Analysis on the Dilemma of Restricting the Development of Leisure Sports in China

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Abstract

Nowadays, the development of economy, the progress of human civilization, science and technology is also in constant innovation, makes the people's living standard has been greatly improved, people no longer use for food and clothing and they have their own cudgel thinking, better, more scientific, more pursuit, in this process. They realize that good health is to complete all things, only a good body, they can continuously improve their ability to better life. In response to this idea, they began to focus on sports, they began to run together in their spare time to do something good for the body, do not have to spend all the money on the treatment. Leisure sports for the people, is a very popular sport, now people love leisure way, they even was dressed in casual clothes, but in leisure sports, there are many restrictive factors, prevent people from the pursuit of leisure sports, let them not very good recreational physical exercise, therefore, the dilemma of restricting the development of leisure sports in China has expounded the development of leisure sports, leisure sports in the connotation of the principle and development of leisure sports, the benefits of restricting the development of leisure sports problems and the measures to solve these problems.

Keywords: leisure sports; connotation; principle; benefits; problems and measures

1. INTRODUCTION

For the students, have a good body is very important, therefore the school attaches great importance to offer PE, for office workers, every day they have a lot of work, or their monotonous and boring life, they have no spare time outside of work to do their own thing. Leisure sports in office workers, are a very important change, they no longer worry about their physical quality, they have the opportunity to exercise, you can exercise a more healthy.

2. The Connotation of Leisure Sports

From the point of view of sports, refers to the leisure sports. Refers to the meaning of leisure sports and sports functions. Sports leisure, the nature of leisure has been greatly improved, so it is not only for the understanding of leisure "play", not "idle", it has become a grade value activities, which is of significance, the connotation of sports value and sports.

From the value of sports, leisure sports, sports education, sports and fitness should sports three forms, tell people in physical exercise, not only have fitness, physical fitness, and educational, let students and staff can learn knowledge from middle school to many things, learn the yearning for life, there must be the spirit of competition in sports, people, by adapting to the variety of all kinds of activities to elaborate the connotation of sports.[1]
3. The Principles of the Development of Leisure Sports

3.1 Follow the principle of Science
In sports, there must be a scientific, so that people can exercise their own science, the scientific development of their own, for leisure and entertainment, is to let everyone have fun, fun, play their own quality and play their own ideas and values. Therefore, in the development of leisure sports, we must be the principle of science, so that people under the guidance of science, to relax their feelings, so that their own more happy and healthy growth.[2]

3.2 Follow the Principle of Entertainment
In sports, people often show a very serious expression, because they're not love sports, not accustomed to exercise, they just love playing games such as electronic games, in leisure, people should abandon the electronic products, more into the physical and mental movement, constantly moving, make yourself more healthy. Therefore, in the development of leisure sports, we must follow the principle of entertainment, so that people prefer sports, so that people still smell the benefits of sports in their leisure, to realize the happiness of leisure and entertainment.

3.3 Follow the Principle of Interaction
What things do, need a lot of people to exchange and discuss with each other, between students and students, communication is needed between the family and the family, will understand the ideas of others, and others will work together, common progress, only in this way can we build a harmonious society. Therefore, in leisure sports, we must follow the principle of interaction, so that more people to exercise together, together with the realization of their own value in leisure sports, to achieve their goals. Make yourself better and better, for their own future and strive for their personal happiness.

3.4 Follow the Principle of Simplicity
In any case, people are always difficult to avoid things, do not like to delve into the intricate, complex things, they think that complex things will make people feel worse than you. Therefore, in the development of leisure sports, must follow the principle of simplicity, all the sports leisure entertainment, simple, exquisite is to play, to be happy, if it is very difficult to move a lot of brains, let people put a lot of time, there will be no people want to learn, therefore, simple entertainment will be more than the complex entertainment benefits to people more.[3]

4. The Significance and Role in the Development of Leisure Sports

4.1 To Improve People's Awareness of Sports
In the bedroom, people don't have a lot of time to exercise, do not have enough energy to exercise, they always love to stay at home or go to play games with my friends, ignore the importance of health, not to increase interpersonal relations in real life, will let them live without happiness. With the development of leisure sports, people gradually realize that exercise benefits to people and make them happy, and consciously to participate in the leisure sports education, therefore, it is helpful to improve the awareness of sports, so as to improve their health indicators so that they constantly exercise.[4]

4.2 Is Conducive to Promoting the All-round Development of People
For people, comprehensive construction, coordinated progress, stable development is the social Scientific Outlook on Development. In the process of leisure and entertainment, will increase their interpersonal relationships, they will make their all-round development, people's physical and mental development is different, people can be able to give full play to the physical.
Therefore, the development of leisure sports, is conducive to promoting the all-round development of people, is conducive to the all-round development of people in Dezhitimei, make people's life is becoming better and better.

4.3 Promoting the Construction of Spiritual Civilization Helps to Consolidate Social Harmony

The construction of spiritual civilization requires people to follow the principle of friendship first, competition second, not to get the first to slander others, this is not the right way. In the progress of leisure sports, is conducive to promoting the construction of spiritual civilization, is conducive to the consolidation of the harmonious development of the society, also help our people's trust, let us live in a city more beautiful, more interesting.

4.4 Following the Rules of the Game is Conducive to the Formation of the Concept of Social Compliance and Team Spirit

People can set up the team, can form a relationship of mutual help. Competition and cooperation is the theme of the progress of the times, at present, the team spirit is what we advocate and demand. Therefore, in the development of leisure sports, allow people to build many teams, can increase the team spirit, let the people inside the team constantly exchanges, mutual aid, have formed to promote communal law concept and team spirit.

5. The Problems in the Development of Leisure Sports

5.1 The Economic Base of the Development of Sports Leisure Industry in China is Still Weak

The economic base determines the superstructure, therefore, the setting up of leisure sports, emerging industries, is based on the superstructure on today, although the technology has been greatly improved, but in some areas, the national income growth is very slow, economic stagnation will restrict the growth of leisure industry.

Because of the economic strength to support, not so many people are not in time to solve the food and clothing development of luxury, therefore, weak economic basis, will lead to leisure sports can develop faster, not towards a good direction, cannot force everyone to participate in leisure sports.

5.2 The Rapid Development of Sports Leisure Industry in China Still Lacks Enough Space for Industry Growth

In the economic structure of our country, the first agricultural industry occupies the largest proportion, because we all need to eat, second industries also accounted for a large proportion of the third industry, but the leisure and entertainment industry accounted for a very small component. In the leisure industry, people is not sufficient time and energy to participate in leisure and entertainment. They always have endless things to do. Therefore, the industry has caused many problems in the development of leisure sports.

5.3 People Do Not Attach Importance To

People at work, often put a lot of time and energy, so they won't invest more time and energy in leisure sports, they think that since the leisure needs, their willingness to play, therefore, not pay attention to body leisure people will be very fertile. People do not attach importance to, resulting in no one will focus on doing this thing, no one will be in order to delay their leisure sports work, therefore, led to the stagnation of leisure sports.
6. Measures Taken to Address These Issues

Transformation of the management system, enhance the function of sports entertainment is the fundamental driving force for the rapid development of leisure sports industry.

The combination of sports and entertainment has become the biggest feature of the development of inclusive sports and leisure life.

Management system, so that people realize the great benefits of leisure sports to people, people will be happy and willing to participate in leisure sports. Therefore, we must change the management system, increase the sports entertainment function, managers can appropriate increase in entertainment facilities, make people more leisure and entertainment projects, they will be interested in leisure sports, will consciously exercise, to improve their own entertainment, make constant progress.

6.1 Regulating the Market Environment, Cultivating the Social Sports Organization is the Catalyst to Accelerate the Development of Leisure Sports Industry

The environment for the heart, people have a profound effect, the change of the environment, will change the mood of the people, if they live in a pleasant environment, they will be very happy, would love to do something. If people live in a very unhappy environment, they will be very upset, very reluctant to do something. Leisure is conducive to the formation of the market, the leisure sports can unite people in society, so that they constantly together, constantly together, such as the government management departments should use the price, finance, financial and other means for the development of sports leisure industry and the legal order set good operating environment and standard thus, in order to promote the sports leisure industry healthy and rapid development. Therefore, in order to improve the level of development of leisure sports, we must standardize the market environment, the cultivation of the social sports organizations, will accelerate the development of leisure sports, can regulate people's mood, regulate people's bad mood, let people live in a harmonious society, make the society more easy to survive.

6.2 Relying on Colleges and Universities to Strengthen the Theoretical Study of Leisure Sports and Promote the Construction of Spiritual Civilization

College students are the best learning stage, they are more receptive to leisure sports, because they will be learning in the classroom and sports, sports are influenced a lot, but leisure sports is very good to avoid this problem, his meaning is to let students exercise, how to exercise do exercise. Therefore, in the development of leisure sports, can be based on universities, strengthening the theoretical research of leisure sports, it will promote the construction of spiritual civilization, let more and more people through the observation of the physical condition of students, lead to their own physical exercise, they are more willing to participate in the leisure sports, more willing to learn.

6.3 Speeding Pp the Construction of Infrastructure and Promoting the Humane Care Of Society

For the crew, their spare time is money, if they had gathered together for leisure sports, will make them lose their jobs, this is not very realistic, they will not agree to do so. Therefore, in order to carry out leisure sports, can speed up the construction of infrastructure, for example, rational investment and the layout of the venue, the stadiums and sports center construction into the overall planning of the city, and built a simple fitness facilities in new and old community, park, square, to provide a good environment for the residents of leisure sports. At the same time, the popularization and improvement of leisure sports should pay attention to the development of small towns, rural areas, underdeveloped areas and socially vulnerable groups. In doing so, it
will make the leisure sports deeply rooted in the hearts of the people, so that everyone can go to participate in leisure sports.[5]

6.4 On the Basis of National Culture and Regional Culture

In the leisure sports, should be based on the national culture, so that each and every nation according to their own ideas, their own culture, so that their individual into the culture of leisure sports, so that they have their own interests. It takes a lot of effort for regional choice, some places for this thing, there is no place for this place, so, leisure sports have geographical choice, enabling them to choose their own love.

7. Conclusion

In the development of leisure sports, there are a lot of constraints. There are still many difficulties in the development of leisure sports in china. However, with the unremitting efforts of people and society, any difficulties are not difficult, people actively participate in leisure sports, so that everyone can exercise a better body. Therefore, in the development of leisure sports, we must make continuous progress, and constantly improve their ability.

References


