

Theoretical Research on Building Communities of Mixing Sport into Life

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Abstract

In recent years, China's community sports have made great progress. Fitness facilities is being improved step by step, fitness exercises is becoming increasingly abundant, and the organizations of fitness are forming a network. The article adopts document literature to summarize the significance, goals, principles and specific measures of building communities of mixing sport into life in the hope of providing a reference for relevant research.

Keywords: Build, Mixing sport into life, Community

A community is a social entity which is made up social groups and organizations with interrelation, interaction and common interests living in a common location. A community contains the most basic content of social organism and is an epitome of macroscopic society. Therefore, building harmonious and advanced well-off society must be on the basis of the construction of harmonious communities, while sports have unique position and play irreplaceable role in building harmonious society. In recent years, China's community sports have made great progress. Fitness facilities is being improved step by step, fitness exercises is becoming increasingly abundant, and the organizations of fitness are forming a network, which provides the possibilities for carrying out the construction of communities of mixing sport into life extensively, and thus related theoretical research has to keep pace with.

1. Significance of building communities of mixing sports into life

"Mixing sports into life" aims to advocate a kind of most active, beneficial and pleasant lifestyle, which means to penetrate sports activities into people's daily life and makes it become the fifth basic essential of life besides food, shelter, clothes, and transportation. "Mixing sports into life" is people-oriented, seeks for health, embodies the respect of human beings and is the inevitable end of sports activities. The important significance to carry out the work of building communities of mixing sports into life lies in as follows: it is conducive to prompt comprehensive development and self-perfection of residences in communities; it is conducive to improve the physical and psychological health of community members and promote general enhancement of community member quality; it is conducive to create sports culture atmosphere and makes people form healthy, scientific and civilized lifestyle; it is conducive to adjust interpersonal relationship in communities, promote social stability and bring about comprehensive development of community construction; it is conducive to resident and social participation and promote the establishment of harmonious communities; it is conducive to build sports culture environment adaptive to 2008 Olympics, highlight the concept of humanistic Olympic, and make everyone love sports, understand sports and enjoy sports. The new concept which makes popular sports come to communities, lanes, courtyard and household and highlights mixing sports into life is the way of national fitness to adapt to the age, a platform for people to integrate with harmonious society and the basis of building perfect interpersonal relationship.

2. Overall goal and main task to build communities of mixing sports into life

2.1 Overall goal

"Mixing sports into life" should adhere to comprehensive, coordinated and sustainable outlook of scientific development, making the systematism degree of social sports reach high level, scientific fitness ways and measures as well as sports equipment at home are widely spread and used, sports population reach or approach

the level of developed countries, and community crowd health levels and life quality is improved substantially. Therefore, the design of overall goals to build communities of mixing sports into life should adhere to people-oriented, reflect the purpose that sports serve for people and embodies the essential requirements of sports, making mixing sports into life become the common concept and conscious behavior that all the communities members pursue high-quality life, a lifestyle that people generally accept, an important carrier that promote harmonious development between human and nature, human and society, as well as human spirits and bodies, the breakthrough and cut-in point that push comprehensive construction of communities forward, and promote the construction of harmonious communities.

2.2 Main tasks

Mixing sports into life should be guided by the idea that builds multiple sports service system in touch with ordinary people, convenient for people and in favor of people, start from meeting people's increasingly needs of fitness and high-quality life in well-off society and take people-oriented as basic principle, "mixing sports into life" as basic content, advocating scientific, civilized and healthy lifestyle as concept and household sports as the core to make great effects to communities environment including sports culture atmosphere, sports education functions and sports humanism, construct sports facilities environment including national fitness paradise, community culture and sports centers and open unit sports facility that satisfy individual requirement of different families and groups, build democratic and autonomous community sports management and operation mechanism that is led by community-autonomous organization and made up of community units, community sports clubs and community residents, constantly improve the systematism level of community and participants level of community residents, consequently, the goal that sports step into each family and fitness equipment come into each house is realized.

3. Basic principles to build communities of mixing sports into life

The work of building communities of mixing sports into life should be guided by the significance, overall goal and main tasks of building communities of mixing sports into life to carry out the work. Pilot work should attach importance to the development of the culture of the community and spiritual civilization construction in community, making popular sports come into communities, lanes, courtyard and house. Through the construction work of mixing sports into life, the concept of humanistic Olympic is integrated into community construction, sports culture atmosphere adaptive to 2008 Olympics is created and the goal with characteristic environmental construction, socialized organizational system, diversified fitness activities, scientific fitness services and personalized equipment is realized. The mode of development of making pilot work of mixing sports into life form community sports includes: in the organizational structure of sports, to combine market mechanism with administrative measures, integrate resource allocation so as to adapt to the demand of market economy more, build sports organizational network made up of household fitness club, community residents fitness association, street fitness committee, and form physical activities mode in communities, lanes, courtyards and houses. In scientific guidance, it adopts the way of combination of hospitals with sports to establish health archives for residents, combines health intervention of health department and physical detection of sports department with fitting guide to intervene in lifestyle disease and guide daily fitness. In the construction of activities, multiple fitness system is formed from society to family, from the total to the individual, so that sports population is increased substantially in multiple fitness activities. In the research and development of fitness equipment, develop household fitness equipment in order to satisfy the demand of different ages.

4. Elementary measures to build communities of mixing sports into life

4.1 Give full play to the government

Different levels of government must seriously implement their functions in building multiple sports service system, provide guarantee in the aspects such as organizational leadership, policy mechanism, capital investment, environmental construction and working measures, set up and improve the work mechanism of building communities of mixing sports into life, provide strong support for building communities of mixing sports into life, and finally form long-term working mechanism led by the government, self-governed by communities, participated by society and promoted by national people, as well as harmonious framework.

4.2 Guided by scientific theory

Mixing sports into life must adhere to theory in advance, on the basis of full investigation and extensive demonstration, seriously study theoretical support and practical path of the construction of communities of mixing sports into life in our county under conditions of well-off sports, and make out working plan to undertake organizational system construction, environmental system construction, activity system construction, service

system construction, household equipment system construction and theoretical system construction of mixing sports into life.

4.3 Fully mobilize the enthusiasm of all the community residents

The starting point and ending point of mixing sports into life is to promote health of the people in communities, improve the quality of life and make sport return to its source. To help residents to transform concept, build healthy lifestyle and make residents in communities find their way to mix sports into life is the aim for us to work. Therefore, it's necessary to fully mobilize the enthusiasm and initiatives of all the communities residents and members to consciously participate in the construction of mixing sports into life, respect people's health right, sports right and creativity spirits, make great effects to satisfy people with popular sports by fitness services in touch with people, convenient for people and conducive to people, and thus create harmonious sports culture atmosphere.

4.4 Form socialized mass sports organizations

Mass sports organizations are guarantee to carry out fitness activities and support of national fitness activities, as well as the key to build communities of mixing sports into life. Perfecting mass sports organizations directs at mixing sports into life, based on street communities, attaches importance to lanes, courtyard and house, takes social sports guider as backbone and self-governing and voluntary participation as principles, characteristic by different groups of people, takes physical test as light spot and sports laws and regulations as guarantee, and forms a vertically relatively independent, horizontally interconnecting, and socialized mass sports organizational framework with wide coverage and large capacity.

4.5 Do well in activities construction and environmental construction

Building communities of mixing sports into life must adhere to activities and construction simultaneously and attach importance to the principle of construction. Activities are leverages to promote the construction of communities of mixing sports into life. Without activities, there is no way to mix sports into life and its goal cannot be realized. But it's not enough to only rely on activities to build communities of mixing sports into life, besides, it's still necessary to emphasize on construction, strengthen the awareness of fitness, promote activities and development based on construction, attract more people to participate into fitness positively, improve their physique and set up perfect sports lifestyle, so as to make contributions to well-off society with healthy body and psychology.

5. Conclusions

With the enhancement of China's economic strength and comprehensive national power, while people's material life in great proportion of China's large, medium cities and developed area is improved substantially, their demand for spirits life and fitness has changed qualitatively. Mixing sports into life adapts to the needs of the development of the age and building harmonious society and communities. The work of building communities of mixing sports into life should be guided by the significance, overall goal and main tasks of building communities of mixing sports into life, formulate basic principles of construction and take practical measures to carry out the work.

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