

PROMOTING SPORTS STRENGTH DEVELOPMENT BASED ON THE INTEGRATION OF PHYSICAL FITNESS AND NATIONAL HEALTH



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PROMOVENDO O DESENVOLVIMENTO DA FORÇA ESPORTIVA COM BASE NA INTEGRAÇÃO DA APTIDÃO FÍSICA E DA SAÚDE NACIONAL

PROMOVIENDO EL DESARROLLO DE LA FUERZA DEPORTIVA SOBRE LA BASE DE UNA INTEGRACIÓN DE LA APTITUD FÍSICA Y DE LA SALUD NACIONAL

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ABSTRACT

Objective: Sports play a crucial role in China's national sportsmanship. Therefore, it is necessary to further promote China's development as a sports powerhouse. People's health needs to be raised to the pinnacle of the national fitness strategy, and the government should seriously implement people's health work. **Methods:** the construction of the "Powerful Country for Sports" and "Healthy China" provides a more precise direction for the development of national fitness and opens a broader path for the development of national health. The dream of a powerful country in sports has a long history, and different times have different definitions. **Results:** building a sports power is a strategic project for the development of modern socialist capability with Chinese characteristics. Accelerating the construction of a sports power is related to national prosperity and rejuvenation, and is closely related to the happiness of the people. **Conclusions:** the barrier preventing the sustainable development of national sports break and create a new driving force for the development of a sports power only by solving the problem of displacement in building a sports power and promoting the deep integration of national fitness and health. **Level of evidence II; Therapeutic studies - investigation of treatment results.**

Keywords: Sports Performance; Health Care Rationing; China

RESUMO

Objetivo: O esporte desempenha um papel crucial no espírito esportivo nacional da China. Portanto, é necessário promover ainda mais o desenvolvimento da China como uma potência esportiva. A saúde das pessoas precisa ser elevada ao auge da estratégia nacional de aptidão física, e o governo deveria implementar seriamente o trabalho de saúde das pessoas. **Métodos:** a construção do "País poderoso para o esporte" e da "China saudável" fornece uma direção mais precisa para o desenvolvimento da aptidão física nacional e abre um caminho mais amplo para o desenvolvimento da saúde nacional. O sonho de um país poderoso no esporte tem uma longa história, e tempos diferentes têm definições diferentes. **Resultados:** a construção de uma potência esportiva é um projeto estratégico para o desenvolvimento de uma capacidade socialista moderna com características chinesas. Acelerar a construção de uma potência esportiva está relacionado com a prosperidade e o rejuvenescimento nacional, e está intimamente relacionado com a felicidade do povo. **Conclusões:** somente resolvendo o problema do deslocamento na construção de uma potência esportiva e promovendo a integração profunda da condição física e da saúde nacional se poderá quebrar a barreira que impede o desenvolvimento sustentável do esporte nacional e criar uma nova força motriz para o desenvolvimento de uma potência esportiva. **Nível de evidência II; Estudos terapêuticos – investigação de resultados de tratamento.**

Descritores: Desempenho Atlético; Alocação de Recursos para a Atenção à Saúde; China.

RESUMEN

Objetivo: Los deportes desempeñan un papel crucial en el espíritu deportivo nacional de China. Por lo tanto, es necesario seguir promoviendo el desarrollo de China como potencia deportiva. Es necesario elevar la salud del pueblo a la cúspide de la estrategia nacional de aptitud física, y el gobierno debe implementar seriamente el trabajo de salud de las personas. **Métodos:** la construcción del "País poderoso en deportes" y de la "China saludable" proporciona una dirección más precisa para el desarrollo de la aptitud física nacional y abre un camino más amplio para el desarrollo de la salud nacional. El sueño de un país poderoso en el deporte tiene una larga historia, y diferentes épocas tienen diferentes definiciones. **Resultados:** la construcción de una potencia deportiva es un proyecto estratégico para el desarrollo de la capacidad socialista moderna con características chinas. Acelerar la construcción de una potencia deportiva está relacionado con la prosperidad y el rejuvenecimiento nacionales, y está estrechamente relacionado con la felicidad del pueblo. **Conclusiones:** sólo resolviendo el problema del desplazamiento en la construcción de una potencia deportiva y promoviendo la integración profunda de la aptitud y la



INTRODUCTION

The construction of a sports power is a strategic project for the construction of a socialist modernization power with Chinese characteristics. Accelerating the construction of a sports power is not only related to national prosperity and national rejuvenation, but also closely related to people's happiness.¹ The issue of mass sports and sports power has been promoted to the national policy, political, economic and other levels in the 19th National Congress. Mass sports and sports power are not only for the development of people's sports, but will have a very positive impact on social and economic development with the accumulation of time.² Sports power is of great significance to carry forward the Chinese sports spirit and further promote China to move forward from a sports power to a sports power. General secretary Xi Jinping has always attached great importance to the work of people's health. He has repeatedly pointed out that people's health needs to go up and the national strategy of national fitness is implemented. Sports power dream has a long history, different times have different definitions.³ In the new era, especially with the concept and practice of fitness, health China, body medicine integration and Internet plus sports, people have more comprehensive and specific understanding of the concept and function of sports. Sports have already been separated from the narrow sense of competitive sports.⁴ Accelerating the construction of a strong sports country with Chinese characteristics is one of the important contents of China's strength in the new era, one of the important projects to win the great victory of socialism with Chinese characteristics in the new era, and the arduous and glorious mission of sports people to realize the dream of a strong sports country.⁵

If we blindly pursue the speed of social and economic development and ignore the improvement of the physical quality of the masses, it is difficult to achieve the great rejuvenation of the nation. The theory of "national fitness and national health" provides the basic basis for the construction of a sports power. The starting point and foothold of the construction of a sports power should also emphasize the participation and long-term development of the whole people, rather than what can be achieved in a short period of time. Its essence is the sustainable development of "national health". The connotation of sports power has changed qualitatively. It is emphasized that we should take the people as the center, take improving the health level of the whole people as the goal, continuously improve the people's sense of acquisition, happiness and participation, and take the road of sports power with socialism with Chinese characteristics in the new era. The construction of "sports power" and "healthy China" has put forward a clearer direction for the development of national fitness, and opened up a broader development path for national health. In the new era, accelerating the construction of national fitness is of great significance to the construction of China's sports power and building a well-off society in an all-round way. The purpose of national fitness as a national strategy is to enhance the national physique and health, and realize the Chinese dream of great rejuvenation of the Chinese nation and the dream of sports power. Only by solving the dislocation problem in the process of building a sports power, can we break through the barriers hindering the sustainable development of national sports and create a new path for the development of a sports power.

The concept of deep integration of national fitness and national health

National fitness activities not only benefit public health, but also directly promote the development of social economy, which is also in line with the basic development line of the primary stage of socialism. It is a sunrise project with very good development prospects. As one of the major sports countries, China has initially formed a complete sports industry chain after years of development. In recent years, the development of China's national sports is very rapid, the scale of national sports continues to expand, and the income of sports industry continues to rise, but on the other hand, it also faces a series of problems, such as the low participation of the masses, the lack of basic guarantee of national fitness and so on. "Sports power" is not only a concept, but also a development idea. It is the expectation of the continuous development and exploration of Chinese sports, the excavation of sports social function and cultural value. It is bound to be improved and innovated with the development of the times. Sports is an important symbol of social development and progress of human civilization, and an important embodiment of comprehensive national strength and social civilization. At the beginning of reform and opening up, the strong sports mainly reflected in the dream of competitive sports power. This is after China restored the legitimate seat of the International Olympic Committee, it is expected to enhance national self-esteem and self-confidence by improving the level of competitive sports.

If it is said that the highest ability level of a country's competitive sports in international large-scale competitions represents the hard power of national sports, then the mass sports activities which have a great role in promoting the physical quality and health level of the whole people are the soft power of national sports. The discussion on the connotation of sports power should be based on the system construction under the concept of development. The key is to think about the main characteristics of the system, that is, the essential characteristics. Marxist philosophy shows that everything is developing and changing, and the idea of sports power is not unchangeable. With the development of the times, it is constantly endowed with new connotation under the influence of inheritance and innovation. In the future, China's sports should not only continue to adhere to the principle of coordinated development of national fitness and competitive sports, but also ensure the comprehensive development and common progress of national fitness and competitive sports, which is the objective and inevitable requirement of realizing the strategic goal of sports power. With the continuous progress and development of society and the continuous excavation of sports functions, the construction of sports power also presents a diversified state. From the construction of a competitive sports power to the national fitness and Olympic glory, and then to accelerate the development of sports industry and sports culture construction, an all-round sports strategic layout of a big country has been formed. Health refers to a person's physical quality and mental state are in a good level of performance. Health is the basic right of human beings and the common needs of the broad masses of the people. Healthy stability is the foundation

to win family happiness and career success. It can also be said that health is a person's first wealth. Without health as the foundation, nothing else can be said.

Deep integration of national fitness and national health

The way to develop national fitness in the new era: national fitness can't be done alone, it needs the joint governance of the government and society. It is necessary to establish and perfect the people-oriented national fitness guarantee system, improve the national fitness service level, and vigorously cultivate the wide participation of various social forces. The promotion and development of national fitness makes the concept of national fitness culture deeply rooted in people's hearts. It has gone through a dynamic development process from the initial strengthening of physique, national fitness and healthy China, and has become one of the important indicators to measure people's happy life, healthy China and a well-off society. The public service system of national fitness guarantees people's rights and interests to participate in national fitness in many ways, which is the top-level design and planning blueprint of national fitness. Inheriting and carrying forward the traditional Chinese ways and methods of keeping fit can not only make up for the serious deficiencies in the construction of stadiums and gymnasiums in China at present, but also have unique advantages and conditions for popularization in tradition and culture.

The variable parameter state space model is used to measure the dynamic effect of national fitness policy on the development of health industry. The regression model of variable parameter state space model is expressed as:

$$y_t = \beta_t x_t + \mu_t \quad t = 1, 2, \dots, T \quad (1)$$

Among them, y_t is the dependent variable, x_t is the $1 \times m$ explanatory variable vector, β is the $m \times 1$ unknown parameter vector to be estimated, and μ_t is the disturbance term. The parameters estimated by the commonly used regression models are fixed during the sample period, and are generally estimated by measuring models such as ordinary least squares method and instrumental variable method, specifically:

$$y_t = \beta_t x_t + z_t \gamma + u_t \quad t = 1, 2, \dots, T \quad (2)$$

Among them, β_t is a variable parameter, which reflects the change in the influence of the variable on the dependent variable at that time. It is assumed that β_t can be described by AR(1) as:

$$\beta_t = \rho \beta_{t-1} + \xi_t \quad (3)$$

It is further extended to AR(p) model, while assuming:

$$(\mu_t, \xi_t)' \sim N \left[\begin{bmatrix} 0 \\ 0 \end{bmatrix}, \begin{bmatrix} \sigma_t^2 & g \\ g & Q \end{bmatrix} \right] \quad t = 1, 2, \dots, T \quad (4)$$

Among them, μ_t and ξ_t are not necessarily independent of each other, but they obey a normal distribution with a covariance matrix of Q and $\text{cov}(\mu_t, \xi_t) = g$ and a mean of 0 and a variance of σ^2 .

The overall coefficient of the health evaluation index system is 0.65, which shows that the overall evaluation index system has high internal consistency. The various dimensions and overall reliability coefficients of the health-related index field evaluation system are shown in Table 1.

Table 1. Dimensions and overall reliability coefficients of the health-related finger field evaluation system.

Dimension	Number of indicators
Activity ability	14
Somatic function	8
Emotional character	6
Memory function	4
Health behavior	6
Social adaptability	7

For the development of national fitness work, the government needs to improve the management level of national fitness and improve the work model. Through the formulation of relevant policy rules, a system guarantee system for national fitness work will be established. Promoting the modernization of nationwide fitness management is a practical need for the in-depth development of nationwide fitness work. It is also an objective requirement for the promotion of governance capabilities and governance system modernization in the sports field, and it is an inherent requirement for the construction of a sports power. Social sports have been promoted to the national strategic level, and social sports have been extensively developed and become the basic guarantee for national fitness. President Xi Jinping emphasized that national fitness and people's health are important connotations and corresponding standards for building a well-off society. To maintain a healthy and sustainable development of National Fitness, it is necessary to adhere to the people-oriented principle and put the interests of the people in the first place. In development, we must adhere to the principle of the main body that sports serve the interests of the broad masses of people's bodybuilding, and effectively promote the equality and fairness of national fitness services.

CONCLUSIONS

China, as a big sports country in the world, is accelerating the process of building a sports power, improving the sports environment for the whole people, and keeping the economic growth rate of sports industry relatively stable, which creates a good external environment for the deep integration and development of "national fitness and national health". The measure standard of sports power has a certain age, which has gone through a dynamic development process from a simple competitive sports power to a comprehensive concept covering national fitness, healthy China, sports industry, sports culture and so on. Under the guidance of healthy China, integrating health into all policies shows the great importance and determination of the Party and the government to build a healthy China, and also reflects the importance of physical exercise as a means to promote human health. The national fitness campaign plays an important role in promoting the development of sports in China. Speeding up the construction of a sports power and a healthy China and promoting national fitness is a natural move. National fitness is an important support for a healthy China. The government should lead the strategic layout of national fitness, strengthen the macro-control of plan positioning and decision-making implementation, and realize the era value of national fitness. In the process of promoting the national fitness campaign, we should not only continue to learn from and promote the modern Olympic movement, but also attach great importance to, inherit and carry forward the traditional Chinese concepts and methods of keeping fit.

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