The Analysis of the Present Situation of the Service for the People in the Private Colleges and Universities Under the Background of Fitness China

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Abstract

"Healthy China" as the proposed development of China's current physical education has given new meaning, but also to our country's private colleges and universities put forward the requirements of the times. As an important part of China's higher education, the private colleges and universities should take the initiative to assume their responsibilities in building a harmonious society. Sports fitness in private colleges and universities has important significance in cultivating students' sports consciousness and carrying out the national fitness. It is an important force to promote the national fitness. But the managed by the people university's sports fitness also has the teaching the establishment obsoletely, lacks the enough government to support, the sports constructs the body equipment comparatively backward and so on the limitations, urgent must have to carry on the managed by the people university sports fitness reform, from the expanded policy support, the fund channel, enhances the teaching standard, the optimized sports fitness environment and so on the various aspects diligently.

Keywords. Fitness China, Private Colleges, National Fitness, Current Situation

1. INTRODUCTION

The 18th National Congress of the Party established the goal of building a well-off society in an all-round way and was of the great historical significance in the development of our party and the country. The 18th National Congress of the Communist Party of China made the first report on "Building a Beautiful China", which aroused strong repercussions in the community. In this context, "health is to promote the comprehensive development of the inevitable requirement", "to promote people's physical and mental health" and other phrases to become the meaning of the problem, but also for recent years, the public attention to physical and mental health clear response. "Healthy China" conforms to the resulting, in this historical stage will inevitably give in this period of the development of sports education endowed with new connotation. Obviously this is for private colleges national fitness request of time history was put forward.

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2. Private Colleges and the National Fitness

2.1 The national fitness situation

Since the reform and opening up, China's rapid economic development, people are facing a high-intensity, high efficiency, high competition in the production, life challenges, into the fast-paced modern life, so the background of people's health has higher requirements, fitness has become the realization of building a moderately prosperous society as a whole. In 1995, the central government and issued the "outline of the nationwide body-building plan as a programmatic document for development of national sports, this plan requires the leadership of the government, public participation, system of law, the task of 2009 begins as a "National Fitness Day" in August 8th. In fact impels the sports enterprise which all the people fitness, depends upon the government policy, the financial support not merely, under the socialist economy system gradually development, tradition the pattern which develops by the government funds support sports enterprise already does not suit the social development. The fitness sports should break through the sole pattern that enhances all the people fitness consciousness, the scientific exercise method and the enhancement physical training.

2.2 Significance of college physical education to the promotion of national fitness

"National Fitness Program" in particular that the school sports in sports awareness of students, to carry out the importance of national fitness. Physical education in colleges and universities is the final stage of students’ acceptance of school physical education and fitness education. It is the key period of convergence with social sports. The healthy development of college students' physical fitness is conducive to the realization of national fitness. Physical exercise of college students to promote the formation of mass sports backbone to promote the development of mass fitness, fitness can become a national amateur guiding force. As social groups or individuals funded the creation of private colleges and universities is an important part of higher education system, the physical education in Colleges and universities, including the private colleges and universities sports teaching in class and extracurricular sports activities, fitness clubs that built a special education college cultures.

3. Limitations of Private Colleges and Universities to Promote National Fitness

Private colleges and universities to promote national construction and improve the quality of education have its irreplaceable role, but because of some problems of the private colleges and universities to promote national fitness there are still some essential limitations.

3.1 Teaching set against the lifelong fitness ability

Though the national fitness program has implemented a few years, but university education is not to promote students' physical fitness to give enough attention, the goal of physical education curriculum is not scientific enough, is not conducive to the formation of college students' ability of lifelong body-building. The university community mainly lies in student's theory knowledge study, practice skill grasping including the managed by the people
university teaching goal, also not enough takes regarding the sports teaching. The university sports fitness raise teaching goal is temporary, has not trained the university student to form the lifelong physical culture consciousness, has neglected the fitness hobby and the social product, the life engagement, in fact the university student whole healthy quality is also dropping. In the curriculum, the common managed by the people university's sports teaching is one to two year time required courses with one to two year elective course unions, the teaching establishment existence obsolete, the backward disease that has not unified the social fitness new tide, the teaching curriculum is unitary, not for student enough choice space, achieves the comprehensive fitness, this fitness the plan with all the people is contradicts, the lack of the necessary physical fitness principles in the teaching content, the theoretical knowledge of scientific methods of exercise, focusing on sports that lack of scientific theoretical guidance, making the private college sports training blindness characteristics which are not easy to produce lifelong fitness ability.

3.2 The lack of adequate government financial and policy support

Private colleges and universities lack of adequate government financial and policy support, financing a single, limited, making the teaching of physical education is facing difficulties. In addition to social financial support, private colleges and universities another major financial source is the student's tuition, "to support school" approach makes the funding sources of private universities have unstable characteristics, because of outside investment and the number of students fluctuate. To the private universities in the process of running school financial allocation, financial budget problems. This feature is also a significant response in physical education, sports equipment, teaching hardware, fitness equipment obsolete, not matched. Teachers cannot attract or retain excellent teachers. The development of sports competitions, the lack of adequate funding and fitness sports atmosphere. In government policy, management policy or funding policy, public, private colleges and universities in the form of standards is the same. But actually gave the managed by the people university to bring the policy comes out of many doors, the inspector general not strictly, the management bad and so on the questions, the government lacked to the managed by the people university property rights protection; In the university sports teacher's welfare treatment, the job appraisal, the teaching scientific research, the managed by the people teacher compares handles fairly the scientific research condition and the teaching equipment which the teacher also lacks should have that also is in the inferiority naturally.

3.3 The sports construct the body equipment backwardness

As mentioned above, private colleges and universities because of the lack of adequate government financial support, sports equipment, teaching hardware, fitness equipment obsolete, do not match the problem. Different from other disciplines of learning, the physical fitness, advanced, complete fitness equipment, sports venues is a necessary condition for college students to carry out fitness activities.
Backward in fitness equipment is the first private university, most of the private colleges in the early stage, the construction requires a lot of financial support, social education human capital investment and tuition income is limited, and the lack of government funding is also unable to update the support body building equipment, construction. Followed by a number of large-scale fitness venues, such as swimming pool, stadium, and so on, not for the school leadership attention, sports fitness equipment investment does not account for the important status of school expenditure. However, the private colleges and universities fitness equipment, sports venues backward, some students love sports, because the school is not equipped with the appropriate equipment and cannot be carried out directly limit the fitness needs of students, affecting the student fitness project freedom of choice, the school cannot carry out large-scale sports competitions while stimulate student groups fitness enthusiasm.

4. Implementation of Private Colleges and Universities to Promote the Reform of the National Fitness

4.1 Strengthen government support, broaden the channels of funds

Private universities and public universities are the same in nature and social function, and all of them are for cultivating high-level talents. Therefore, the government should be obliged to improve the campus environment and the quality of running a private university. The government needs to change the attitudes of private colleges and universities to increase policy and financial support. The first is the policy, the introduction of more comprehensive laws and regulations to safeguard the rights and interests of private universities, in the legal policy to provide a guarantee. In the financial, do not over-discriminate whether for public universities, in the financial allocation and tax policy, improve some of the private colleges and universities concerned. Moreover also may use the beneficial cooperation between the university that shares some fitness equipment and the large-scale facility. This is a series of measures all construct the body development for the university sports that has provided the solid material base.

4.2 Improve the curriculum and improve teaching standards

In the teaching goal, is not limiting to specialized theory knowledge grasping, must take the sports fitness teaching, the scientific theory instruction, enables the managed by the people university athletic training to have pointed, trains the student to form the lifelong physical culture consciousness, grasping lifelong fitness ability, completes the fitness hobby and the social product, the life engagement. In the curriculum, as years take as an elective, the compulsory sports curriculum, are the disadvantageous student's fitness full scale development and the managed by the people university should need, as the deference fitness rule according to the student, at the right moment lengthens the sports curriculum study period and the educational system. Curriculum, enhancement usability, pointed, opens some bodily health care class in view of the physique weak student, the enhancement fitness curriculum and the student specialized science relation. According to student's bodily need, the interest
tendency, additionally builds some new curricula, novel, practical teaching material, spirit activation teaching way, joins athletics ingredient suitably, enhances student's fitness interest. On the sports teaching material, joins sports fitness principle, exercise scientific method and so on usable the contents, strengthens the student to the sports fitness correct understanding with the perfect knowledge structure.

4.3 Optimize the campus sports fitness environment

Education management departments, to strengthen the supervision and management of private colleges and universities, private colleges and universities to improve the leadership of the importance of physical fitness, highlighting the school financial expenditure in the investment in sports fitness equipment, and urge the financial resources of private universities more scientific use. The concept of sports fitness school, combined with the actual situation of the school and student needs, highlighting the school characteristics, will train student sports awareness and promote fitness as one of the objectives of school.

Optimize the campus physical fitness environment, on the one hand is the fitness equipment, sports venues perfect, expand the student fitness project free choice of space, stimulate the student group fitness enthusiasm. On the other hand, in the cultural concept, the establishment of campus-specific sports culture, students' lifelong sports awareness. Enrich the form of campus fitness activities, to carry out extracurricular fitness associations, sports, increase the times and competition, to the fitness organization for the leadership, layers of project activities for college students to participate in fitness activities to provide opportunities for the students exercise organization activities to provide space, whether it is fitness awareness, fitness capacity, or organization and management capabilities, are for college students into the social practice to do the actual preparation.

5. CONCLUSIONS

Strengthened the citizen physique is the urgent demand which the modern society developed, all the people fitness already was hot spots of society that was raises the people well-off living standard the essential action, the managed by the people university's sports fitness in raised the student sports consciousness, develops all the people fitness has the vital significance, the break managed by the people university impelled the limitation which all the people fitness, especially important while was advantageous in facilitates the populace sports backbone the formation that impelled the populace fitness the development.

References


