

The Development and Inspiration of Mass Sports Abroad

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Abstract: Due to the changing times, people's views on sports and the need for social development are also changing, and popular sports are currently gaining widespread attention around the world. This paper uses the literature method to briefly describe the emergence and growth of mass sports in western developed countries, the effective ways to carry out mass sports in western countries and draw on them to discuss the current and future development path of mass sports in China.

1. Introduction

At present, mass sports has become an indispensable part of people's life. Due to the economic, political, ideological and other factors in various countries, mass sports in foreign countries rose rapidly after the war. With the continuous development of society and the change of people's ideas, mass sports has not only changed quantitatively, but also changed qualitatively, which has greatly affected the development of sports undertakings in various countries. But there are still some shortages in mass sports in our country. We need to contact our own development and learn from the foreign experience.

2. Mass sports

2.1 Concept

Mass sports, also known as social sports or mass sports, refers to the independent sports activities that people voluntarily participate in in leisure time with the goal of recreation, physical fitness and so on. It is mainly to improve the physical quality of our people and promote the all-round development of society.[1]

2.2 The characteristics of mass sports

Mass sports are mainly sports activities that involve the broad masses of the people. They are closely related to school sports and competitive sports. Participation in mass sports is extremely broad, regardless of age, gender, occupation, lifestyle and so on. Because of the progress of people's living standard, more leisure time, mass sports become one of the amateur cultural activities. Everyone's goal is different, some for fitness, others for social interaction and so on. There are many forms and contents of mass sports, such as square dancing, aerobics, national fitness, mountaineering and so

on.[2]

3. Overview of the development of mass sports abroad

3.1 The embryonic stage

After the Second World War, the power of fascism was weakened, and the influence of the United States was improved, which made the American concept of free sports become the mainstream of sports thinking in various countries in the early post-World War II period. At that time, for example, outdoor sports were very popular in England and the United States, gradually replacing gymnastics in Germany and Sweden. The campaign has caused different effects on the physical fitness of the young people in each country. Therefore, European and American countries have made a series of ways to intervene in sports.

3.2 The formation stage

As the aging population began to increase and the development of the industrial revolution led to a lot of civilization diseases, the West began to pay attention to the development of mass sports.[3]

3.3 Stage of rapid development

With the rapid economic development of the developed countries abroad, people's living standards have been significantly improved, only pay attention to the economy, less and less time to work, the incidence of civilization disease is on the rise, to enhance physical and mental health has become a major concern of all people.

4. Present situation of mass sports development

In the past 15 years, the data of Chinese people's physique monitoring show that, in fact, with the strong economic growth and great changes in life style, the physique of Chinese people in some of the most important indicators of endurance, lung capacity, cardiovascular and other aspects continue to decline, obesity, hypertension and related diseases and other problems are increasingly serious, causing strong concerns of people with insight. As a watershed of national development and strength display, the Beijing Olympic Games has earned enough "face" for the national sports competition strategy and achieved unprecedented success. Because of this, the national sports strategy should shift the focus, in the future more realistically focus on the "inside", to ensure that the public physical fitness. [4]In terms of mass participation, China is far from leading the world, far from being a sports power, and far behind developed countries in terms of the proportion of people who play sports. The phenomenon of 28 percent of the sports population being "counted" is still relatively common, and there are only 6.58 stadiums per 10,000 people, which is far below the level of most developed countries, including our neighbor Japan, which has 200 stadiums per 10,000 people. In addition, such as the concept of awareness, sources of funds, sports talent and other issues are more prominent. It is fair to say that the Beijing Olympics was a milestone in the long journey to close the gap with world leaders, but mass sport still has a long way to go.[5]

4.1 Cognition or concept problem

While China has become an international sports power, it has spared no effort in competitive sports, but has done limited and little effect in promoting the development of domestic mass sports and sports culture. In particular, after the Beijing Olympics, it is time to reflect on the importance of sports for

the gold medal if mass sports are not given priority. Only really put the mass sports up, everyone participates in sports, the body is healthy, and can enjoy sports, the formation of a good sports lifestyle, this is the most important, is the true meaning of sports.

4.2 Sports population problem

Although there are hundreds of millions of Chinese people who exercise regularly, some experts believe that there has formed a proportion of about 30% of the "sports population" who regularly take part in physical exercise. Even if there is no "statistical" component, it is only a small part of the total number of Chinese people, and the people who take part in sports are mainly retirees and students in school. Relevant statistics show that the number of elderly people participating in daily fitness activities has steadily increased, but in other age groups, no significant change has been seen, and young women participate in the least physical activity.

4.3 Participation

Fundamentally speaking, there are deeper reasons for Chinese people's lack of interest in amateur physical exercise. Starting in the 1950s, the country focused on developing elite athletes, following the example of the Soviet Union. In school sports, the best students are screened out and then sent to sports schools for training. Other students are neglected and feel that sports have little meaning.[6] In addition, there is little mass sports and association culture like in the West, mass sports loses the most meaningful platform. Especially during the Cultural Revolution, sports were considered vulgar, so they were almost eliminated, and mass sports could only exist in a few streets and alleys, abandoned by most Chinese people.

4.4 Site facilities

A survey conducted by the General Administration of Sport found that there are only 6.58 stadiums for every 10,000 people in the country, especially in the vast rural areas, where only 8 percent of the entire country's total sports facilities can be seen, making it difficult to find places to play sports. Even in big cities and other big cities in the developed east, it is mostly just elderly people doing exercises like tai chi every day in parks and even on sidewalks. Moreover, even in these cities, sports venues are hard to find and expensive to use, making them more affordable for the average person.[7]

4.5 The problem of scientific and reasonable exercise

For a long time, Chinese people have been troubled by the problem of scientific and reasonable exercise. First, the exercise frequency is less, the exercise time is short, and the exercise is intermittent and irregular; Second, exercise is relatively blind, the choice of projects, time and exercise intensity often fail to combine with their own reality; Three is wearing clothes more casual does not meet the requirements of exercise, warm-up preparation insufficient into intense exercise and exercise after the supplement of nutrients and water too much, neglect care. There is a lot of material to prove that even students in school, only 50% of students exercise for about 1 hour a day, the rest of the students either do no exercise or little exercise, or exercise time is insufficient.

4.6 Problems of social sports instructors

Social sports instructors are an important force to develop sports undertakings in our country, enhance the physical and mental health of citizens, and build socialist spiritual civilization. The

relevant data shows that, at present, the team of social sports instructors in our country has the following problems: first, the age is older, is not suitable for the youth and children to develop fitness guidance work. Such as aerobics, roller skating, martial arts and other events, for over 50 years old sports instructor, movement demonstration will be powerless. Second, the low level of education, and greatly improve the quality of mass sports service work requirements is not compatible with. Third, the management is not good, weak status. In terms of management, social sports instructors are responsible by sports administrative departments at all levels. They are easy to get into a lot of routine work, which will affect the quality of macro management and policy control functions. Fourth, the training system is not perfect. The current training mode of social sports instructors is mainly focused on face-to-face teaching, which lasts for 3-10 days. In the training process, teachers give too much lectures and give students little time to think and discuss, which is difficult to adapt to the individual differences of students and is not conducive to the acceptance and digestion of knowledge.

4.7 Imbalance

China has a large population and a large land, and its differences are well known. Moreover, there is extreme imbalance in population distribution, urban and rural areas, and regional economic and social development. As a result, there is a big gap in the implementation of national policies, followed by a big contrast in the construction of the national fitness system, and then uneven in the construction of the national fitness system. Finally, the implementation of the public is bound to be different.

4.8 Fitness or not

As far as the current situation is concerned, the number of elderly people participating in daily fitness activities is steadily increasing, while the number of newly rich and white-collar people participating in daily fitness activities is also increasing for the need of relieving pressure, caring for the body and shaping the body. However, there is no obvious change in other age groups. Most Chinese, especially in the countryside, where most of the population is, still make a living by farming, and strenuous physical exercise is not their ideal pastime, as are urban dwellers who were lifted out of poverty only 20 years ago.[8]

5. Measures for the development of mass sports abroad

5.1 Establish and improve the organizational structure and relevant laws

In order to enable mass sports to be carried out extensively and for a long time, many countries have established and improved relevant mass sports organizations, formed an orderly management system, and some have even passed.

In March 1983, Australia established the Department of Sport, Leisure and Tourism in order to strengthen people's health and reduce the financial burden. The United States has created many institutions for popular sports, such as what are known as sportstowns. And the special establishment of the President's health and sports committee, so that the masses face sports activities, encourage the masses to actively participate in strengthening physical health. The United States has passed sport-related laws to play a mandatory role. Japan through the amateur sports association, unified the nation's various mass sports activities. Japan attaches great importance to the construction of sports facilities. At the Health and Sports Review meeting, it proposed to allocate sports facilities according to the size of the region and the number of the population, and allow people to exercise in various parks.

5.2 Give full play to the role of sports associations and serve the masses with quality

Generally speaking, a sports association is a non-governmental organization whose purpose is to actively organize and promote sports activities, assist government agencies or report sports events independently, etc., which is conducive to promoting physical exercise for the whole people. The NCAA has a variety of sports held every year for people to participate in and watch.

5.3 Expanding sports facilities

The construction of sports facilities is the material foundation needed to carry out mass sports. To build enough sports and recreational facilities that the public needs depends on the economic strength of the country.

Although competitive sports have declined in Japan in recent years, mass sports have flourished. This is because Japan has made great efforts in the mass sport - economy. According to statistics in the early 1990s, Japan had about 50,000 sports arenas, about 50,000 gyms, 40,000 swimming pools and about 30,000 outdoor tennis courts. In 1995, 880 million yen was spent on establishing and improving sports facilities in colleges and universities; 12.357 billion yen to establish and improve social sports facilities; 145 million yen to improve the lifelong sports promotion system... These figures are indicative of Japan's efforts at mass sports.

5.4 Multiple media for publicity

Foreign developed countries, through television, Internet, radio, news, movies, newspapers and other media, powerful propaganda, promote the development of mass sports, so that people realize the importance of physical exercise, let people consciously, initiative to do physical exercise.

Every year, nearly 1,200 books on physical fitness and competitive sports are published in the United States, and more than 300 sports magazines are published. Among the programs broadcast by three national television stations, ABC, CBC and NBC, 1,500 hours are devoted to sports. Celebrities and stars in some countries will also take part in various publicity campaigns for mass sports.

6. Draw lessons from the foreign experience to promote our mass sports development

In the 18th century, the French philosopher Rousseau proposed that "physical education is the foundation of all education", which laid the inevitable theoretical foundation for the growth of mass physical education in the country. Due to the occurrence of the industrial revolution, the disease of civilization increased, so that people began to pay attention to their own physical health of [9].

After the baptism of time, the world's mass sports have been a certain development, especially in Europe and the United States developed countries. Mass sports are among the best in developed countries in Europe and the United States. From the development of mass sports in developed countries in Europe and the United States, we can sum up the following enlightenment and reference:

(1) Relevant policies in the contemporary context

The COVID-19 outbreak in 2020 is also now a household name, and the tragedy caused by the "novel coronavirus" has left deep memories in people's minds. In the 2021 government Work report, the main goals and tasks are put forward: to comprehensively promote health facilities in a healthy China and carry out a wide range of national fitness campaigns. China can use relevant policies issued under the background of COVID-19 to encourage people to take the initiative to do sports, and policies can also play a mandatory role.

(2) Enhance the awareness of the whole people and establish the idea of lifelong sports

Our country should advocate the masses to establish the correct sports values, enhance the

consciousness of the masses to participate in sports and incorporate sports into a part of life. Train people to invest in their own health, rather than waiting until they are sick to spend more money in hospitals. With the rapid development of science and technology in today's society, the Internet and news media can also be used to strengthen publicity and guide the masses to form the correct direction of public opinion.

(3) To set up the social Sports Guidance Center

Grassroots sports organizations may establish extensive mass sports management networks, and build social sports guidance centers, clubs and mass sports associations with various projects, forms and participation methods. At the same time, grassroots sports organizations need to improve their organizational capacity and technical level to guide the development of mass sports scientifically and effectively.

(4) The development mode and path of mass sports in the new era

The transition of sports in our country is in an optimum time, and the mass sports' leap-forward development is timely. Sports can only be a part of the social culture, so only by integrating into the social culture, as a part of the social culture and other cultures co-exist, it is possible to maintain a healthy and sustainable development. In the same way, mass sports, as a component of sports, can also be done. Of course, mass sports, as a long-term public welfare cause, needs the active participation of all sectors of society and constantly raise awareness. It cannot be achieved overnight. It needs to do a lot of basic work to drive various industries to work together to benefit the people. So, in general, as a country of socialist market economy, mass sports should choose the "new development model" of "government, market and society".

On the government side, governments at all levels and sports departments must be seriously aware of the impact that the lagging development of mass sports may have on the country's future, formulate implementation rules based on the "Regulations on national Fitness", avoid the embarrassment of having laws for national fitness but difficult to implement, and enhance the participation of mass sports. Secondly, relevant government departments should strengthen efforts to build the fitness industry in a planned and guaranteed way, form a fitness industry chain, and promote the sustainable and healthy development of social commercial fitness venues.

In terms of sports venues, public sports venues are the main places for daily exercise and fitness. Therefore, first of all, we should make great efforts in the planning, layout and construction of public sports places, concentrate government and social resources, and maximize the convenience of public exercise needs and meet the requirements of public exercise. For the existing sports venues, as well as government agencies, enterprises and institutions, schools and other self-built sports venues, not only to meet the needs of specific groups of fitness, but also to do a good job in management, good service, open to the public on holidays.

In terms of community sports facilities, community sports facilities are also one of the main places for daily exercise and fitness. Therefore, the state should issue relevant standards, mandatory the construction of regular community sports facilities into the construction plan, at the same time, encourage the community to build sports meeting rooms, fitness rooms, basketball courts, tennis courts and other sports facilities, in order to facilitate and meet the community owners in the community exercise fitness, and even attract fitness enthusiasts outside the community.

In terms of fitness venues, some professional business fitness venues are also favored by senior exercisers. Compared with public sports venues and community sports facilities, commercial fitness venues generally charge a relatively high fee, but these venues generally have professional staff, can provide more professional guidance according to the physical condition of the exercisers. This can provide a relatively well-off economy or special needs of the people to choose to avoid blind exercise fitness. The government should not only encourage the construction of this kind of fitness venue, which is also an option for some of the public, but also give preferential policies in terms of planning,

construction and taxation.

In the aspect of sports coaching talents, the cultivation and training of social sports instructors must be mentioned on the agenda. First, sports administrative departments at all levels need to arrange special funds to strengthen training and cultivation of backbone; Secondly, we should expand the training channels of social sports instructors, cooperate with local professional sports colleges and universities, and accelerate the cultivation of talents. Thirdly, emphasis should be placed on improving the practical working ability of the trainees, increasing the content of practice and technology; Fourthly, we should perfect the management mechanism of social sports instructors, perfect the fitness service system, and pay attention to the role of sports associations in the management of social sports instructors.

In terms of relevant theories, whether mass physical exercise can achieve practical results is a fitness concept and practice process based on modern fitness scientific theories, means and methods, with the purpose of comprehensively maintaining and improving human health level. Therefore, fitness exercise must be for all, its form should be happy, relaxed, and at the same time vary from person to person. Therefore, in the next stage, it is necessary to carry out more in-depth publicity work, including the feedback and publicity of national physical fitness monitoring data, popularize scientific fitness common sense, improve public awareness and recognition, and make the public gradually accept more scientific, personalized and humanized fitness exercises. Due to the unbalanced development of different regions, it is necessary to carry out national fitness activities flexibly according to regional development.

7. Conclusion

With the development of mass sports globalization and the attention of the government and the masses, mass sports has become an indispensable part of life. The mass sports has been popularizing in our country for a few years, although it has obtained certain effect, but compared with other countries, there are still many places that need to improve, arouse the attention. The development of mass sports in the foreign developed countries not only provides an opportunity for our country to learn from and learn from, but also inspires our country to constantly develop, promoting mass sports to serve the people and the society.

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