

# *Guidance and Intervention: Research on Health Promotion of Family Sports under the Background of Epidemic Prevention and Control*

Zhanfeng Sun\*, Kaibin Ji

*Department of Aviation and Sports, Aviation University of Air Force, Changchun, China*

*\*Corresponding author*

**Keywords:** Family Sports, Health Promotion, Fitness guidance

**Abstract:** The global epidemic in 2020 has made family sports the main way to keep fit for all and an effective way to promote health by means of sports during the global fight against the epidemic. This study starts from the problems faced by health promotion in the new period, analyzes the practical value of family sports and its positive role in health promotion under the background of epidemic prevention and control, and puts forward effective countermeasures to guide and intervene family sports, aiming to provide theoretical and practical reference for the development of family sports in health promotion.

## 1. Introduction

The global outbreak in 2020 has brought a huge health threat to the global people. In order to effectively prevent and control the epidemic, many offline work and activities have been transferred to online. During the fight against the epidemic, people's attention to their own immunity and physical and mental health has been greatly improved. Since then, the family fitness model has also begun to form a wave, and the effective development of family sports has subsequently become the main channel and important form of fitness. Under the background of normal epidemic prevention and control, giving play to the role of family sports in health promotion has become the focus of attention. In recent years, with the wide recognition of family sports, its social value has become more and more significant. It is not only a form of fitness within the family, but also requires all sectors of society to jointly promote the community, families and individuals to maintain health, thus forming new social behaviors and social strategies. Now, in the form of normalization of epidemic situation, family fitness should be made the best form of national fitness. At present, many scholars have shifted their focus to online sports, conducted in-depth research on online sports mode, content, carrier, platform, etc., and produced many research results. However, it is ignored that family sports are the effective carrier of online sports. People can show the advantages of online sports by participating in family sports. Online sports are just a way of communication. Family sports really play a role in improving people's health. This research puts forward effective countermeasures to guide and intervene family sports by deeply discussing the effective role of family sports in health promotion and epidemic prevention and control.

## **2. Methods**

This research adopts the methods of literature review, expert interview, prediction analysis and experience summary. By collecting, sorting and analyzing the existing literature, we can grasp the current research status in this field. Visited experts, held talks with them, jointly analyzed hot issues on online sports, family sports and health promotion, and asked for experts' suggestions on the countermeasures of this study. This paper analyzes on the practical value of family sports and its positive role in promoting health under the background of epidemic prevention and control, and advances some effective countermeasures for guiding and intervening family sports.

## **3. Results and Discussion**

### **3.1. Problems Faced by Health Promotion in the New Era**

#### **3.1.1. Urgent Social Health Problems**

The global epidemic situation makes the whole society face the challenge of health problems. However, with the social progress and economic development, the level of industrialization and information technology is constantly improving, people's living conditions tend to be static, and the lack of exercise in long-term static life has led to a substantial increase in the probability of people suffering from obesity, diabetes, cardiovascular and cerebrovascular diseases, cervical spondylosis, lumbar pain, depression and other chronic diseases, the urgent need to improve the physique of young people, and the aging health management brought about by the accelerated aging of the population, All these make health management more challenging.

#### **3.1.2. Single Health Education for All**

The health education for all includes four parts: prevention of chronic diseases and infectious diseases, popularization of mental health knowledge, and cultivation of healthy living habits. The public's health awareness is weak, and the formation of bad habits such as staying up late in a fast-paced life has low health literacy, and most people do not have the sports skills to engage in lifelong sports. However, the health care publicity channel is single, the content is difficult to understand and boring, the professional level of publicity personnel is low, and health education is ignored, especially in rural areas and other remote areas.

#### **3.1.3. Incomplete Construction of Health Promotion System**

The staff undertake many functions such as policy consultation, department coordination, social service, technical guidance, etc. The health promotion work puts forward higher requirements for the professional quality of the staff. The scarcity of professionals, coupled with the imperfect health promotion work network, the management system to be strengthened, the lack of financial support, the poor self-control ability and the lack of supervision are all challenges facing the construction of the health promotion system in the new era.

#### **3.1.4. Inter Departmental Collaboration Mechanism needs to be Strengthened**

In the fields of chronic disease prevention and control, tobacco control, elderly health care, adolescent health development and other fields, health promotion work of multiple departments has been formed, especially in the health promotion of key populations, which has achieved great results, but there is still less effective collaboration among various departments. The inter departmental communication mechanism and cooperation platform are set up to solve more health

problems, and the joint coordination and cooperation of various departments need to be strengthened.

## **3.2. Realistic Value of Family Fitness in the Context of Epidemic Prevention and Control**

### **3.2.1. Family Sports is an Important Component of Sports Development**

Family sports is an important part of the development of sports, and it is the support and continuation of school sports. While promoting the harmonious development of family relations and focusing on personalized education, it forms a joint force with society and schools to educate people and promote the healthy development of sports education. At present, with the continuous improvement of national planning and emphasis on sports work, the development of family sports has also moved from passive to active. Family sports have become an important part of the development of national sports, and also a key factor to measure the construction of a sports power.

### **3.2.2. Family Sports is an Important Way to Develop National Fitness**

Family sports covers a wide range of people and is the smallest grass-roots organization to carry out nationwide fitness. Carrying out family sports can effectively form family members' understanding and understanding of sports culture and form a good family atmosphere. The most important thing for the development of the nationwide fitness program is to reflect the "national character" and "extensive participation". Family sports can effectively implement the nationwide fitness program. According to the unique characteristics of family education, scientific methods are adopted to implement family physical education, do a good job in publicizing family sports, expand the number of people participating in family sports and improve the quality of family education, so that physical exercise not only has the fitness value, but also has the social value of condensing family feelings, and has become an effective carrier for the effective development of national fitness.

### **3.2.3. Family Sports are an Effective Supplement and Extension of School Sports**

School physical education is the main place for students to participate in sports activities and learn skills. Through physical education classes and extracurricular sports activities, students have enhanced their fitness awareness, mastered exercise methods, and improved their physical health. However, students spend only 1/3 of their time in school, while most of their time is at home. Therefore, because the family runs through the whole growth stage of students, it has its unique educational function and irreplaceable for the healthy growth of young people. Family sports are more important for children to master and form stable fitness skills, integrate parent-child relationship, and become an effective supplement and extension of schools.

### **3.2.4. Family Sports is an important Part of Building a Harmonious Society**

As an important part of the overall development of society, family sports play a very important role in modern life and education, and are linked with economy, science and technology, and culture for common development. As the smallest unit of society, family sports often play the role of lubricant in interpersonal communication. In sports, family members participate together, and the frequency of communication and exchange increases, which virtually increases the closeness of family members and establishes a stable family relationship. Family sports is an indispensable part of high-quality life and healthy development of people, which is conducive to improving the quality of sports culture of the whole people and building a harmonious society.

### **3.3. The Positive Effect of Family Fitness on Health Promotion**

#### **3.3.1. The Positive Effect of Family Fitness on Physical Health**

Improve physical fitness and enhance autoimmune ability. The purpose of physical exercise is to exercise, improve health and improve physical quality. Some studies have shown that physical exercise can play a positive role in the sense of white blood cells, lymphocytes and other immune substances, and help improve their own immunity to reduce the invasion of viruses into the body [1]. In addition, the physical problems of teenagers in China have not been effectively improved in recent years. For the physical problems of teenagers, we can not only rely on school sports. As a way of physical exercise, family fitness has the function of physical exercise. By strengthening the participation of young people in family sports, it is helpful to improve the physical health level of young people and their family members, thereby improving the overall physical fitness level of our citizens.

Enhance sports awareness and develop a healthy lifestyle. Sports consciousness is simply the control ability of the human body to the attitude towards physical exercise. The enhancement of sports consciousness needs to be fostered by participating in sports activities, learning sports knowledge and skills, etc. At present, the sports consciousness of the Chinese people is still at a lower level, and there are large differences between individuals, showing the characteristics of "high identity, low cognition, and lagging behavioral will" [2]. In addition, some studies have shown that the individual's exercise behavior in the family is deeply affected by the family environment, especially the parents' exercise behavior has a greater impact on their children [3]. Therefore, parents should take the lead and actively participate in family fitness, thereby improving the sports awareness of the whole family members, so as to develop a good lifestyle of actively participating in sports.

#### **3.3.2. The Positive Effect of Family Fitness on Mental Health**

Relieve psychological pressure and promote family harmony. In today's society, no matter what kind of social status you are in, you are faced with a variety of life pressures. When these pressures are nowhere to be released, they will affect your mood, and the change of your mood will affect your emotional performance [4]. Studies have shown that long-term negative emotions can cause considerable harm to people's physical and mental health. And once long-term psychological pressure breaks out, extreme emotions are bound to affect the harmony between family members. In addition, moderate sports can effectively relieve people's psychological pressure [5]. Therefore, moderate family fitness can effectively resolve conflicts between family members, promote family harmony, and deepen mutual affection.

Cultivate will quality and improve team cooperation awareness. At present, because most of them are only children, there is a common phenomenon of low willpower among teenagers, which is mainly manifested in fear of hardship, weak interpersonal skills, lack of team spirit, etc. And physical exercise is just the will quality that can cultivate people to be not afraid of hardship or tiredness and strive hard. In addition, as a small group environment, family fitness among members can improve children's sense of team cooperation, and by participating in family physical exercises can help each member master some sports skills, which will be conducive to children's interpersonal communication through sports events, and thus effectively improve the current low willpower of young people.

### **3.4. Effective Countermeasures for Guiding and Intervening Family Sports**

#### **3.4.1. The Government Departments should Actively Guide the Publicity of Family Sports**

The relevant national departments have issued health, health and safety knowledge, fitness guidelines and other relevant documents to establish correct health concepts and family fitness awareness for the general public. Family fitness can effectively increase the current sports population stock and cultivate potential sports population, so that family fitness can become the carrier of school sports and mass sports, so that the awareness of lifelong sports can be deeply rooted in the hearts of the people. In family sports, most family members take physical exercise as the basic purpose, according to the family members' own interests and hobbies, game entertainment, travel relaxation, watching games and other ways. On this basis, family participation in physical fitness should also be taken as the selection criteria for "the most beautiful family", "civilized city" and other activities, so as to promote family members to pay more attention to sports and actively participate in sports. The government should also make use of various media to publicize the nationwide fitness program in families, expand the popularity of family sports, guide families to form a healthy fashion that loves sports, and make sports an indispensable "medicine" for healthy family life. In addition, due to different ages, genders, sports bases, etc., family fitness participants should also choose different fitness contents and forms. The country needs to develop scientific fitness methods for different groups of people through relevant means to form a family fitness system that benefits the whole people.

#### **3.4.2. Develop Family Fitness Facilities and Enrich Family Sports Activities**

"If you want to do a good job, you must first sharpen your tools." Although the quality and quantity of sports facilities in China have been improved under the premise of the continuous development of China's sports industry, it still shows that the distance between the place of appearance and the place of residence is far or the capacity is insufficient, which affects the frequency of people's participation in sports and fitness. In addition, due to the epidemic situation, the opening of sports venues is restricted by uncontrollable factors. People still choose family fitness as a more reasonable way of fitness. Therefore, convenient family fitness facilities will also become a strong demand for family fitness. The state and government should pay more attention to community planning and the development of family fitness facilities, so that people can benefit from family fitness to achieve national health. Through the construction of sports parks, fitness equipment, sports squares and other infrastructure in the community, families are encouraged to participate in square dancing, night running and other sports activities. On this basis, common sports such as table tennis, cycling, swimming, badminton, basketball, tai chi and martial arts can also be promoted, and new sports (such as tennis, wooden ball, rock climbing, physical fitness, etc.) and regional sports (such as skiing, skating, etc.) can be popularized for families. Sports festivals can also be held with the help of community elderly centers, homes for the disabled, women's federations and other venues. In the sports festivals, interesting parent-child activities can be carried out and parents can be invited to participate together with their children [6-8].

#### **3.4.3. Guide Families to Conduct Reasonable Sports Consumption and Provide Correct Guidance Methods for Family Sports**

When carrying out a certain sport, many families will blindly purchase relevant sports goods without knowing about the sport, and will also purchase food with "auxiliary function" under the guidance of sales. This requires the government to establish a standardized consumer market, improve the consumption environment and improve the consumption level. When building and

providing relevant sports equipment and sports knowledge, sports venues such as communities, clubs and equipment selling points should also teach correct exercise methods or provide instructions for the use of the equipment, so that family members can carry out standardized physical exercise, so as to improve the exercise effect.

#### **3.4.4. Innovate the New Model of "Internet+Fitness" to Adapt to the Form of Family Sports**

Usually, most people need professional fitness professionals to provide professional guidance when they are doing physical exercises. However, due to epidemic situation, cost, time and other factors, they can't learn offline with professional coaches, so fitness apps, live broadcasts, short videos, public accounts and other ways have developed rapidly. Keep is the online fitness platform with the largest number of registered people in China. It contains 23 types of training courses, which improves the guidance and pertinence of family fitness. In addition to the APP, live learning is also one of the favorite ways for family fitness personnel. This way of not requiring cards gives users a sense of satisfaction, in-depth explanation and training, and also achieves the effect of physical exercise. In the long run, the popularity of family fitness will accumulate a certain number of online fitness users. With the help of the Internet, we should develop a new model, new experience, new technology fitness methods and online services to improve the professionalism and scientificity of family fitness.

#### **3.4.5. Create Network Fitness Brand Events to Support the Holding of Family Sports Events**

Sports events are an important driving force for people to participate in sports activities. Networking sports events can greatly expand the participation of the masses. According to different projects, the establishment of corresponding events, such as the online running challenge for Chinese college students established by the China University Sports Association and the taekwondo challenge established by the Korean Annali Series League Organizing Committee, are all forms of online events that have emerged in recent years. We should continue to develop more online events that are suitable for online events, summarize and improve existing events, and improve the level of hosting events. Improve the influence of the competition through media publicity, so that more people can participate in the competition and enjoy the competition, and benefit from the competition. The community can set up small single event or comprehensive event events according to its own situation, or cooperate with other communities to increase the number of participating families and improve the enthusiasm of participating families, so as to promote good interpersonal relations among different communities and create a warm and harmonious community atmosphere. Encourage sports clubs and venues to provide support for holding family games, such as providing corresponding equipment, facilities and services, reducing the cost of holding sports games, and increasing the types of games. Other forces in the society should also be encouraged to carry out various online fitness live broadcasts or competitions suitable for families, parents and children, so as to achieve a combination of online and offline family physical exercise [9-10].

#### **3.4.6. Focus on Rural Development and Develop Rural Family Sports**

Compared with urban areas, rural families are independent buildings and courtyards with large space for activities, which provides good sports conditions for family sports. However, most rural family sports are held after supper. Due to the lack of infrastructure, sports generally end after dark, with a general seasonal feature. It is dark and late in summer, and the exercise time is long; It gets dark early in winter, and the exercise time is short. Governments and leaders at all levels should pay attention to the construction of rural infrastructure to provide basic guarantee for rural families to carry out sports. They can also integrate national characteristics into rural family sports and create

different sports cultures suitable for the new countryside in combination with different characteristics of different regions.

#### 4. Conclusions

In the context of the global epidemic, family sports is the best choice to carry out nationwide fitness. The development of family sports can not only promote the fitness awareness and health level of family members, but also promote the relationship between family members and make the family more stable and harmonious. Therefore, it is of great significance to guide and intervene in the development of family sports from the aspects of formulating policies, doing well in publicity, developing facilities, guiding consumption, scientific guidance, innovating models, and creating competitions. It is an important part of effectively forming a health promotion system in the current period. The inadequacy of this study lies in the failure to fully display the content of family physical fitness, and the lack of a large number of research due to the impact of epidemic prevention and control and extensive research will continue to be carried out in the follow-up research.

#### Acknowledgments

This research was supported by Jilin Social Science Foundation Project of China (Grant No. 2021B167).

#### References

- [1] Lu Yanwen, Luo Linling, Peng Wanxing, etc *The necessity of strengthening physical exercise to improve the body's own immunity under the background of the epidemic situation of New Coronary Pneumonia Sports Boutique*, 2020, 39 (9): 76-77, 79
- [2] Qiao Yucheng. *Investigation Report on Sports Consciousness of Chinese Citizens (2018)*. *Journal of Wuhan Institute of Physical Education*, 2019, 53 (10): 19-27
- [3] Yang Kun, Gao Tianye. *Research on the characteristics and mechanism of family physical exercise behavior from the perspective of intergenerational influence* *Journal of Nanjing Institute of Physical Education*, 2021, 20 (3): 21-26
- [4] Chen Yujia. *Exploring the relationship between sports participation and mental health of middle school students*. *Hubei Sports Science and Technology*, 2019, 38 (1): 53.5
- [5] Song Xiangqin. *Discussion on the relationship between sports and college students' mental health education* *Psychological Monthly*, 2019, 14 (15): 58
- [6] Zha Yi. *Research on the Strategy of School Sports to Promote the Healthy Development of Teenagers under the Normalized Epidemic Prevention and Control*. *Journal of Physical Education*, 2022, 29 (05): 91-95
- [7] Zhao Yang. *Research on the Influence of Sports Activities on the Mental Health of Teenagers under the New Coronary Pneumonia Epidemic Situation*. *Youth Sports*, 2022 (07): 40-42
- [8] Ye Yusen, Huang Shengliang. *Research on the Present Situation of College Students' Participation in Physical Training in Maoming City in the Post epidemic Era*. *Contemporary Sports Science and Technology*, 2022, 12 (21): 178-182
- [9] Liu Jinyu. *Research on Home Exercise under the Background of Normalization of Epidemic Prevention and Control*. *Sports Vision*, 2022 (13): 124-126
- [10] Tian Yi. *PEST Analysis and Promotion Strategy of Online Fitness Development in the Post epidemic Period*. *Sports Culture Guide*, 2022 (09): 59-66