

# *Research on the Training Mechanism of Sports Talents in Zhuhai City Based on Health Public Service System*

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**Keywords:** Health public service system; Training mechanism; Zhuhai

**Abstract:** This paper analyses the current situation and problems of the construction of the public service system for the whole people in Zhuhai through questionnaires. According to the problems existing in the construction of the public service system for the whole people's fitness in Zhuhai and from the perspective of sports public service, the paper puts forward some suggestions on the construction of the public service system for the whole people's fitness in Zhuhai, and points out that the cultivation of sports talents in Zhuhai should focus on the cultivation of talents with management skills and scientific knowledge, so as to meet the needs of sports talents in sports public service system, so as to better meet the requirements of public service-oriented society.

## 1. Introduction

Physical exercise is closely related to people's basic life. However, at present, the imbalance of sports training and cultural knowledge learning, the narrow employment prospects of sports talents, and the methods of talent management are still relatively backward. High-quality talents are the necessary conditions for the development of modern sports. The healthy and sustainable development of sports in China is directly related to the quality and quantity of sports talents. Training a group of sports talents with high comprehensive quality is the key to the development of sports undertakings, ensuring that the training of sports professionals adapts to the situation of China's economic system and sports reform, and realizes the sustainable development of personnel training. Perfecting and perfecting the public service system of national fitness has become an important issue, which is also the demand of the people for the national fitness movement. Therefore, it is of great practical significance to explore the training mechanism of sports talents based on the public service system of health.

## 2. Concepts related to sports public service

### 2.1. Sports public service

The concept of sports public service originates from the understanding of public goods. As a form of service, the government provides sports public service, aiming at safeguarding citizens' basic sports rights, meeting the basic sports needs of the public, enabling all members of society to enjoy sports achievements, participate in sports activities, carry out sports competitions and create

sports culture.

## 2.2. Sports public service system

Sports public service system is the sum of all kinds of public welfare sports institutions and services formed by government-led and social participation to meet people's sports needs and safeguard people's sports rights and interests. It includes six basic elements, as shown in Figure 1 below.

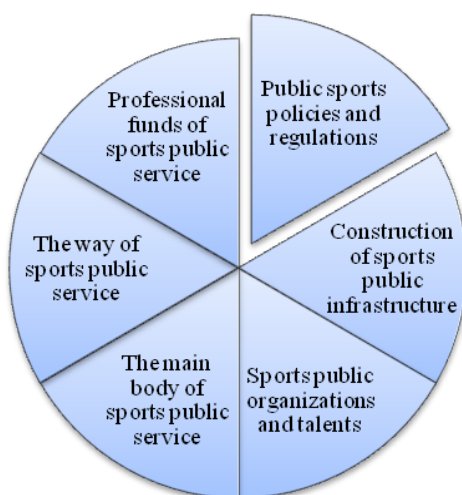


Figure1. Basic element of sports public service system

## 3. Health public service system in Zhuhai

Taking the public service system of sports in Zhuhai as the research object, some experts and managers and providers of the public service system of Zhuhai were interviewed, and different groups of Zhuhai citizens were surveyed by questionnaires to understand their current situation of the public service system of sports in Zhuhai.

### 3.1. Analysis on sports participation of residents in Zhuhai

In the investigation of Zhuhai residents' sports participation, it was found that the frequency of Zhuhai residents participating in sports activities mainly concentrated in 2-3 times per week, accounting for 49% of the total number of surveys, 23% of the total number of surveys were residents with less than 2 times per week, and 9% of the total number of surveys were residents with 4-5 times per week. Besides, more than 13% of residents said they took part in physical exercise more than five times a week.

### 3.2. Residents' satisfaction with government public sports facilities

By investigating the residents, it is found that the fitness equipment and facilities in Zhuhai basically meet the needs of sports activities, and most residents express their affirmation. It is unsatisfactory that a small number of sports facilities are less constructed and unreasonable in use, and it has not yet met the needs of residents for physical exercise. Therefore, at present, Zhuhai should speed up the construction of better and more suitable sports venues and facilities, and invest sports equipment and facilities rationally.

#### **4. Characteristics of knowledge structure of sports talents needed by Zhuhai city under sports public service systems**

Sports public service system is a system that reflects fairness, justice and public welfare, can provide basic sports services for the general public, is a guarantee system that guarantees the general improvement of citizens' physical fitness and health level, is a multi-system led by the Zhuhai municipal government, its essence is to integrate a variety of things affecting sports public service into an organic whole, optimize the allocation of resources, so as to protect the general public to enjoy basic sports services. Every element of sports public service system needs certain talents to organize and manage in order to give full play to its role.

##### **4.1. Knowledge of organization and management**

Under the sports public service system, Zhuhai needs to strengthen the management of all kinds of public sports facilities at all levels, standardize service standards, expand service content, establish a sports service network including school sports facilities and social sports facilities, and implement multi-level, multi-period, multi-preferential and diversified services to provide convenience for the public. In order to improve the service quality of fitness organizations, it is necessary to strengthen the management functions of mass sports organizations and sports teams, and help spontaneous sports groups to enhance their self-organization and management capabilities. Developing sports assistance services, cultivating and developing sports associations, establishing sports backbone training and training system, and encouraging the masses to organize sports activities require a certain amount of managerial personnel.

##### **4.2. Knowledge of sports science**

The government provides sports public service in order to enable citizens to enjoy sports achievements scientifically. Therefore, on the one hand, it is necessary to strengthen citizens' physical fitness research and monitoring services, establish citizens' physical fitness monitoring service system, form an early warning mechanism for citizens' physical fitness monitoring, implement physical fitness monitoring and tracking research, regularly publish the results of physical fitness monitoring, and guide citizens to pay attention to physical fitness and fitness. On the other hand, it also strengthens the guidance service for mass fitness, strengthens sports fitness consultation, sports health guidance, promotes education and scientific guidance for fitness work, and improves the scientific degree of public fitness.

#### **5. Training path of sports talents in Zhuhai under sports public service**

The public service system of sports should embody the social concept of fairness and public welfare. As an important guarantee to improve the public's physical quality and health level, the public service system of sports combines a variety of things related to public service of sports with mutual influence and restriction as a whole. Only when the public management of sports is more standardized and the public service of sports is more high quality, can the basic sports service enjoyment rights of citizens be effectively guaranteed.

##### **5.1. Training Sports talents with knowledge of organizational management**

Under the sports public service system, higher requirements are put forward for the construction and management of all kinds of public sports facilities at all levels, the formulation and

standardization of service standards, and the formulation of service contents. In particular, community fitness organizations, expanding the scale of sports population and organized sports activities, strengthening the management of mass sports organizations and sports organizations, cultivating and developing sports associations, and encouraging the masses to organize sports activities need sports talents with strong organizational and managerial abilities.

## 5.2. Training Sports talents with sports science knowledge

The purpose of the establishment of sports public service system is to let the public enjoy safe and scientific sports services. Therefore, it is necessary to train sports talents who grasp the mechanism of human body movement, understand the factors related to human body movement, train them to be competent and carry out physical fitness training, guide the acquisition of sports fitness, and formulate sports fitness plans for people at all stages.

## 6. Conclusions

With the gradual improvement of Zhuhai's market economic system and the establishment of sports public service system, the training of sports talents has changed accordingly. Therefore, only by actively adjusting and reforming can the sustainable development of personnel training be realized. Under the current sports public service system, the cultivation of sports professionals shows a cross-professional trend. From the perspective of health public service system, the cultivation of sports professionals in Zhuhai should focus on the cultivation of comprehensive sports talents with professional organization and management knowledge, rich sports science knowledge and modern network knowledge. Only these sports talents can meet the development needs of Zhuhai sports public service under the sports public service system.

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