Conclusion and Suggestion to Investigate the Present Situation of National Fitness Community Sports in Nanchang City

Qi HUANG¹,a,* and Xuan-jie ZHOU²,b

¹ Nanchang Institute of Science & Technology, Nanchang, Jiangxi, China
² Nanchang Institute of Science & Technology, Nanchang, Jiangxi, China

a 1057527637@qq.com, b 61430513@qq.com

*Corresponding author

Keywords: Nanchang County; Fitness; Community Sports Development Present Situation and Countermeasure of Community Sports.

Abstract. This paper takes eight large-scale communities in Nanchang County of Jiangxi Province as the research object. The research methods mainly include literature, interviews, questionnaires, on-the-spot investigation and so on. This paper investigates and analyses the age level, sex, exercise time, exercise place, exercise items and the understanding of exercise function of community participants in physical exercise in Nanchang County. Conclusion: Through the analysis of Nanchang County community sports population mainly in the elderly, young people and middle-aged men less exercise than women who exercise the crowd. Nanchang County community sports population in the choice of exercise and exercise mainly to non-project based site requirements. Nanchang County community sports exercise groups in the exercise time choice mainly in the night time exercise. In the understanding of physical exercise most people know that physical exercise can promote health.

Research Object

This study randomly selected from Jiangxi province Nanchang County 8 communities to participate in community sports as a crowd as the research object.

Research Method

Documentation Method

Through the library of Jiangxi Normal University, we consulted the two keywords of "National Fitness" and "Community Sports" in China Knowledge Network, and 60 papers related to National Fitness Community Sports in the past five years. Through reading and screening out 15 articles related to national fitness, we understand the current situation of community physical exercise in China. It lays a theoretical foundation for the writing of this article.

Questionnaire survey

I personally went to 8 large communities in Nanchang County to conduct a questionnaire survey on 232 local community residents. A total of 232 questionnaires were sent out. 208 valid questionnaires were collected, and the effective rate was 89.66%. The content of the questionnaire is the age level, gender, exercise time, exercise place, exercise items and the understanding of exercise function of the people who participate in physical exercise.

Field survey method

To investigate and record 8 large-scale communities in Nanchang County, the contents of investigation and record are the situation of community exercise venues, exercise items and the number of people.
Statistical analysis

The questionnaire and field survey were sorted out and classified. SPSS20.0 software was used for statistical analysis to obtain the data needed for the experiment.

Discussion and Analysis

Age Level of Community Physical Exercise Population in Nanchang County

Through questionnaires, the age structure of community physical exercise population in Nanchang County was found to be teenagers, middle-aged people and the elderly. Among them, 55 adolescents exercised, accounting for 26.44% of the total number of exercisers surveyed. The number of middle-aged exercisers was 21, accounting for 10.1% of the total number of exercisers surveyed. The number of elderly people exercising was 132, accounting for 63.46% of the total number of people surveyed. Through the above data, it is found that the majority of the community physical exercise population in Nanchang County is the elderly, while the youth and middle-aged people are less. It shows that physical exercise is relatively unreasonable. Analysis of its causes. First, the elderly retired due to other reasons, the leisure time is relatively abundant, but also on the physical exercise have certain needs, especially for their own health needs more. Therefore, participation in physical exercise of the elderly relative. Two, middle-aged people to participate in the community physical exercise at least, mainly middle-aged people leisure time is relatively small, a large part of middle-aged people to work and family, leisure time basically spent in the family and career. Therefore, middle-aged people participate in physical exercise is relatively less. 3. The main reason why teenagers participate in community physical exercise less is that teenagers mainly focus on their studies, and their study time occupies a large amount of teenagers’ spare time. Affected their spare time to participate in physical exercise. At the same time, teenagers’ participation in physical activities such as exercise and physical education in school is also the reason that affects their participation in community physical exercise.

Gender Situation of Community Physical Exercise Population in Nanchang County

Through questionnaires, it was found that more males than females often took part in physical exercise in the community of Nanchang County. Among them, 114 men exercised regularly, accounting for 54.81% of the total number of exercisers surveyed. The number of female exercisers was 94, accounting for 45.19% of the total number of exercisers surveyed. As can be seen from the table above, most of the participants in community exercise are men. Analysis of the causes of its occurrence. First, men do less housework in family life and women participate more in housework. Housework largely inhibits women's time to participate in social sports activities. Through screening questionnaires, it is found that older women are the main group of women participating in physical exercise. Second, from the traditional Chinese values to carry out the analysis, the general women are family-oriented, with the traditional Chinese concept of "mutual husband teach children" and so on.

Community Physical Exercise Population Participation in Sports Events in Nanchang County

Through questionnaires, 24 people participated in walking exercise regularly, accounting for 11.54% of the total number of people surveyed. 69 people often participated in square dance exercise, accounting for 33.17% of the total number of exercises surveyed. Fifty-two people regularly participated in jogging, accounting for 25% of the total number of exercises surveyed. The number of regular participants in Taijiquan exercise was 11, accounting for 5.29% of the total number of participants in the survey. Thirty-five people regularly participated in ball exercises, accounting for 16.83% of the total number of exercises surveyed. The number of people who often participate in Wushu exercise is 10, accounting for 4.8% of the total number of people surveyed. Seven people participated in other exercises, accounting for 3.37% of the total number of exercises surveyed. From the above data, it can be seen that the people participating in community physical exercise in Nanchang County mainly have no site requirements. Plaza dance, which is mainly for
entertainment and recreation, is more popular, and the majority of the people who exercise in square dance are women. This is consistent with women's preference for group and companion activities. The number of participants in traditional sports such as Wushu and Taijiquan is relatively small, which is in line with the fact that oriental sports are gradually replaced by Western sports, and people gradually abandon traditional sports in terms of exercise choices. Ball exercises are mainly for teenagers and middle-aged people, which has a lot to do with young people like confrontation and competitive sports. There are also some elderly people who choose not to confront tennis events, such as table tennis, badminton and so on. In summary, leisure sports are the main sports items that the community physical exercise crowd in Nanchang County participates in. This is consistent with the choice of the social sports crowd.

Selection of Sports Places for Community Sports Exercisers in Nanchang County

Through the questionnaire survey, 81 people chose to exercise in community public places, accounting for 38.94% of the total number of people surveyed. The number of people choosing to exercise on the street side of highway was 64, accounting for 30.77% of the total number of people surveyed. The number of people choosing to exercise in physical facilities is 31, accounting for 14.9% of the total number of people surveyed. The number of people who chose to exercise in the park square was 25, accounting for 12.02% of the total number of people surveyed. Seven people chose to exercise in paid stadiums, accounting for 3.37% of the total number of people surveyed. Through the above data, we can see that the community physical exercise crowd in Nanchang County mainly choose free public venues in the choice of exercise venues. The choice of fee-paying stadiums is very few. It shows that the community physical exercise crowd in Nanchang Prefecture tends to be public in choosing sports venues. Moreover, the sports are basically non-site-based. This basically corresponds to the selection of sports items for the community physical exercise crowd in Nanchang County. At the same time, the author found that the distribution of stadiums and facilities in Nanchang County is relatively unreasonable, and the stadiums and gymnasia are relatively far away from residential areas and cannot meet the sports needs of the masses.

Exercise Time of Community Physical Exercise Population in Nanchang County

Through the questionnaire survey, 65 people chose morning exercise, accounting for 31.25% of the total number of people surveyed. The number of people who chose to exercise in the afternoon was 25, accounting for 12.02% of the total number of people surveyed. The number of people who chose to exercise at night was 31, accounting for 56.73% of the total number of people surveyed. Through the above data, we can see that the main time for community physical exercise in Nanchang County is late exercise. The reason is that the community physical exercise crowd has relatively abundant evening time, especially the young and middle-aged people spend their morning and afternoon time at work or school, which is relatively tight, and inhibits the desire of most people to exercise early. Through further combing the questionnaire. It was found that older people choose relatively fixed time, mainly using morning and evening time for exercise, evening exercise is relatively more people.

The Cognition of Community Physical Exercise Population on the Function of Physical Exercise in Nanchang County

Through questionnaires, it was found that the understanding of the community physical exercise crowd in Nanchang County focused on five aspects: improving health, strengthening physical fitness, leisure and entertainment, social interaction and cultural education. The number of people who knew that physical exercise could improve their health was 109, accounting for 52.4% of the total number of people surveyed. The number of people who know that physical exercise can improve their physical fitness is 49, accounting for 23.58% of the total number of people surveyed. Knowing that physical exercise can make exercisers experience leisure and recreation is 32, accounting for 15.38% of the total number of exercises surveyed. The number of people who know that physical exercise can achieve the goal of social interaction is 15, accounting for 7.21% of the total number of people surveyed. The number of people who know that physical exercise can make
cultural and educational purposes is 3, accounting for 1.44% of the total number of people surveyed. Through the above data, it is found that the majority of people fill in the form of improving their health, which shows that the people who take physical exercise realize that physical education is of great help to their health and affirm the importance of physical education to their health.

Conclusions and Recommendations

Conclusions

(1) The community physical exercise population in Nanchang County is mainly the elderly, the young and middle-aged population is relatively small, the male exercise population is more than the female exercise population.
(2) Nanchang County community physical exercise crowd in the choice of exercise venues and exercise projects mainly in the no-site requirements of the project-based.
(3) The community physical exercise crowd in Nanchang County mainly exercises in the evening time in the choice of exercise time. In the understanding of physical exercise, most people realize that physical exercise can improve health.

Recommendations

(1) Strengthen the publicity of community physical exercise through community residents’ committees. Community residents’ committees regularly invite professional sports service personnel to give lectures on community residents’ professional sports knowledge.
(2) By broadening the sources of funds, we will strengthen the construction of basic sports venues and facilities, and open schools around the community and other units with sports venues and facilities, so as to facilitate the exercise of the masses.

Acknowledgement

Subproject of research project of Jiangxi Provincial Sports Bureau in 2018 Research on community sports service of national fitness in Nanchang city (Project number: 2018050).

Reference