Research on Establishing and Forming "Sports Network" System and Mechanism—Based on the Status of Physical Health and Physical Activity of Middle School Seniors in China

Jian-Long QIAN\textsuperscript{1,a,*}, Jiao MA\textsuperscript{1,b} and Wang-Di ZHAO\textsuperscript{2,c}

\textsuperscript{1}Sports Institute, Jianghan University, P.R. China
\textsuperscript{2}Jianghan University Library, P.R. China
\textsuperscript{a}qjljcg@126.com, \textsuperscript{b}360438973@qq.com, \textsuperscript{c}1090036559@qq.com

Keywords: Sports Network, System and Mechanism, Middle School Seniors, Physical Health, Physical Activity.

Abstract. According to the adverse status of physical health and physical activity of middle school seniors, proposing solutions about "sports network" system and mechanism of the construction of middle school students by using the methods of literature data, analysis, synthesis and so on. In the longitudinal aspects, form the macroscopic policy makers, middle managers, micro executives and all kinds of linkage among the audience and coordinate system and mechanism. In Lateral aspects, establish and form "family, school, social” interaction and cooperation mechanism, prompting the coordinated development and deep fusion of school sports, social sports and competitive sports so as to change the bad status of seniors’ physical health and physical activity.

The Status of Physical Activity of Middle School Seniors

At present, the physical education classes of senior three students are always being occupied (or even in September). The phenomenon of stopping PE class is very common at the next semester of the senior year. From the research of senior students in Wuhan, the writer found that the school which can’t carry out sports teaching accounted for 39.8%, which can have health theory class indoors accounted only for 5.3%. The PE class occupied by other teachers or by self-study time accounted for 77.2%. And the senior students who don’t have extracurricular sports activities accounted for 44.0%. Three big balls, especially basketball is the most popular game with senior students while aerobics, martial arts and dance are less welcomed. According to Xiao Wenfang’s master thesis, senior students’ parents who don’t pay attention to school sports accounted for 39.25% and about 78.58% students think that there is no time to participate in sports activities[1]. According to Ma Ying’s study, sports teaching of senior students in De Zhou, Shandong province, the students who are dissatisfied with the present status of physical education settings accounted for 64%. 73% of the students have strong interest in physical education while 21% of the students have little or no interest. 60% of the students prefer the combination of playing games and achieving skills. The status of sports activity of junior three students is relatively better. The author found that there are no classes for junior three students in key schools while 2.5% in ordinary school. Most of the junior three students like extracurricular sports activities. But the schools which do not develop extracurricular sports activities every week also accounted for 36.4%. Most of the students regard sports activities as regulating study of which boys are accounted for 34.2% while girls are 39.6%.

The Status of Physical Health of Chinese Students (Seniors)

Students’ physical health deterioration is a "world" issue. It exists abroad and in China it is even more serious. In the 1990s, the United States public health service issued three reports about health condition which shows that there are 13% of the teenage children in USA were overweight while about 50% of the adolescents can take normal physical activity. But the activity decreased with
increasing age. In 1991, the rate of high school students in United States who participate in physical education has been reduced to 43%. In 2007, the rate has been reduced to 30%. And there are even no physical education in 20.8% of the primary schools, 22.7% of the middle schools and 30.9% of the high schools. There are less than 30% of the students take parts in the one hour physical activity in campus every day. And even 40% of the students don’t have half an hour exercises a day on average[2]. On the one hand, the state policy and system of school sports are introduced constantly and the school sports is being reformed gradually. However, on the other hand, the falling conditions of students’ physical health haven’t been improved. Faced with the "world" problem, there is no good policy introduced by our country.

In "the first China youth physical health BBS" held in August 19, 2006, Yang Guiren, the ministry of sports health and art education department, expressed that China had four surveys of youth physical health since 1985 which the results all showed that the physical health of teenagers has been continuously decreasing in the recent 20 years. Wang Dengfeng said that there are three key words of students physical health at present. Firstly, the physical health level of students are continually declining in 25 years from 1985 to 2010. Secondly, the conscription examination passing rate, which there are less than ten percent students who are not healthy qualified in conscription registration examination in Beijing in 2012. Thirdly, at present our country has been at the stage of comprehensive construction of well-off society. But the level of youth physical health is getting worse. And the decline of physical health is not just the teenagers but also the entire social groups.

Through the China academic journal network retrieval, there are 6 health studies of senior students. According to Wang Ying’s study, the vision of senior 3 students (myopia rate > 80%) in Tai Yuan is still not being improved in recent years. More than 91.7% of the students are willing to participate in physical exercise. But only 8.8% of the students persist in physical exercise every day and 80.7% of the students take exercises less than 30 minutes at a time. Compared with the standard of national students’ health, the rate of senior 3 students who pass the physical health exam is 43.0% while the rate of students who failed the exam is 17.1%. The failing rate of standing long jump exam of senior 3 students in Zhou Kou, Henan province is 36.67%. The writer found that the myopia rate of Han nationality students in grade three is 80.27% through the statistical study[3]. And the rate in city is higher than the countryside while the girls are more than the boys. Senior three students’ height and weight are basically normal. The body function and physical quality are just fine or below the level. And the whole is generally low. Junior three students’ physical health is better than senior three students. From the research materials of junior three students in Chang Sha, Yi Chang, Mian Yang, Shan Dong and San Menxia province, the physical health of junior three students are generally good. And this phenomenon is closely related to the implementation of physical examination system in China.

The Research of "Sports Network" System and Mechanism Construction of Middle School Seniors

Set up and Form the Longitudinal Linkage and Coordination System and Mechanism

The school sports system divides into two meanings from vertical perspective. One is the school sports management, mainly refers to the hierarchy of the system management department and the manager. The other is system layer, refers to the school sports laws, policies, regulations, rules and regulations at all levels. From top to bottom, the former mainly refers to the national top level design department and designer of school physical system, middle level makers of provinces and cities, underlying perpetrators and middle school students. Our current system of school sports is the executive leadership which has two lines, the general administration of sport and the national ministry of education. The general administration of sport leads and supervises the national sports work and the national ministry of education in charge of the school sports work. The state physical culture and sports commission consists of school sports department and the national ministry of
education consists of school physical health department. So the school sports is mainly led and managed by the two ministries. Our current school sports system is the administrative management of top-down hierarchy type. The promotion of this school system is distinct and the authority is outstanding. But there may have some deviation in promoting the policy and system of physical education by adopting the administrative management[4]. One is that there are deviations of understanding in the essence of physical education system and policy at all levels. And the other is that the advancement of administrative authority and compulsion may let the school sports system and the actual situation of students’ health being separated. So the top-down management system has the unity advantage. But there are also some disadvantages which is that there are separations between the top design and the audience. Even if the top-level design is for the audience, but if the audience are forced or passive to accept the system, the system can also be difficult to work. Thus the implementation of school sports policy and system may not be carried out well and also there are obstacles in the process of implementation. In order to solve the primary problem of middle school students' physical and mental health, the school physical system needs top-down implementation, authority and compulsion. It also needs information interaction, mutual communication between the top and the bottom. One the basis of the full understanding of physical health of school and the audience and the existed informal system and influence, adopting the real feedback from bottom to top, democracy and scientific management up and down, it also needs management system of supervision and evaluation mechanism at each level. Only in this coordination mechanism and the upper and lower linkage can the school sports system be implemented and carried effectively and thus guarantee the physical health of students fundamentally. Make the policymakers, executors and the practitioners of the educational system and the audience coordinated and form an organic whole so as to promote the healthy development of students’ body and mind.

**Establish and Form Lateral Interaction and Cooperation Mechanism**

"Family, school, society" interaction and cooperation

Physical health improvement of students and the reform of school physical education involve many aspects. It is a huge systematic project, which can not only rely on the government and the school. It must mobilize the forces of the whole society (government, society, family, school and student). Only the overall and persistent efforts can change the present situation of the students’ physical health.

Pedagogy theory discusses the education principle of the combination of “family, school, society” which the school sports can learn from it. Form a sports network to promote the physical health of students. This conforms to the mode of "big education" and "the view of sports" development and also the rules of people's growth development. From the scope of a certain life, each student is not only the educates of school but also an educatee of family, parents and the society. From the philosophy, the students are derived from the family, school and the society which are the same mother. Each student need to experience three different growth environments a life which are family, school and society. They are the education units of children. Each only has experienced this three different harmony environment can grow up healthily. This cooperation has great advantages which the main characteristics embodied in the participation of whole people, the continuity of education process, the dynamics of management and the sharing of resources. Qu ZongHu said that “the backward development of school sports is not the theory problem but the dynamic, mechanism and systematic problems of which the dynamic problem is the core of development”. The writer thinks that the dynamic comes from family, school and the society. If the family, school and the society all pay close attention to students' physical health, the physical health of students will certainly being improved and developed. This cooperation mode can better arouse the enthusiasm, develop young people's health by common efforts and form the whole effect. In order to better improve the physical health of primary and middle school students, "the family, school, society" cooperation and sharing mechanism should be diverse, comprehensive, integrity and sustainability. This sharing cooperation,
including sports software and hardware resources sharing, sports funds cooperation, the unity of ideas and also the coordination of system and sports time. School sports should break the closed state of running in the past, adopting the introduction mechanism and opening to the society in a certain degree to attract the attention of people with lofty ideals to focus and invest school sports so as to make up the for the insufficiency of school sports funds and facilities currently in our country. School sports can also cooperate with the society, getting ideas from the social intellectual resources to commonly manage the school sports. The students can also make use of spare time to walk into the community and the society, use the sports organizations and facilities of community, participate in a variety of mass sports activities in the community to develop the interest and motivation of participating in sports activities so as to make up the inadequacy for school sports.

As to the students’ physical health problems, the school is in the core and leading position in three combination education. School sports education is purposeful, planned and organized education activity in the process of promoting students' physical and mental health. Its main advantage is that the goal of physical education is clear, having professional sports teachers, regulate sports education system and relatively comprehensive space and equipment. But there are disadvantages in flexibility, freedom, interest, amateurism and enthusiasm, etc. Parents have constantly affection to their children in a family. The family sports activities are demonstrating, example, early, flexible, free and convenient because of the parent-child relationship. And the family activities are more positive, entertaining and interesting. But the family sports activities lack of space and guidance which are also difficult to institute, standardize and last. The society has a certain human resources and economic resources. The community sports are of wide socialness, but the management is relatively loose, lacking of teacher who have professional sports knowledge and understand the law of education and also fitness instructor. The sports facilities populated with students are also insufficient. In promoting primary and middle school students' physical health, family, society and school have its own advantages and disadvantages. Only combine the family, society and school organically can achieve goals, complement advantages, achieve continuity in space and time, efficiency of collaborative and functional integrity. However, in the process of youth physical health promotion currently, the school, family and society in China is basically in a state of separation. They work respectively or not and they rarely cooperate. According to Yao Lei’s study, 92.4% of the school sports activities could not enter into the community sports facilities[6]. This needs to be led by the government department, set up and organize a special management and coordinate agency. For example, set up "local" sports education base by learning from the United States. According to Yao Lei[6], 92.4% of the school sports activities could not enter into the community sports facilities[6]. This needs to be led by the government department, set up and organize a special management and coordinate agency. For example, set up "local" sports education base by learning from the United States.

The coordinated development and deep fusion of school sports, social sports and competitive sports

In China, on the one hand, with the fast development of athletic sports, the social sports is in full wing and the fitness and sports industry have developed greatly. For example, the Beijing and London Olympic Games let China being the focus in the world. On the other hand, the development of school sports is relatively lagging and weakening. Students’ physical health is still in a downward trend in recent 25 years. The rate of sports population in our country is only 30%. At present, the school sports, social sports and competitive sports in our country do not develop harmoniously and the contrast is great. The competitive sports have "Olympic plan" and the social sports have "national fitness program" while there’s no construction of the school sports system and the forward-looking
system about social sports and competitive sports, such as "... plan ". The Chinese sports system can solve the problem of competitive sports and the Olympic gold medal, but can't solve the problem of the present students' physical health. This is caused by the three mismatch, imperfect system and mechanism. School sports are not only the basis of social sports and competitive sports but also the foundation of the national physical health. If it does not have strong foundation, the idea of “stride forward from sports country to sports power” proposed by Hu Jintao is hard to realized. Mr Qu ZongHu proposed that the deep fusion of school sports, social sports and competitive sports is an inevitable trend of the development. How to integrate? It is not a simple problem. The author suggests that we can make effort from the following aspects: on the one hand, the schools can make use of the basicness, educational environment, wideness and continuity to teach professional knowledge and give publicity to the society and impart health knowledge and concept to train and transport professional physical talents for the social sports and competitive sports. It can make the athletes and social sports workers getting full school education and prepare for the continuity and eternity of physical health. On the other hand, the school sports can introduce various forms of mass sports project, such as outward bound, cheerleading and so on to change school sports’ singleness, boredom and dullness. We can draw lessons from German elementary and middle school extracurricular physical exercise which the school and sports club cooperate with each other. We can also introduce the excellent athletes of competitive sports into schools, give lectures, publicity and demonstration to the students as an example to stimulate students' sports participation, or guide the training work as an instructor for the students outside to influence and promote the development of school sports activities and to stimulate the motivation and vitality of school sports activities. The sports teams can also set up school internship training base for primary and secondary school, opening for the students. The students can also visit the athletes training base, understand the athletes' training and living and cultivate the students' desire, interest and participation of sports activities. In addition, the administrative departments of school sports, social sports and competitive sports should break down barriers, execute the central 7 and 53 files commonly and supervise and evaluate the physical health of students. Holding school or community sports meeting together and promoting the development of students’ physical health.

Acknowledgement

Part of the results of 2013 the Ministry of Education Humanities and Social Sciences planning fund, project number: 13YJA890020.

References


