physical exercise has less impact on social sports, and most people's physical exercise mainly comes from other ways.

(2) The link between sports knowledge. The survey found that 148 people's sports knowledge comes from schools, accounting for 43.15% of the total; 195 people's sports knowledge comes from other aspects, accounting for 56.85% of the total. This shows that school sports have certain problems between sports knowledge and social sports.

(3) The connection between exercise habits. According to the survey, among the 343 people surveyed, due to the influence of school sports, only 45 people were used to physical exercise, accounting for 13.12%, and the practice of 68.88% of the physical exercise group was inspired by other aspects.

4. Ways to Integrate College Sports and Social Sports

4.1. Moderately open with university venues as a link

Schools should use the holidays to open venues and sports facilities to the society to ensure the normal operation of students, and actively participate in sports activities to open stadiums and sports equipment to residents of nearby communities[9]. For indoor facilities such as sports venues, moderate costs can also increase economic income. For outdoor venues, medium free opening is a priority for students. For scarce resources such as football fields, they can be opened to the public through leasing, etc., and special management personnel are set up to manage the site to avoid

accidents.

4.2. Establishing a sports management department

College physical education teachers and social sports leaders should jointly establish an integrated management department for physical education and social sports in colleges and universities, organize social activities on a regular basis, establish sports guidance stations, sports injury rehabilitation rooms, and provide sports rehabilitation centers with or without compensation, and train physical education teachers. physical education[10]. Teachers and community sports experts assume the role of organizers and leaders of social sports activities. At the same time, it is necessary to coordinate university and social sports activities. Government departments must play a role. The openness and practicality of the stadium must comply with national policies. Under the guidance of government departments, the power of government departments can effectively solve problems that many universities cannot solve. problem.

4.3. Actively carry out sports activities

Colleges and universities can extend school-level leagues and events to the community. For example, schools organize basketball leagues internally[11]. The community also organizes basketball leagues. The seed team can enter the knockout stage. University teams and community teams can conduct joint competitions[12]. In order to increase the influence of sports activities, we can also expand social influence by pulling sponsorship during the competition. Colleges and universities should also actively carry out interesting activities, such as organizing long-distance running, marathon, attracting community participation, organizing tug-of-war competitions and national fitness, and promoting the combination of college sports and social sports. In the event.

5. Conclusion

In short, under the joint promotion of school education and social economy, the development of school sports and social sports will be more closely linked to achieve the integration of sports development [13]. It is necessary to fully mobilize people's enthusiasm for sports activities and vigorously promote sports activities that are conducive to the physical and mental health of the people. In addition, physical education should also begin with young people. Young people are very strong in this country. Only the healthy growth and strong physical fitness of young people can promote the development of society and promote the development of sports.

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