

On the Current Situation and Countermeasures of Mass Swimming in China

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Abstract

With the rapid development of China's economy since the reform and opening-up, the sports industry has also developed rapidly, especially the swimming industry. Based on the analysis of the current situation of mass swimming in Shenzhen City, this paper discusses the factors affecting the development of mass swimming in Shenzhen City and puts forward some corresponding suggestions to promote the development of mass swimming in China.

Keywords

Shenzhen; Mass Swimming; Current situation and countermeasures.

1. Introduction

Since the 1990s, when the "National Fitness Program" was promulgated, the development of sports has set off a round of high tide, and various sports have been developed vigorously. The "National Fitness Swimming Exercise Standard" states: It is a social and mass focus on the level of individual sports exercise standards, applicable to enterprises and institutions, institutions, schools, the military, rural areas, and the community at large. The exercise standard is carried out to all the people. Because of its unique advantages, swimming is in the forefront of the development of many sports. The survey results of the current situation of mass sports in China show that mass swimming is one of the most popular sports in our country, second only to running and badminton. In this context, China's public swimming is going through a stage of vigorous development. But at the same time, due to the economic conditions and the objective conditions of the national swimming and fitness awareness, China's mass swimming is also in its initial stage, and the group and development mode of mass swimming are not yet stable, through a series of investigation and discussion on the swimming group in Shenzhen, which is relatively well developed in mass swimming, this paper sums up the good experience and methods. In order to promote the popularization of mass swimming activities.

1.1. Subject

In the summer of 2019, 200 swimmers from the three outdoor swimming pools in Dongcheng, Shenzhen, Pingshan District, Dongsheng Times swimming pool and Liuhecheng swimming pool were studied.

1.2. Methodology

1.2.1. Literature Review

Collection and access to information related to this article

1.2.2. SITE Investigation Method

For three years in Shenzhen swimming lifeguards and coaches experience, understanding of Shenzhen Pingshan and other places of the public swimming

1.2.3. Interview Method

Individual Interviews and data collection were conducted with swimmers, trainees and swimming venue operators from the above three places in Shenzhen

2. The State of Mass Swimming

2.1. Current Situation of Mass Swimming in China

2.1.1. The Emergence and Development of Mass Swimming in China

From the theory of need to analyze the motivation of swimming, swimming and other human skills are in the struggle with nature, in labor. The early development of swimming is closely related to human's productive Labor, recreation and military activities. It is produced and developed in the long-term process of human's adaptation to nature. In the long practice of production and life, the content of swimming has gradually been enriched, the form is also gradually improved.

2.1.2. Current Situation of Mass Swimming in China

The swimming participation rate of the sports population in our country is the highest in the youth stage, and it shows a slight decreasing trend from 8.53% to 7.93% in the middle age, and drops rapidly after the Middle Age, and the lowest in the old age stage is 1.87%. [3] the swimming population in China is mainly young people, followed by young adults as shown in figure 4. Because the swimming movement environment is different from other movement is carries on in the air. The density of water is more than 800 times that of air. The resistance to movement of limbs in water requires high strength of muscles and flexibility of joints. Teenagers and young adults are energetic and have high joint flexibility and adaptability in water. But the middle and old age stage, because the physiological factor influence, the physical quality each aspect drops. In particular, the cardiovascular system and the function of the respiratory system, which require more swimming, decreased significantly in the middle aged and the elderly.

2.1.3. Motivation for Mass Swimming in China

Half of those who took part in swimming said they wanted to keep fit and keep fit, while 22 percent said they wanted to keep fit and have fun. 11% think it's about willpower, 7% think it's about relationships, and about 6% think it's something else. It can be seen that the main purpose of mass swimming in China is still to strengthen the body and shape, followed by summer and entertainment, there are a small number of people for the exercise of will and interpersonal communication.

3. Results and Analysis

3.1. Fitness Benefits of Popular Swimming

Shenzhen, as one of the four first-tier cities in China, had a resident population of 10.5474 million at the end of 2012. As one of the important mass sports events, swimming has high exercise value and is one of the important means to improve the physical quality of Shenzhen residents.

1.The fitness value of swimming. The value of fitness lies in improving physical fitness. Physical fitness includes muscle strength, heart and lung endurance, flexibility and body composition. Only long-term regular adherence to exercise in order to keep physical fitness in a relatively optimal state.

(1) to improve the quality of cardiorespiratory endurance. Cardiorespiratory endurance refers to the endurance of long-term exercise of the muscles of the whole body, which is the endurance of the body. The cardiovascular system is an important dynamic system of the human body.

Both the pumping function of the heart and the transport function of blood vessels are essential systems for the maintenance of the human body. A healthy heart and lung system is the basic guarantee of good health. Through the system of physical exercise, can make the heart muscle thickening ventricular volume increases, cardiac blood output increased. The heart pumps more blood. Regular physical activity over a long period of time will also improve respiratory system. SPIROMETRY, continuous spirometry, time spirometry and maximal ventilation were significantly increased. Respiratory System's work capacity has improved significantly, further improving the body's ability to sustain itself.

2. Practical value.

(1) swimming is a basic survival skill. Two-thirds of the Earth's surface covers the rivers, lakes and seas. Water is essential to human life. Have certain swimming skills to ensure the safety of human life. Swimming is a necessary productive skill. Swimming has high practical value in production and construction. For example, water conservancy construction, water transport, underwater scientific research, flood rescue, salvage and rescue fisheries production and so on. Swimming is a necessary military skill. Swimming has always been valued by military strategists. In particular, the modern society is under the control of the sea age, the navy has played a pivotal role in the military, swimming has become an indispensable necessary skills.

3.2. Analysis of the Swimming Stroke for Beginners

According to Table 1, beginners learn to swim breaststroke as the first stroke, breaststroke in the four middle stroke is easier to learn, and master the rhythm of action soon to be able to swim a longer distance.

Table 1. Shenzhen swimming population learning to swim

Swimming stroke	Percentage (%)	To learn the stroke
Breaststroke	83	8~10 hour freestyle
Freestyle	12	10~12 hour freestyle
hour backstroke	5	12~15 hour freestyle
Hour Butterfly	0	

3.3. Age Structure of the Swimming Fitness Group

From the following table 2, it can be seen that the age of the mass swimming fitness group in Shenzhen is mainly concentrated between 20 years old and 20 ~ 30 years old, accounting for 48.5% , 28.5% respectively, and only 21% among 31 ~ 60 years old. The age of participation in swimming increased with a decreasing trend. This may be due to the fact that young people under the age of 20 and those between the ages of 21 and 30 have a high demand for exercise, a relatively large amount of time, and a curiosity about swimming, however, those aged 31 to 60 years old had lower participation rate due to their busy work, less leisure time, lower physical fitness and swimming exercise habit.

Table 2. Age structure statistical table of swimming fitness group in Shenzhen City

Age: 20Years Old; 21~30Years Old; 31~50; Years Old; 51~60Years Old; 61Years Old

4. Problems Affecting the Development of Mass Swimming

4.1 the development of swimming industry is not perfect and the management mode is single. At present, the development of swimming industry in China is in the early stage, and the management mode is not mature. Swimming Fitness Entertainment, swimming fitness development, swimming consultation, swimming rehabilitation, swimming venue development and management, swimming training supplies and other industries are still not

well developed. The relatively developed national swimming industry in the United States and Singapore takes the form of club, and the business scope and mode of relative safety specialty are various.

4.2 there were significant differences in age structure and gender among swimming participants. According to the above data statistics show that China's swimming population is mainly concentrated in the youth and male groups. The strong consciousness of juvenile physical fitness is one of the important manifestations of the policy of improving juvenile physical quality in China. However, the middle-aged and elderly swimming population is relatively small, busy work less rest time is an important reason, the lack of swimming habits is also an important factor. On the one hand, it is because of the influence of traditional ideas, on the other hand, it is also because of the physiological and physical quality of the female group. All of these factors contribute to the sex and age differences in the swimming population in China.

5. Suggestions and Measures for Developing Mass Swimming in China

5.1 strengthening the construction of legal system our country is in the primary stage of socialism, and the construction of legal system is just beginning. The Law on the emerging sports industry is the lack of a strict and orderly legal system to protect the rights and interests of consumers. We should speed up the construction of the socialist legal system according to our national conditions. On the one hand, in the light of the special situation of the swimming industry, a unified and effective national legal system should be formulated, including the application for swimming industry qualification, the issuance of business licenses, the supervision and accident handling programs in daily operations, etc. , to ensure the institutionalization of the swimming industry to ensure its healthy development. On the other hand, according to the actual situation of the development of swimming industry in China and the relative developed countries of swimming industry, we should establish a scientific, effective and complete legal system.

5.2 to increase investment in sports facilities per capita in China, as a country with a large population, there is still a big gap between China and developed countries, and the physical quality of its citizens needs to be improved at present, it is an imperative trend to increase the investment of sports facilities. And swimming as a multi-aspect to improve the quality of human sports should be promoted. On the one hand, the state policy should increase the support to the swimming industry, and at the same time increase the financial input to the infrastructure of the grass-roots community and township swimming industry. On the other hand, it is one of the important ways to lead the market to invest in the swimming.

6. Conclusion

the development of mass swimming in Shenzhen is relatively good, and the teenagers have a high consciousness of swimming, which is in line with the basic policy of improving the teenagers' physical quality in the outline of national fitness program. However, there are some problems. The swimming population is mainly under the age of 30, and the female swimming population is relatively small. There are still some problems in the process of mass swimming in China. The development of mass swimming still needs the coordination of government, relevant departments and market to promote the development of mass swimming in China.

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