

# Discussion on the Development Achievements and Experiences of Life Sports in China

Junmeng Chen

Sangmyung University, Seoul, 03016, Korea

## Abstract

**Life sports is the basic content of social development and an important link to improve the quality of people. The life sports policy is to ensure the healthy development of life sports in various countries. This study interprets China's current life sports policy and analyzes the overall requirements and main tasks of the life sports policy. Discussed the main achievements and development experience of life sports in China.**

## Keywords

**Life sports; Policy; National fitness.**

## 1. Introduction

Life sports is the basic content of social development and an important link to improve the quality of the people. The life sports policy is to ensure the healthy development of life sports in various countries. China's life sports has developed well in recent years, thanks to the current life sports policy.

## 2. China's Life Sports Policy Analysis

The current life sports policy in China is the National Fitness Program (2016-2020) issued by the State Council in 2016, and its contents are as follows:

### 2.1. General Requirements

#### 2.1.1. Guiding Ideology

Firmly establish and implement the development concept of innovation, coordination, greenness, openness, and sharing, with the fundamental goal of enhancing the people's physical fitness and improving the health level, and meeting the people's growing diversified sports and fitness needs as the starting point and goal and insisting on people-oriented, Reform and innovation, governing the body according to law, ensuring basic, diversified mutual promotion, and focusing on actual results. Through three-dimensional construction, integrated promotion, and dynamic implementation, coordinate the construction of a public service system for national fitness, industrial chain, and ecological circle, and improve the modern governance of national fitness Ability to contribute to the building of a well-off society in an all-round way and to lay a solid foundation for the realization of the Chinese Dream of the great rejuvenation of the Chinese nation.

#### 2.1.2. Development Goals

By 2020, life sports and fitness awareness will generally increase, and the number of people participating in physical exercise will increase significantly. The number of people who participate in physical exercise once or more per week will reach 700 million, and the number of people who regularly participate in physical exercise will reach 435 million, and the physical fitness of the masses will be steadily improved[ 1]. The educational, economic, and social functions of National Fitness have been fully utilized, and the situation of mutual promotion of

the development of various social undertakings has taken shape. The total scale of sports consumption has reached 1.5 trillion yuan. The source of power for economic growth.

## **2.2. Main Tasks**

### **2.2.1. Promote Sports Culture and Promote the All-round Development of People**

Popularize fitness knowledge, publicize fitness effects, promote new concepts of health, regarding physical and mental health as an important ability for individuals to develop and adapt to society, establish a personal development concept that takes part in physical fitness and have a strong physical fitness, and create a good atmosphere of public opinion. Fitness improves personal teamwork ability. Guide to play the role of physical fitness in the formation of a healthy and civilized lifestyle, and establish good social customs that everyone loves to exercise, knows how to exercise, exercises diligently pays attention to rules, stresses integrity, strives for contribution, and enjoys sharing.

### **2.2.2. Carry out National Fitness Activities and Provide A Variety of Activities**

Carry out fitness activities around the masses according to time and place, guide the development of sports events in layers and categories, and enrich and improve the national fitness activity system. Vigorously develop fitness running, walking, cycling, mountaineering, hiking, swimming, ball games, square dancing, and other sports that are popular among the masses, and actively cultivate sailing, fencing, racing, equestrian, extreme sports, aviation, and other fashion with consumption-leading characteristics Recreational sports, support the promotion of martial arts, Tai Chi, Health Qigong, and other ethnic folk traditions and rural farming and fun sports, and encourage the development of special sports suitable for different groups of people, different regions and different industry characteristics.

### **2.2.3. Promote the Reform of Sports Social Organizations to Stimulate the Vitality of National Fitness**

Actively give play to the leading demonstration role of national sports social organizations in carrying out national fitness activities and providing professional guidance services. Strengthen the construction of sports associations at all levels as a hub-type sports social organization, and drive various individual, industry, and crowd sports organizations at all levels to carry out national fitness activities. Promote the branding development of sports social organizations and play a role in community construction, and form a new development situation for modern sports social organizations with a clear structure, diverse types, diversified services, and orderly competition.

### **2.2.4. Coordinate the Construction of National Fitness Facilities to Make It Convenient for the Masses to Exercise Nearby**

By the principles of balanced configuration, appropriate scale, convenience, and practicality, and safety, and rationality, scientific planning and overall construction of national fitness facilities shall be undertaken. Promote the construction of public sports facilities, and strive to build a nationwide fitness facility network and a 15-minute fitness circle in urban communities around the people at the county (city, district), township (street), and administrative village (community).

### **2.2.5. Give Full Play to the Multiple Functions of National Fitness and Form A Development Pattern That Serves the Overall Situation and Promotes Mutual Progress**

Combined with the overall development strategy of "Healthy China 2030", as well as the development of science and technology, education, culture, health, elderly care, and assistance for the disabled, we will coordinate the planning of major projects of national fitness, and make use of national fitness in promoting quality education, cultural prosperity, social tolerance, and

people's livelihood. The positive effects of improvement, national unity, fitness consumption, mass entrepreneurship, and mass innovation.

### **2.2.6. Expand International Mass Sports Exchanges and Lead the Open Development of National Fitness**

Build an international exchange platform for national fitness and strengthen international interaction. Disseminate and promote Chinese concepts, Chinese stories, Chinese characters, Chinese standards, and Chinese products in the development of National Fitness, make a Chinese voice, enhance international influence, and effectively play the role of National Fitness in promoting Chinese culture, enhancing the national image and strengthening national soft power. The unique role of such aspects.

## **3. China's Life Sports Development Achievements**

### **3.1. National Fitness Is Promoted As A National Strategy**

From the perspective of the evolution of the status and role of life sports, in 1978, life sports was in a subordinate position in the overall development of sports, and departmental and unit operations were the main forms of life sports development. The status and role of life sports in the entire national economy and social development are not high. The relevant policies introduced only mention the development of life sports in a few words. In 1995, the "Outline of the National Fitness Program" was promulgated, and life sports began to enter a stage of comprehensive and in-depth development. During the preparations for the Beijing Olympics, the theme activity of "National Fitness and Olympic Games" greatly enhanced the social value and comprehensive impact of the National Fitness Campaign [2]. In October 2014, the State Council officially issued the "Several Opinions on Accelerating the Development of the Sports Industry and Promoting Sports Consumption", which clearly stated that national fitness should be a national strategy, and national fitness should be taken as the basis for the development of the sports industry and the expansion of consumption. The rise of national fitness as a national strategy has injected a strong force into the development of life sports and also raised life sports work to a new level.

### **3.2. The Endogenous Motivation for the Development of Life Sports Is Enhanced**

China's rapid economic growth and overall social progress. The gross national product increased from 362.41 billion yuan in 1978 to 74114.04 billion yuan in 2016, an increase of 203.5 times; the per capita income of urban and rural residents increased from 343.4 yuan (urban) and 133.6 yuan respectively in 1978. (Rural), increased to 31790.3 yuan (urban) and 10772 yuan (rural) in 2015, an increase of 91.6 times and 79.6 times respectively. As people's lives become richer and their leisure time increases, the broad masses of people have an inherent demand for sports. The active square dances in the streets and alleys of China's urban and rural areas have become a true portrayal of the growth in demand for life sports in China. More and more people regard physical fitness as a healthy lifestyle. In 2017, the proportion of people who regularly participate in physical exercise in the country reached 41.3% [3]. The marathon fever in recent years reflects the strong internal driving force for the development of life sports in China.

### **3.3. A Relatively Sound Public Service System for National Fitness Covering Urban and Rural Areas Has Taken Shape**

In 2011, Premier Wen Jiabao proposed for the first time "public sports" in the "Government Work Report". The national "Twelfth Five-Year Plan" regards vigorously developing various social undertakings including public sports as its important content. In this context, speeding

up the improvement of the public sports service system and improving the level of public sports services have become the central task of the development of China's sports industry, and the practice of innovative construction of a multi-level basic public sports service system has been carried out. Through practical exploration, a relatively sound public service system for national fitness covering urban and rural areas has taken shape, as shown in the following: First, the investment in public sports has increased substantially. In 2016, the national financial investment in life sports reached 2.907228 billion yuan. The second is a substantial increase in public sports facilities. The number of sports venues constructed in China throughout the year increased from 1,824 in 1978 to 190,971 venues in 2013. At the end of 1978, there were 21,675 sports venues in China. By the end of 2017, there were more than 1.957 million sports venues in China [4].

Third, the nationwide fitness organization network is becoming more and more perfect. As of 2016, there were 47,280 sports social organizations in China, including 35,876 sports social organizations, 335 sports foundations, and 11,069 private non-enterprise units. The fourth is to create a national fitness "brand" activity system. Fifth, the national fitness team has grown. As of 2016, the total number of public welfare social sports instructors in China reached 2.699323 million, forming a national fitness voluntary service team composed of social sports instructors as the main body, coaches, outstanding athletes, and physical education teachers. Sixth, the level of scientific fitness guidance services has been continuously improved. As of 2016, China has established a total of 8,036 national fitness monitoring sites, with an annual physical fitness of 4,432,041 million people; scientific fitness guidance activities have covered 45 cities and have benefited more than 220,000 people. Seventh, the information publicity service has been strengthened. A special public service information platform for national fitness has been established from the country to the local; various media have increased the proportion of publicity for national fitness, increased national fitness activities reports, scientific fitness methods promotion, sports health and leisure methods collections, and social sports instructors Etc. columns and content.

### **3.4. The Governance Pattern of Life Sports Led By the Government, Coordinated By Departments and the Whole Society Has Taken Shape**

In terms of government leadership, the Chinese government mainly plays a role through the life and sports department of the Sports Commission to help the Sports Commission focus on improving. After 1995, with the promulgation and in-depth promotion of the "National Fitness Program", the government's role in the development of life sports has gradually strengthened. After 2011, with the government's transformation to a public service-oriented government, the government has made great progress in leading the performance of public sports services. In terms of departmental coordination, due to the low level of life sports development itself from 1978 to 1995, departmental coordination was more manifested in the development of sports activities within the organizational system of each department, and less involved in the coordination of life sports public affairs between departments. After 1995, with the in-depth advancement of the "National Fitness Program", the areas and scope of coordination between departments have expanded. By the end of 2016, the State Council approved the establishment of an inter-ministerial joint meeting system for national fitness work composed of 29 departments, which further promoted coordination between departments. In terms of social participation, we have always attached importance to the role of social participation in promoting the development of life sports, actively guiding social forces to participate, and forming an overall joint force to jointly promote the development of life sports.

### **3.5. The Policy and Regulation System of Life Sports Is Gradually Improved**

China has always attached great importance to the protection of policies and regulations for the development of life sports. China has formed the "Constitution" as the leader, the "Sports Law"

and the "Public Cultural Service Guarantee Law" as the core, with the "National Fitness Regulations", "Public Cultural Sports Facilities Regulations", "National Physical Training Standards" and "School Sports Work" The Regulations, supported by regulatory documents of the State Council and supplemented by various supporting regulations and special regulations, have laid a solid legal foundation for the reform and development of life sports.

## **4. China's Life Sports Development Experience**

### **4.1. Insisting on Putting People as the Center Is the Value Pursuit of the Development of Mass Sports**

The value pursuit of life sports development determines the direction of mass sports practice. China regards life sports as an important content of the two "hundred years", and always regards meeting the people's growing demand for physical fitness as the logical starting point for the development of life sports. It has been highly recognized and welcomed by the masses, and has attracted the attention of the whole society. And support [5]. The new central leadership group with Xi Jinping as the general secretary personally planned and promoted the development of sports put forward a series of new ideas, new conclusions, and new understandings, and made a series of new decisions, new deployments, and new requirements. The promotion of national fitness to the national strategy is the result of the planning and attention of the new generation of central leadership with Xi Jinping as the general secretary, and it fully reflects the great importance and ardent expectation of China's life sports work. Life sports in the new era must continue to adhere to the people-centered development value orientation, and do three adherences. One is to adhere to the development of life sports for the people, the other is to insist on the development of life sports to rely on the people, and the third is to adhere to the development results of life sports. Share.

### **4.2. Insist on Integrated Development Is the Basic Direction of Life Sports Development**

Integrated development refers to the development process in which things are interconnected, penetrated, and promoted to each other. As a follow-up system of life sports, its development must be based on China's basic national conditions and the needs of the times, and be in line with the national economy

The integration of economic society. According to the needs of economic and social development in different periods, governments at all levels in China have established goals and tasks for the development of life sports, put forward corresponding development measures, and achieved integrated development with the national economy and society. In the new era, we must adhere to the basic direction of integrated development of life sports, vigorously promote sports + and + sports, and promote the integrated development of life sports and health care, elderly care, tourism, education, and the Internet.

### **4.3. Persisting in Reform and Innovation Is An Inexhaustible Driving Force for the Development of Life Sports**

Persevering in promoting development through reform, and constantly innovating the ideological concepts, system mechanisms, models, methods, and means for the development of life sports are the inexhaustible driving force to promote the development of group life sports. The development of life sports in the new era must emancipate the mind, use the spirit of reform and innovation, and strive to achieve breakthroughs in the deep-seated contradictions and problems that affect and restrict the development of life sports. The focus is to innovate the concept of life sports development, re-understand life sports from the perspective of physical activity, and take the improvement of the level of physical activity in mass work, the level of



physical activity in life, and the level of physical activity in leisure as an important content of life sports work; Re-examine the problems in the development of life sports from the perspective of improving citizens' physical literacy, innovate life sports development models; strengthen the innovation of life sports behavior intervention models, and continuously improve the level and quality of life sports participation.

#### **4.4. Adhering to Overall Planning Is the Fundamental Way of Life Sports Development**

Adhering to the overall planning and all-around consideration of the development of life sports is to proceed from the overall situation, properly handle the various relations involving the development of life sports, and realize the benign interaction and coordinated development of life sports inside and outside; it is to start from the needs and interests of the sports of the people, and correctly reflect and take into account. The sports interests of different strata and groups should be fully tapped and utilized various sports resources to mobilize the enthusiasm, initiative, and creativity of the whole society to build consensus and gather powerful forces to promote the development of life sports. In the new era, in the face of the people's growing demand for sports and the inadequate and unbalanced development of life sports, it is necessary to further adhere to the fundamental method of overall planning, coordinate the development of regions, urban and rural areas, and populations, and increase the protection of rural areas and the underdeveloped central and western regions. Support for disadvantaged groups in the region and society.

#### **4.5. Adhering to the Rule of Law Is the Fundamental Guarantee for the Development of Life Sports**

The rule of law is an important part of the construction of the socialist legal system. China attaches great importance to the guarantee of the rule of law in life sports, and constantly improves the socialist sports legal system with Chinese characteristics. Article 21 of the "Constitution of the People's Republic of China" stipulates that "the country develops sports, launches mass sports activities, and enhances the people's physical fitness." An important legal basis for governments at all levels to carry out nationwide fitness activities. The Law of the People's Republic of China, the National Fitness Regulations, the School Sports Work Regulations, the Public Cultural and Sports Facilities Regulations, the Public Cultural Service Guarantee Law, the National Fitness Program Outline, and other laws and regulations related to mass sports, from different perspectives Provisions are made for the development of life sports, and requirements for life sports work are put forward at different levels, which complement each other and ensure the development of life sports. The promulgation of the "National Fitness Program" in various periods has allowed us to clarify the phased goals, tasks, and main measures for the development of life sports, and provides a guide for the planned and step-by-step promotion of the development of the national fitness industry. In the new era, facing the new tasks of extensively developing national fitness programs, accelerating the promotion of sports power, and facing the new forms of a continuous deepening of sports reform, we should always adhere to the rule of law, continuously improve the concept of the rule of law of the main body of life sports governance, and vigorously promote life sports The improvement of laws and regulations will increase the intensity and supervision of life sports law enforcement, optimize the legal environment of life sports, and enable the rule of law to play a leading, promoting, standardizing, guaranteeing, and restricting role in the development of life sports.

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