

A Study on Sport and the Construction of a Human Destiny Community

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Abstract: The aim of this paper is to explore the role played by sport in the construction of a community of human destiny and the measures taken in the strategy. Through the development of a combination of literature review and empirical research, it is concluded that sport serves as a bridge of communication between different peoples and cultures, promotes the development of the global economy and fosters social harmony and unity. Therefore, we need to increase support for sports policies and regulations, promote the development of the sports industry, improve the influence of events, promote the popularity and development of sports programmes, and contribute more to the building of the community of human destiny.

1. Introduction

1.1. Background and significance of the study

Human society has entered an era of high interconnectedness and interdependence, and the process of globalisation and informatisation has been accelerating. Links and interactions between countries are becoming more frequent and closer, and national interests and national development are becoming increasingly interconnected. This trend has pushed the global community further towards integration and development, requiring the establishment of a closer, common, collaborative and stable community of destiny. The "community of destiny" is a new concept of international cooperation, which refers to the interconnectedness, interdependence and common development of all countries in the global context [1]. It emphasises that countries should respect each other's development paths and institutional choices, work together to address global issues and challenges, and achieve common development and prosperity for all. The concept of community of destiny reflects the current development trend of global society and the aspirations of all peoples, and is an important issue of general concern to all countries.

In addition, sport is also an important means of safeguarding physical health, which is of great significance to the building of a community of human destiny. Physical health is an important link in guaranteeing the building of a global health community and is essential to the pursuit of human happiness. By promoting physical exercise and health education, we can improve people's physical

fitness and health awareness, thus reducing the occurrence and spread of chronic diseases and contributing to the construction of a global health community.

1.2. Significance of the study

- (1) Promote global sports exchange and cooperation. To strengthen the interaction and integration of sports industries and talents in various countries, promote the development and prosperity of global sports, and promote exchanges and cooperation in the field of sports in various countries by studying the relationship between sports and the construction of a community of human destiny.

- (2) Promoting the building of a global community of destiny, reflecting the development trend of global society and the aspirations of peoples is the relationship between sport and the construction of a community of human destiny. Through the study of the relationship between sport and the community of human destiny, in-depth discussions will be conducted on how countries can strengthen their ties and exchanges, build a closer, more common, more collaborative and more solid community of destiny, and achieve common development and prosperity for all countries.

In summary, the study of the relationship between sport and the construction of a community of human destiny has important theoretical and practical significance, and can provide new ideas and directions for the construction of a global community of destiny, as well as help promote the development of global sport, culture, health and economy.

2. Purpose of the study

The aim is to study the relationship between sport and the community of human destiny, analyse the role of sport in building the community of destiny, and explore methods and strategies to strengthen the role of sport in the community of destiny.

3. Research Methodology

This paper mainly adopts a combination of literature review and empirical research to explore the relationship between sport and the community of human destiny through combing and analysing domestic and international literature and combining it with actual cases.

4. Results and analysis

4.1. Definition of sport

Sport is a form of activity that achieves physical and mental health, improves physical fitness, develops individual abilities and promotes social harmony through physical movement and activity. It is a socially recognised and regulated sport and competitive activity and usually includes a variety of competitive sports, fitness sports, recreational sports, etc. Sporting activities usually involve the participation of multiple parties with a certain competitive, normative and social nature, such as athletes, referees, spectators and organisers.

4.2. The concept and connotation of a community of human destiny

The "Community of Human Destiny" is a new concept and global governance concept proposed by China, an important concept introduced at the World Economic Forum in 2017. It emphasises the need for all countries to share the same boat and work together on global issues that promote global development. The introduction of the concept is China's new thinking on globalisation and

global governance, reflecting China's global vision and global role as a responsible power. Specifically, it includes aspects such as the concept and connotation of a community of human destiny, which includes the following aspects:

- **Community:** The Community of Human Destiny is a community concept that emphasises the idea of common global development, common prosperity and common progress. The construction of this community requires the joint participation and cooperation of all countries, and global governance and global cooperation through multilateralism^[1].

- **Human Destiny:** The Community of Human Destiny is a concept that values the future development of humanity and the common interests of mankind. This concept reflects the need for global governance to put the interests of people and their well-being first, and the need to realise the community of human destiny through the promotion of human development and inclusive development.

- **Global Governance:** emphasising cooperation and building global governance together, the community of human destiny is the concept of global governance. This concept reflects the need for global governance to promote multilateralism and the reform of the global governance system, and the need to achieve a community of global governance through cooperation and consultation.

- **Joint Development:** The Community of Human Destiny emphasises the concept of joint global development and prosperity. This concept reflects the need for global development to focus on global North-South disparities and inequalities, and the need to realise a community of global destiny through the promotion of common and sustainable development^[2].

Overall, the Community of Human Destiny is an idea of global significance and influence that emphasises the importance of global governance and global cooperation, sets out the goals and concepts of common global development and prosperity, and serves as an important guide to advance the process of globalisation and global governance.

4.3. The role of sport in the construction of a community of human destiny

4.3.1. Promoting cultural exchange and national integration

Promoting cultural exchange; sport, as a global language, is a form of communication that can cross borders and cultures, helping different countries and regions to understand and get to know each other. The ability of players and spectators from different countries to compete with each other in sporting competitions and games and to learn about each other's cultures and traditions will serve to promote cultural exchange and mutual understanding, both in terms of promoting national integration and building a community of human destiny. Enhancing national identity; as a national spirit and cultural symbol, sport can help to strengthen people's sense of identity and pride in their own nation. Both players and spectators will applaud their country and nation and showcase their culture and traditions in sports competitions or games, which will help to enhance national identity and promote national integration and the building of a community of human destiny. Promoting national integration; sport is an activity that transcends ethnicity and race by helping different ethnic groups to build ties and exchanges and promoting national integration and multicultural coexistence.

4.3.2. Improving physical and mental health

Improving physical health; sport is an activity that enhances physical health, helps to strengthen the body and immune system and reduces the risk of illness and injury. Both participants and spectators are actively engaged in sport and exercise to help improve fitness and contribute to the building of a human destiny, thus promoting a healthy lifestyle. Mental fitness is improved; exercise is not only good for physical health, but also for mental health, helping to reduce stress and anxiety,

boost confidence and enhance feelings of well-being. In sports competitions and games, players and spectators face competition and pressure, but they also face challenges through a positive attitude and spirit, demonstrating a strong will and perseverance that helps to improve mental health and promote psychological balance and well-being, thus contributing to the building of a community of human destiny.

4.4. Approaches and strategies to strengthen the role of sport in the human destiny community

4.4.1. Increase opportunities for sports exchanges and cooperation

International sports competitions and games are organised to enhance communication and interaction between players and spectators, and to promote sports exchanges and cooperation between countries. Apart from international sports competitions and games, there are other ways to increase opportunities for sports exchanges and cooperation[3]. Examples include the establishment of sister city and friendship city relationships, cultural and sporting exchange activities, and inviting coaches and players from different countries and regions for visits and exchanges. These activities can facilitate exchanges and interactions between various countries and regions and serve to promote sports exchanges and cooperation.

4.4.2. Strengthen physical education and training

Through physical education and training, people's physical education and sporting ability can be improved, the spread and influence of physical culture can be enhanced, and people's knowledge and understanding of sport can be promoted.

- (1) Increase extra-curricular physical activities: Schools can increase various extra-curricular physical activities such as clubs, competitions and exercise classes. This can help students to participate more in sports, and they can be strengthened in terms of physical fitness and skills.
- (2) Strengthening family education: Parents are able to encourage their children to actively participate in sports at home and create a good atmosphere for sports.

4.4.3. Establish a sports industry cooperation platform

By establishing a sports industry cooperation platform, exchanges and cooperation between the sports industries of different countries and regions can be promoted, and innovation and development of the sports industry can be promoted[4]. After building a sports industry platform, the access threshold of the platform can be lowered to attract more attention from industries other than sports, and the integration and development of sports with other fields, such as sports with culture, tourism, education, science and technology, can also be strengthened to promote the development of sports industry and related industries.

4.4.4. Strengthen policy and regulatory support

The government should introduce relevant policies and regulations to support the development and promotion of sport, strengthen international cooperation and exchanges, and promote the role and contribution of sport in the community of human destiny.

- (1) Formulate sound sports policies: The government needs to formulate sound sports policies, including policies on national fitness, youth sports and sports industry, to support the development of sports.
- (2) Strengthening the power of social organisations: The Government needs to strengthen the

power of social organisations, including sports associations, sports clubs and sports sponsors, in order to better utilise their role in promoting the development of sports.

4.4.5. Strengthen media and publicity efforts.

Increasing media outreach: By strengthening media and outreach efforts to raise awareness and focus on sport, promote the spirit and culture of sport, and facilitate cultural exchange and mutual understanding between countries [5]. The sports media needs to increase publicity coverage of sporting events, athletes and the sports industry, including live broadcasts and coverage of major sporting events, as well as coverage of sports stars and cold sports.

5. Conclusions

Sport has a role to play in the building of a community of human destiny that cannot be ignored. Sport is a bridge between different nations and cultures, promotes global economic development, fosters social harmony and unity, and helps build a community of human destiny. Therefore, we should increase the support of sports policies and regulations, promote the development of sports industry, increase the media and publicity work, improve the influence of events, promote the popularity and development of sports programs, and contribute more to the construction of the community of human destiny, we should be in the sports.

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