The Predicament and Breakthrough of Sun Sports from the Perspective of Sports Power

Feng ZHAO¹,a,* , Li-ping ZHOU²,b and Qing-zhu SUN³,c

¹Department of Physical Education, Nanjing University of Finance & Economics, Nanjing, Jiangsu, China
²Department of Physical Education, Nanjing Audit University, Nanjing, Jiangsu, China
³School of Sports Science and Physical Education, Nanjing Normal University, Nanjing, Jiangsu, China

¹zhaofengnanjing@163.com, ²zzllppnj@163.com, ³sqz81@163.com
*Corresponding author

Keywords: Sports Power; Sun Sports; Predicament; Breakthrough.

Abstract. This paper discusses the significance of sun sports to the a world sports power, the background, current situation, deficiency and challenges of sun sports as well as the short-term and long-term strategic goals of the development of sun sports from the perspective of constructing a world sports power. Besides, this paper proposes to highlight the concept and value of life, organically combine the goal of constructing a world sports power with the optimization of sun sports in terms of organization, accelerate the cyber development of sun sports in terms of structure, deepen the reform of PE curriculum and teaching in terms of content and promote the integration of teaching, training and competition in terms of form.

Introduction

The vigorous development of sun sports is a necessary factor to ensure the development of a world sports power during the process of shifting from a sports country to a sports power. How to further develop the work of “sun sports” and truly carry out “sun sports” against the social background of constructing a world sports power is a question worth pondering at present. Since the 18th CPC National Congress, president Xi Jinping has repeatedly stressed that sports is an important symbol of social development and human progress as well as an important manifestation of comprehensive national strength and social civilization. Sports plays an irreplaceable role in improving people’s physical quality and health condition, promoting all-around development of people, enriching people’s spiritual and cultural life, accelerating the economic and social development, and inspiring people of all ethnic groups to carry forward the spirit of striving for excellence and self-breakthrough. Since the reform and opening up, the sports work in Chinese schools has achieved great progress. The results of a survey concerning physical health in the past 30 years show that the health condition of young students in China has witnessed an obvious improvement. The results of an investigation of body constitution and health show that students’ body shape and nutrition continue to improve. Some indicators that reflect the nutritional level of students are increasing year by year. But some other indicators that reflect the level of physical function and physical energy, such as vital capacity, grip strength and endurance, are declining year by year. Students' vital capacity and physical quality continue to decline. In terms of physical quality, students’ speed, explosive effort and power capacity have witnessed 10 consecutive years of decline, the endurance level has declined for 20 consecutive years. The proportion of overweight and obese students among young students is increasing rapidly, and for urban boys this number is 24%. The rate of students who suffer from poor eyesight still remains high, 31% for pupils, 58% for middle school students, 67% for high school students and 82% for college students. In the college entrance examination in 2005, 85% of the candidates were limited in choice of specialty. In 2005 and 2006, 63.78% of the high school students were eliminated because of unqualified physical examination.¹¹
The Predicament and Analysis of Sun Sports from the Perspective of Constructing a World Sports Power

The current situation of sun sports

In the process of promoting sun sports, neither the structure of physical education, extracurricular activities and sports competitions or their coordination is satisfactory. The first reason accounting for that is the simple structure. Physical education, extracurricular sports and sports competitions are not really integrated. They are even separated in some areas. Extracurricular sports and sports competitions are only the performance of students with sports specialty. Thus, it is necessary to enhance the guidance and promotion of physical education, improve the scientific nature of extracurricular sports and increase the group participation and regularity of sports competition at the grass-roots level. Second is the single form. The physical education in some parts of our country has not broken the traditional mode of PE lessons. Students cannot get out of school, or embrace nature, let alone entering their own lives, which virtually weakens students’ enthusiasm for sports. Third is the monotonous contents. In many schools the items and contents of sun sports are almost the same as before, with few choices and changes and without much interest. The few items repeat all year round, which has largely restricted students’ initiative to participate in sports. Fourth is the formalized management. To force those who lack the initiative in sports to participate in the training can’t essentially solve the problem of individual’s inner driving mechanism of exercise and is contrary to the current policy of sports reform. Fifth is the limited fields and aging sports equipment. With the acceleration of urbanization in China, there have been wide streets, large squares, luxurious government offices in some areas, while public sports venues and sports facilities still remain rather limited and outdated. The lack of sports fields and facilities in school has almost become a common phenomenon. With the enlarged enrollment, the per capita area for sports in some schools can’t reach the standard. In some schools the per capita area for sports is only one square meter.

The deficiency of sun sports

People are the subject, the core and the purpose of sun sports. Once under the influence of some pure biological visions and concepts, some physical education courses in primary, middle schools and colleges seem to be gradually becoming simple exercise for enhancing physical fitness, ignoring experience, entertainment and emotion. The excessive attention to sports science and the neglect of human concern have made some physical education courses become a pure biological process which is monotonous and boring. This is a kind of education that treats learning simply as a linear and inanimate process, a kind of education that transmits tools and skills. Under the current educational system and sports values, teenagers are suffering great psychological pressure because of too much homework and expectation. Some teenagers are deprived of sports rights by the exam-oriented education and the time for sports activities is squeezed by heavy homework and academic subjects. The motivation of sun sports and the attitude towards it are distorted. Since teenagers are in the age of vigorous, rebellious and curious personality, such lack of sports makes them unable to enjoy the sense of satisfaction and accomplishment brought by personal sports. As an important part of school physical education in China, sun sports is carrying rich sports spirit and cultural wealth. Its "peace", "fairness" and "participation" spirit is exactly the reflection of human ideal interpersonal relationship and social ethics. In the process of participating in sun sports activities, teenagers get to know and learn to observe the rules of games. This is precisely the process of understanding and imitating the social contractual relationship and its civilized life style. However, these soft indicators seem to have not been fully valued.

The challenges of sun sports

The first is sun sports and community sports. The form of school sports and community sports is different. Sports facilities, educational resources and talent resources have not been fully integrated and utilized, resulting in the waste of limited sports resources. The development of sun sports is dependent on active support of community sports in order to enhance the continuity of sun sports.
Therefore, it’s necessary to develop sun sports in against the background of social development in certain areas, carry out targeted reforms in contents and methods of physical education, and link sun sports, health education and community sports together to realize common progress and development.

The second is sun sports and family structure. Chinese family structure is showing a diversified development trend. The traditional family structure of three or four generations living together is decreasing while single-person family and DINK family are gradually emerging. The number of family members in China keeps decreasing, and the average family size in China has dropped from 4.41 people in 1982 to 3.44 people in 2000. With the change of modern family structure as well as the pressure of life and work, it is not unusual to see grandparents leading the education of their grandchildren. Children in those families are often spoiled by their grandparents, so the traditional sports outlook of the elderly will have a certain impact on children’s view of sun sports and health.

The third is sun sports and modern technology. The mechanization, electrification and cyber development of modern science and technology have changed the way of people's life. The opportunity and time to be engaged in all kinds of physical activities are greatly reduced, and the physical expenditure is reduced to a very low level. While enjoying the achievements of science and technology, students are also paying the cost of deterioration of physical function. The most obvious change in human body is the decline of people’s exercise ability, reflected in the gradual loss of necessary physical qualities such as body coordination, sensitivity and strength.

The Strategic Goals of Sun Sports from the Perspective of Constructing a World Sports Power

The short-term goals of sun sports

China, Korea and Japan are close to each other in location so they are comparable. According to a survey made by the scholar named Zhao Zhongwei, the physical condition of both Chinese students and Korean students has witnessed a growing trend. In terms of height, Chinese students are better than Korean students. In terms of the speed of weight growth, Chinese students are not as good as Korean students. For Chinese students, the Quetelet index of boys is increasing while that of girls is decreasing. Overall speaking, the Quetelet index of Chinese students is lower than that of Korean students. Chinese students have a higher level of physical function and a better performance in vital capacity than Korean students in general. The physical qualities of Chinese students are declining, but are better than Korean students on a whole. At present, the physical health level of Japanese students is higher than that of Chinese students. Although China has grown considerably faster than Japan in recent years in terms of height and weight, there is still a large gap between China and Japan in most age groups. In terms of sports ability, the performance of Chinese students in 50-meter running, grip strength and standing long jump still lags behind Japan. Japan has made prominent efforts in strengthening the physical health of the students after the war, including valuing nutritional diet, implementing school-lunch system and strengthening diet education of students. Japan has included the teenager physical test which is carried out yearly in May or June into the legal contents of middle school physical education courses. Advocating "happy sports" and "career sports", Japan stimulates individuals to actively participate in physical exercise through "survival potential" and intrinsic motivation, so as to enhance their physique and promote their health. It is the overall strategy for China's economic and social development in the next 10 years to build a well-off society in an all-round way by 2020. China's sports industry is an important part of the national cause. Under the strategy of sports power, sun sports must obey and serve the overall development strategy of the country and strive to catch up with Korea and Japan.

The long-term goals of sun sports: A leap from quantitative changes to qualitative changes

In 1987, Deng Xiaoping put forward the proposal that China shall achieve the level of the middle developed countries by the middle of this century and basically realize the modernization. On the basis of overall national policy, efforts should be made to promote the modernization of sun sports.
Against the great background of Chinese prosperity, during the 30 years from 2020 to 2050, not only the standard rate of students’ physical health, the implementation rate of students’ daily one-hour exercise, the per capita physical education and the area of the exercise fields and other quantitative indicators will be at a good level, but students’ physical conditions, sports habits, sports expectations, sports interests, sports needs and sports values will also experience a leap from quantitative changes to qualitative changes and reach the level of developed countries. As the advocate, organizer and manager of sun sports, we should have comprehensive sports quality and professionalism as well as great sports business capability. In this stage, sun sports should be able to attract students to participate in sports activities in their favorite ways according to their own interests and needs. In the process of continuous experience of progress or success, students can enhance their self-esteem and self-confidence, thus forming a positive and optimistic attitude towards life. Physical education teachers should regard students as individuals of life, and relate the purpose, process and result of sports education to the development of students' life, and strive to achieve the level of world sports powers.[11]

Breakthrough in the Development of Sun Sports from the Perspective of Sports Power

Idea: to highlight the life value of sun sports

From the view of the history of sports, sports is derived from the needs of human life, and will also develop with the needs of human life. No matter how rich the form and content of sports present, the development and perfection of life will always be its unremitting motive. People are the starting point and final destination of sun sports. Natural life is the premise of human existence and sustainable development. Without the healthy existence of natural life, the transcendence of social life and spiritual life is just empty talk. Sun sports is a dialogue with life, a process of transformation from a natural person to a social person, and a direct and effective means of promoting life and growth. The relation between teachers and students, students and students, and the relation among teachers, students and life can realize complete and free development and growth through interaction and integration. The life vitality and value of both teachers and students can be fully displayed and reflected since the life characteristics of the sun sports are very obvious. Other disciplines generally refer to a certain aspect of life, usually aimed at the training of students' cognitive ability and thinking ability, which mainly remains at the level of intelligence development and hardly includes the natural life value of teachers and students.[12]

Organization: to organically combine the goal of constructing a world sports power with the optimization of sun sports

The emergence of sun sports is accompanied by the social transformation of our country and the decline of students’ physical qualities. The whole society is concerned about the decline of students' physical qualities. The Ministry of Education, General Administration of Sport of China, Central Committee of the Communist Youth League, all provincial, municipal and county related educational administration departments, schools, sports teaching and research sectors and teachers should put the optimization of sun sports into the index system of constructing a world sports power. They should start with the analysis of the current situation of school sports and focus on the imbalance between intellectual education and physical education, lack of high-qualified physical education teachers, shortage of funds, limits of sports venues and facilities, differences between urban and rural sports, differences between eastern and western schools physical education and other problems. Despite all these difficulties, they should press forward and gradually solve the practical difficulties of sun sports. They should take effective strategies to stimulate students' interests in physical exercise and let students experience the fun of sports activities. In this dynamic process, it will profoundly influence the depth of the development of sun sports to correctly handle the interactive relationship between administrative departments and school sports, the interactive relationship between school education and physical education, the interactive relationship between school sports and competitive sports, the interactive relationship between PE teachers and students,
and the interaction between teaching contents and forms step by step. Only by straightening out the
relationship between each other can we truly improve the physical and mental health of students,
enhance their adaptability to the society and enlarge the function of sun sports.

Structure: to accelerate the cyber development of sun sports

Ensuring that students have one hour for exercise every day is one of the most important
measures for the country to promote healthy development of students as well as to realize the basic
goal of implementing sun sports. But we must be fully aware that students’ physical health is a
social problem which can’t be completely solved by a single course of physical education and
health. After all, physical education is not the only means to improve the health of students. There
are many complicated factors involved in promoting health, so it is necessary to rely on the
guidance of public opinion, school education, family education and social education. It is also
necessary to enrich students’ sports theory and practical knowledge through strong sports media,
sports TV programs, sports newspapers, sports periodicals, sports experts, sports scholars, sports
academic reports, Olympic education and fitness lectures, etc. Only through the coordination of all
sectors and cyber development, can the situation of students’ health be effectively improved. School
sports in the new period of sun sports, under the correct leadership of relevant government
departments, should emancipate people’s minds and improve their understanding, use a variety of
means of publicity so as to expand social impact, strive for the support and participation of social
forces, form a joint force, motivate students to practice sun sports and encourage more students to
participate in sun sports activities actively, consciously and happily.

Content: to deepen the reform of PE curriculum and teaching

School physical education is in an important position to spread excellent sports culture. Combined with full implementation of sun sports, the curriculum reform of physical education and
health is not to establish or prove a set of technology system, but to spread sports concept, sports
culture and sports action. As the major part of sports culture, Chinese school sports are naturally the
key point. In order to achieve the general goal of a world sports power, there are some common
factors worth discussing. First, sun sports should be included in the training system of student
talents in terms of the orientation of talents cultivation. Second, the content of study should be
closely related to fitness sports, interesting sports, entertaining sports, leisure sports and fashion
sports in order to stimulate students’ interest in physical exercise. Third, in regard to the form of
organization, we can try to guide students to exercise independently in the form of clubs. Fourth,
concerning the means of study, modern science and technology should be involved to stimulate
students’ enthusiasm for sports and make sports become a part of student’s life. While improving
students’ physical health, we should not neglect the cultivation of students’ sports morality, sports
spirit, sports culture and national identity, etc.

Form: to promote the integration of teaching, training and competition

With the gradual development of the mechanism and conditions for cultivating competitive sports
talents in China’s education and sports system, through systematic training, we can cultivate
students’ consciousness of always striving for progress, not afraid of difficulties and challenging
oneself, students’ spirit of unity and cooperation, and their attitude towards success and failure in
life. The content of physical education is not only about training people’s biological function, but
also training their spiritual accomplishment. Sports competition is not only the catalyst to promote
the popularization of school sports but also the engine to raise the level of competitive sports of
school sun sports. School will eventually become the main base for the national training of
competitive sports talents, so it is necessary for school to take teaching and sports competition as
the carrier and combine the tradition and characteristics of sun sports together so as to build a sports
culture well accepted by students and truly realize the integration of teaching, training and
competition.
Conclusion

Against the background of constructing a world sports power, the development of sun sports still has a long way to go. First, the current situation of sun sports is not satisfactory because there is no fundamental solution to the inner motive mechanism of individual exercise and the development of people is ignored. Second, we should carefully analyze and correctly handle the relationship between sun sports and the only child, family structure, modern science and technology and community sports so as to achieve common development. Third, the short-term goal of sun sports against the background of constructing a world sports power is to catch up with Japan and Korea and the long-term goal of that is to realize a leap from quantitative changes to qualitative changes in the development of sports culture. Fourth, we should consider the concept, organization, structure, content and form of sun sports as a whole, seek truth from facts, and constantly develop and innovate the development mode of school sports. We should break through the tradition and work hard to carry out the new phase of school sports work in order to attract more teenagers to participate in sports activities full of life value and contribute to the realization of the great goal of constructing a world sports power.

References


