The Evolution and Development Orientation of Research of Leisure Sports of Our Country

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Keywords: Leisure sports, Development orientation.

Abstract. Use the methods of documentation and theoretical analysis, to discussed and research the development of leisure sports history and the future development orientation. Put forward the future development of leisure sports in China combining the embodiment and the socialism new rural reconstruction, to meet the needs of social mobility, and the construction of a harmonious social class structure and the development trend of the combination of school sports.

In the process of the continuous development of society, leisure has gradually become human’s attention to a subject, is an effective way of human life to harmony. The combination of sports and leisure is adapting to the demand of the development of today’s society and developed a kind of new way of social life. Leisure sports as an important part of public leisure, in the process of the development of ecological civilization society increasingly shows its important cultural value, is the social ecological civilization which has the function of correction and balance in the process of a kind of spiritual motivation, satisfied people along with the social development and the growing cultural needs, is the pursuit of a better life and health of body and mind development of a kind of behavior. In this paper, on the basis of the evolution of leisure sports, clear the direction of development of leisure sports in China, better adapt to social development has a positive theoretical and practical significance.

The Evolution Course of Leisure Sports

The Origin of the Recreational Sports

In the rise and development of the leisure sports and leisure have inseparable connection, human understanding of leisure can be traced back to the 8th century BC, the ancient Greek Homer in the daily life of the ancient greeks in the athletic sports like boxing, wrestling, archery. Germ of an idea and recreational sports can be traced back to the European Renaissance period, under the pressure of extreme religious thought in the middle ages, the ancient greeks through to the approval of the humanistic spirit, to sports activities as a means of harmonious development of body and mind and content development vigorously, not only art, music, science, to get people’s attention, sports and other outdoor activities, meanwhile, has become a people pay more attention to the key, which contains the elements of sports leisure. The ancient greeks thought civilization is by cultivating people’s mind, body and spirit to achieve development, their leisure activities to promote the civilization process. Aristotle says “leisure is around the center of everything”, at the same time the leisure as
philosophy, art, and one of the basic conditions of the birth of science. He believes that should keep a dynamic balance between work and leisure, namely, combining exertion and rest leisure provide people with the chance of a mental development, as a way of relaxation. Therefore, the ancient greeks to have close relationship with civilization progress and development of leisure activities are very interested in, to produce swimming, archery, throwing, running, wrestling and other casual games, recreational sports and competitive sports.

In the leisure culture of China, has a unique way of understanding and behavior. Including Confucianism, Taoism and Buddhism’s thought embodies the national leisure concept in different ways. Confucian master “/ interest in poetry, in the ritual, as in music, and embodied in the” ritual and music, shooting, royal, the number of books, the “six arts, including music, shooting, involve the education contents and forms of sports. Taoism emphasizes” mindfulness XuanLan, such as guidance, wuqinxi, yi jin jing and tai chi and other leisure and body-keeping for thousands of. Buddhism practice strict “pure mind”, which appeared is beneficial to health of body and mind of yoga, qigong and learners. These are extremely high leisure realm and aesthetic realm. Drunk the continuous change of social productivity, the emergence of the leisure class, and various types of leisure sports project has been widely popular. Such as cuju, swings, flying kites, chess, ruby, boatrace, acrobatics, etc.

Dutch culture scholar hu yi qing and through the study of the comprehensive analysis of different forms of social culture that after entertainment game always runs through the whole culture process, it is this factor in the development of human society produces various kinds of types. Produced in the sacred game ceremony, poetry was born in the game, and prosperity in the game, music and dance are pure game, the rules of war, the noble life habit, are set up in all kinds of games. So, “he thought, civilization is in the entertainment of the game and as a gaming entertainment and produced and developed.

The Rise of Modern Social Leisure Sports

With the industrial revolution and the development of the city, the social economy obtained the substantial development, countries such as Britain and Europe and the United States civil society gradually formed, leisure has increasingly become the focus of attention. The emergence of modern factories, produce the “labor time” concept. Britain established the factory act in 1833, workers labor time each day for 12 h, 1919, “the international labor organization” rules work time every day for 8 h. In 1929, the international labor organization 6 times always adopted the advice about laborer leisure and leisure. At this point, the construction of laborers for the use of recreational facilities and the environment become the attention of the countries of the important social issue. Some relatively attaches great importance to the country to start building for people to leisure park and physical activity for people of leisure sports and venues, leisure activities and leisure sports has become the focus of the way of life. Established in 1853, the United States of New York’s central park for the purpose of leisure, provides people with a pleasant leisure environment. By 1902, the city park system development to more than 800, including some ball playground and some sports facilities construction of leisure entertainment sports park. The establishment of these recreational facilities for people’s life style provides a new possible, promote the development of leisure sports and spread.

In 1930 the United States in order to promote leisure activities carried out, established the “national recreation association” in the first place. 1970 “international recreational association published the” leisure charter, the charter a total of seven. Constitution: leisure (leisure) is
everyone’s right, society should provide reasonable labor time for people, while paid vacation, travel conditions and corresponding recreational facilities, venues and equipment, giving proper recreational opportunities. Everyone has the right to enjoy the natural leisure facilities, such as forests, mountains, oceans, lake, etc., and must protect animals and plants in the region. Everyone has the right to take part in such as sports, games, wild life, travel, theater, dance, painting, music, science, arts and crafts from leisure activities such as the right to education. The establishment of the above the international organization for leisure and leisure charter, provides guarantee for the development of leisure sports.

The Development of Modern Social Leisure Sports

Human society since the mid-1950s and with the continuous development of social science and technology, people began to science and technology and the information era, a new pattern of social changes, people’s demand for leisure sports are changing greatly.

First is the change of people to participate in leisure sports idea. Information age people to participate in the leisure sports is regarded as part of a life, emphasis on individual implementation, spiritual satisfaction and life satisfaction, this is the focus of attention and focus. A new leisure sports values, people pay more attention to relaxed, calm, peaceful and simple life. When people’s pursuit of spiritual satisfaction, leisure sports began around more self value realization, establish a good way of life, improve the quality of life and the life quality.

The second is people in leisure time for change in the form of sports. The use of new media such as television and the Internet, mobile phone, bring brand-new visual impact to audience. Covering broad mass media sports communication, forms of diversity and the richness of content, attracting the masses in the leisure time to watch sports, especially in the Olympic Games, the World Cup, the large-scale sports event such as the NBA, on TV and the Internet to watch sports events, the number of more large, and the use of the network, make people can watch any anytime and anywhere a great event, people use leisure time to watch, concerned about the large group of sports.

Again, are people to participate in leisure sports activities in the form of change. Increasing the arrival of information age, information exchange and frequent, international communication increasingly make it increasingly diversified recreational sports and diversification. For example, cliff diving, rock climbing, free air delay skydiving and other extreme sports, become a new fashion leisure sports and leisure entertainment.

Leisure sports in the human society is more and more big proportion of leisure time, through the system of leisure sports education and on the reconstruction of leisure sports culture, build the spiritual home of human beauty, improve the quality of life value and life.

The Social Value of Leisure Sports

First, the pursuit of human all-round development effective means. Leisure sports can make use of the diversity of its activity, entertaining, interesting enrich People’s Daily life, improve the progress of science and technology brings to people’s inertia. Prove that modern medicine, positive and healthy sports for prevention and treatment for the value of modern civilization disease has a unique function.

Second, adjust the person’s psychological balance. Social competition pressure increases, people for a long time under high tension, spiritual under a lot of pressure, and increased the risk of a variety of mental illness led to a lot of people in a sub-health state for a long time.
And the development of leisure sports helps to alleviate the psychological pressure of people, relax, effectively regulate people’s psychological balance.

Third, form a healthy active lifestyle. The improvement of the social material conditions to increase the nutrition surplus caused by cardiovascular disease, obesity, and many other modern civilization. The development of leisure sports can not only help people to make good use of leisure, improve the rationality and ability of scientific leisure choices, can enrich people’s life connotation, form a civilized and healthy way of life, improve the quality of life.

**Development of Leisure Sports in China in the Future**

**The Combination of Leisure Sports and to Build a New Socialist Countryside**

First, a new socialist countryside can improve the increase of farmers’ income and living standards at the same time form a healthy active lifestyle. In the development of rural leisure sports, close to the rural areas, farmers, press close to close to life, create suitable for farmers’ actual demand of leisure sports.

Second, the leisure sports are rural spiritual civilization construction important positions and carrier. So rich and colorful sports cultural activities, carry forward the socialism outlook for honor and dishonor, moral concept, through the healthy, active years of sports leisure activities to build health culture, the boycott of backward culture, formed in the process of the new rural construction of joint efforts of the goal and value identity.

Third, give full play to the national tradition sports in the development of rural leisure sports value. On the basis of social development, in the face of the psychological needs of farmers growing entertainment should vigorously carry forward the folk traditional sports culture, form of diversity in unity of nationality and national leisure culture with Chinese characteristics.

**The Leisure Sports and the Social Mobility Development Needs**

First of all, in the development of leisure sports sports demand for migrant workers to give sufficient attention. In the development of leisure sports should be based on sports leisure needs and characteristics of this group, to provide them with the leisure demand of sports content, create conditions to encourage the active participation in sports and leisure activities.

Secondly, starting from the actual situation of the social mobility, the leisure sports and sports under the new situation of the worker, combining with more flexible is characterized by entertainment fitness of staff sports clubs, integrated into the community sports leisure activities, leisure sports more adapted to the reality of social mobility needs.

**The Combination of Leisure Sports and to Build a Harmonious Social Class Structure**

First, the fully attention to social vulnerable groups sports leisure demand characteristics. Group such as the elderly, the disabled groups, laid-off workers, such as mining and rich middle-aged and old leisure sports and form, make leisure sports to realize the harmonious development way and carrier.

Second, full attention in the planning and development of leisure sports sports leisure demand characteristics of various social strata, to create conditions of sports leisure, for the development of leisure sports goods and sports leisure services provided meet the leisure demand of different culture class.

Third, give full play to the government in the development of leisure sports, increase spending on public leisure sports venues, pertinence and maneuverability, improve relevant policies and regulations of the school authorities and other public recreational sports facilities resources Shared by each social strata.
The Combination of Leisure Sports and School Sports

First, pay attention to cultivate students’ interest in sports activities, for the students of sports leisure power base. Schools to open the form of a variety of sports activities should be based on the students’ physical and mental characteristics, interests, make the school sports teaching ways to stimulate and guide the students’ interest in sports, school sports also become the foundation to promote the development of leisure sports.

Second, from the perspective of cultivating students’ ability of sports leisure sports teaching material reform, will belong to the category of sports leisure sports, through the reasonable transformation, processing, refining, sublimation, more practical and lifestyle characteristics of sports project content into school sports, realize the integration of leisure sports and modern sports course content.

Third, the leading role in students’ sports leisure play school. Make full use of the school in sports facilities, teachers, technical guidance, etc, the resources and advantages, and the characteristics of students and combine with community sports, family sports, carry out various forms, rich and colorful sports competitions, performances, exercise, etc., to create conditions for their healthy growth.

Conclusion

Sports leisure has been as a kind of green and healthy sports leisure concept is deeply rooted in the hearts of the people, give people a civilized, healthy and happy is a new way of life, through the understanding of the historical evolution of recreational sports and social value, on the basis of closely integrated with the situation of our country leisure sports will be under the people’s extensive concern and participation, the developing and perfecting, thus to realize our country comprehensive construction coordination of sustainable development to make due contributions to the harmonious society.

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