The Value and Significance of Table Tennis in the National Fitness

Jun He

Abstract: the upsurge of the development of table tennis is accompanied by the development of the "National Fitness Program", which makes sports close to life and walks into the society. At the same time, it can improve the people's physical quality effectively, and form a good living habit. It can further promote the development of socialist modernization in China. Since the plan has been carried out, people have a profound understanding of the desire for health and good sports attitude, and more and more people are actively engaged in and participate in the fitness activities.

Key words: table tennis; national fitness;

As a "national ball" table tennis sport, our interest in the masses has become more intense, which accelerates the embodiment of the value and significance of national fitness. In the "full name fitness program" for many years and implementation, China has gradually formed a systematic form of fitness, and people in the national fitness campaign to continue to pursue and explore, and then to achieve healthy body, physical and mental pleasure of a good way of life and state.

First, the characteristics and characteristics of table tennis
Table tennis is a round ball. In international competition, the ball is used in 40mm. Its movement combines three people's own intelligence, skill and physical energy. It is an intelligent sport barrier, and is a sports item with competitive, fitness and entertainment. The ball is not small, and the average speed is 0.2 seconds, skillful, varied and interesting. The requirements of simple equipment, sex free, age, and environmental conditions are restricted, and can be carried out according to the needs of the individual's own physical quality, and can be exercised with large and small exercise. It has a high value for exercise and a universal adaptability, strong popularization and sex. Table tennis needs visual and physical reaction, so regular table tennis can improve the flexibility of the nervous system, improve the learning and work efficiency in life, and improve the function of the cardiovascular system effectively.

Southwest Petroleum University-Nancong Campus, Sichuan, Nanchang, 637001
Besides, as a requirement to coordinate the whole body movement of the upper and lower extremities, physical fitness, coordination of movements, flexible limbs and quick response are also significant. Effective exercise of personal self will, and some of the bad feelings of life to vent and alleviate the role. In addition, the two parties separated by the ball table in practice will not have physical contact, only according to the physical quality of their own proper exercise, greatly reduced the possibility of sports trauma.

Two, the value of table tennis in the whole people's fitness
Among the many sports for the whole people, the non table tennis for the first representative is a national sport which is required for the skill. The quantity of sports can be reasonably increased and controlled by itself, and the requirements of sports equipment and equipment are not high, and the table tennis table that can be seen everywhere is compared to basketball and tennis. And sports such as football have much more fitness value. Therefore, it is natural for everyone to enjoy sports as well. The appropriate age range for exercise is seventy or eighty to the elders, to five or six years old. And it can be a small amount of exercise, in addition to the two parties separated by the ball table in practice will not have physical contact, only according to their own physical fitness exercise, greatly reduced the possibility of sports trauma. The value of safety, fitness, exercise and physical and mental experience are all reflected. The value embodied in the above features can be realized only by a ball, a ball table and a pair of racket, which can effectively improve the health level of the people's physique in our country.

Three, the significance of table tennis in the whole people's fitness
As a sport with high popularity in all classes and ages, we can hear table tennis matches and news all over the world. And the long-term participation in the exercise of table tennis, to improve the quality of the people themselves, but also embody the name of our country, known as the "national ball", so it has also merged the elite of the Chinese name for thousands of years. Our country is continuing to add all kinds of famous fitness activities to carry out and implement. It has been widely popularized and developed in social units, departments, schools, and courtyards. It is because by the majority of people love, the status of table tennis too high to be reached in the national fitness. Our careful and careful exploration will play an important role in the development and guidance of table tennis in the future.

Four, the influence of table tennis in the whole people's fitness
(1) table tennis meets the needs of different age levels and promotes interpersonal interaction.
To make the people of the world as high as possible to live as high as possible is the main purpose of the WHO (WHO). It requires "not only a complete physical and mental state and the ability to adapt to the society, but also the lack of disease", so it is known that it is indispensable to the two aspects of physical and mental health. The implementation of the "full name fitness program" is to drive people's sense of fitness from passive to active. In order to promote the popularization of fitness for all, the state requires the government to cooperate actively, so as to drive the health values for individuals and then to all. The idea
of "people first and health first" is advocated by China's sports. As a sports project with multi dimension and healthy value, table tennis is loved by all ages and people, and it promotes the social contact between people in the process of socialist modernization in China. Feeling communication and solidarity and friendship can arrange and enrich their own amateur cultural activities and speed up the pace of building socialist spiritual civilization. And the importance of table tennis in the national fitness campaign enriches the amateur cultural life of the masses.

(2) table tennis is good for people's physical and mental will.
The time of table tennis is increasing, and in its exploration, no matter how much it can improve the level of its combat skills, everyone can find a way of playing, or radical, or stable. Along with the enhancement of their competitiveness, both sides need to rely on their indomitable will and perseverance, and overcome physical fatigue and persist until the end of the competition. In the course of the game, the score is constantly changing, the main and passive transfer, the lead or the backwardness often appear, and the presentation of the victory or defeat of the war game is determined by the competition of you and me, the huge energy and energy consumption of the nervous system, and the will of the body of both sides of the competition have certain requirements. For a long time, table tennis training is good for physical exercise and psychological will.

(3) table tennis is conducive to the release of physical and mental stress.
The movement of table tennis has a sense of stress and tension, and the self reaction and performance in the process of exercise can release the pressure, regulate the nerve movement effectively, and with the development of the modern society, there is a convenient life and comfortable environment, and can not avoid some unpleasant feelings. As a national sports table tennis, proper conduct can play a role in dredging negative emotions, forget the troubles and frustrations of life, enjoy the happiness of the movement, secure the heart of his own, and have a beautiful vision and yearning for the future, and promote social harmony.

Five, table tennis in the name of fitness still needs improvement.
(1) lack of device devices.
This situation appears in most primary and secondary schools and public fitness places, and the requirements for equipment and site are the necessary conditions for table tennis. Therefore, there are some restrictions on the development and development of the sports.

(2) the lack of professional tutors for table tennis.
For the needs of table tennis professional instructors, there is such a problem in the school and the convenience of the people in the society, and usually the so-called gym table tennis instructors are mostly attributed to their own interests and accumulated years of experience, and then they are recommended as table tennis instructors, and through a large number of them. The data show that excellent table tennis guidance is still the need to supply social fitness, so it is also an important goal for strong support and screening of table tennis professional instructors.
Six, summary and proposal

(1) The development and contribution of table tennis to the population of our country has reached the stage of development and contribution to the economic environment, especially in the course of physical education in the university. Whether it is a public fitness facility or a sports place in primary and secondary schools, it is hoped that the attention of the relevant departments can be obtained in the future. The implementation and realization of "lifelong physical education", also can make the sport has continued to develop in the days after the.

(2) For the development of the sport in the whole people's fitness, it needs the support of the social forces, large to all class administrative units, small to the community people themselves, according to the community's fitness environment and the wishes of the residents, to develop the table tennis, and to promote the movement of table tennis to a new height in the whole people's fitness.

(3) Improve the basic level of table tennis majors and teachers, and attach importance to training, so as to make a mental example for our sports industry.

(4) Key investment.