

# Construction of Public Service System of Juvenile Sports Based on Juvenile Gymnastics Teaching

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**Keywords:** Gymnastics; Physical health; Public services; Sports

**Abstract:** The construction of youth sports public service system in the new era is the inevitable requirement of realizing the national strategy of healthy China and national fitness, the proper meaning of training sports reserve talents and promoting the construction of sports power, and also the important content of strengthening students' physique and promoting the healthy development of school sports. Gymnastics not only improves athletes' physical fitness and health level, but also enriches youth activities. In order to promote the progress and development of gymnastics. In order to better reflect the timeliness of gymnastics and strengthen the technical analysis of gymnastics training, we should combine traditional training with core strength training in order to better carry out the next step of training. This paper analyzes and studies the present situation of youth sports, the necessity and significance of the construction of youth sports public service system, and expounds the content and operation mechanism of youth sports public service system based on youth gymnastics teaching. So as to build a sports public service system suitable for teenagers' development, and further improve the physical health level of teenagers in China.

## 1. Introduction

The health of teenagers is related to the hope of the nation and the future of the country. A perfect public service system for youth sports is an important guarantee for youth's health [1]. The construction of youth sports public service system in the new era is no longer simply the construction of sports venues, the establishment of sports organizations and the development of sports activities [2]. Under the leadership of sports power dream, the youth public sports service system is endowed with new connotation and service scope, which makes youth sports keep a good development trend in recent years [3]. Gymnastics special sports focus on improving athletes' physical quality and professional skills. Therefore, students' physical conditions should be fully considered in the process of training. Sports resources are not fully utilized because of the lack of coordination among youth sports related departments [4]. The construction of youth sports public service system in the new era is the inevitable requirement of realizing the national strategy of healthy China and national fitness, the proper meaning of cultivating sports reserve talents and promoting the construction of sports power, and also the important content of strengthening students' physique and promoting the healthy development of school sports [5]. Nowadays, the overall level of youth sports in China is weak, and the physical quality of youth is gradually declining. However, in view of this trend, the youth sports public service guarantee system has not been established [6].

Due to the lack of overall coordination, sports resources of youth sports related departments are difficult to be effectively applied. In the new period, it is necessary to actively innovate gymnastics teaching methods, make new attempts, and understand the key points of special training to enable athletes to have better quality and ability. Therefore, strengthening gymnastics special training is of great significance and can provide athletes with a harmonious and beautiful learning environment [7]. There are many influencing factors on teenagers' physical health, besides subjective factors such as heredity, exercise and living habits, the sports public service environment provided by the state and society is also an important influencing factor that can not be ignored [8]. In order to better reflect the timeliness of gymnastics and strengthen the technical analysis of gymnastics training, we should combine traditional training with core strength training to better carry out the

next training [9]. This paper analyzes and studies the present situation of youth sports, the necessity and significance of the construction of youth sports public service system, and expounds the content and operation mechanism of youth sports public service system based on youth gymnastics teaching. So as to build a sports public service system suitable for teenagers' development, and further improve the physical health level of teenagers in China.

## **2. Achievements in the construction of youth sports public service system**

### **2.1. The system framework has been basically formed**

The essence of youth sports public service is a supply system which serves the physical and mental health of youth and is built by providing sports services for performance goals. Its goal is to build a public service system that can meet the needs of teenagers' physical health and sports. The purpose of youth sports is not only to improve physical fitness and achieve physical and mental health, but also to improve life, achieve self-goals, improve employment ability and become a good social citizen by means of sports. In the new era, under the guidance of national fitness and physical education, the number and quality of youth sports organizations have been greatly increased, and the development of youth sports activities has been effectively promoted and supported, so that the construction of sports facilities has been further improved, which has a positive effect on improving the physical quality of young people. Organizations are schools, communities and various non-profit social organizations that provide sports resources and services for teenagers, which are led by the national government. Teenagers are the direct target of sports public service system, and clarifying the category of teenagers is the logical premise of providing sports public service in a targeted way. Teenagers are immature in physical and mental development, poor in social adaptability, and economically independent, and still belong to vulnerable groups and groups that need special attention. Government departments fully exercise public power, reasonably classify public sports resources and ensure the equalization of public sports resources.

The framework of youth sports public service system has been basically formed under the guidance of youth sports planning. To a certain extent, it has effectively expanded the scope of sports public service, improved the level and guarantee ability of sports public service, and created a more active atmosphere for youth sports activities. Physical training for teenagers can help to correct their physical condition. Nowadays, students are under great pressure to study for a long time, which may lead to hunchback, so that teenagers' performances in rhythmic gymnastics will lack beauty, but they can be corrected by physical training [10]. Therefore, physical training plays an important role in teenagers' rhythmic gymnastics learning. In the new era, the opening of public stadiums and gymnasiums is being promoted, and the pilot work of opening school stadiums and gymnasiums is progressing smoothly, which effectively drives the role of youth sports organizations and expands the scale of youth sports organizations. The construction of youth sports public service system needs the full attention of the sports department and the active guidance of the government, so as to effectively coordinate the problems encountered during the management process of the sports administrative department, thus actively improving the service efficiency.

### **2.2. Sports reserve personnel training system is gradually improved**

All over the country are actively exploring the establishment of youth sports public service system. Efforts have been made in the distribution of sports events and the structural adjustment of youth sports so as to gradually improve the training system of sports reserve talents. If teenagers want to learn rhythmic gymnastics well, they must have a very high aesthetic ability, because it has a high aesthetic value. It has beautiful movements, coherent movements and so on, which are related to the youth's aesthetic. As the development level of different regions is different, it is necessary to build a scientific service system, and go deep into the masses, so that grass-roots personnel can understand the relevant content of youth group sports public service policy, and improve the development efficiency of youth sports public service. Physical training can cultivate the aesthetic ability of teenagers, improve their artistic accomplishment and cultivate their

sentiment, so as to promote them to establish correct outlook on life, society and values. In the process of coordination, the sports administrative department does not fully integrate its own development concept into the operation and management work, which leads to imperfect internal coordination and easily leads to unnecessary contradictions, which directly affects the quality and efficiency of youth sports public service construction. The development pattern of youth sports is gradually changing. The contents of sports public service, sports organization construction and youth training competition have been improved, which creates good conditions for training high-quality professional sports reserve talents.

### 3. The value of promoting the construction of youth sports public service system

Adequate and balanced youth sports public service supply is conducive to meeting youth sports fitness and health needs, forming sports fitness literacy and developing healthy habits, all of which play a vital role in the healthy growth of young people's body and mind, and the ultimate goal is to build a well-off society in an all-round way in China. There are obvious differences in physical condition, exercise time and physiological function among different athletes, so this part should be considered in the process of making special training plan. It is necessary to formulate a special public sports service plan with the youth group as the core, take the youth physical exercise, regional economic growth and the construction of a harmonious society as the guide, and make overall plans for the construction of youth sports public service system under the national fitness thinking. Table 1 investigates the urgent problems in public sports. The three urgent problems to be solved in urban public sports service are the construction of sports facilities, the organization of regular sports activities and the establishment of various sports organizations.

Table 1 Survey of urgent problems in public sports services

Problems to be solved	Select headcount	Proportion (%)
Construction of sports facilities	6152	61.5
Regular sports activities	4121	41.2
Establish various sports organizations	3563	35.6
Strengthen sports propaganda and launch	2017	20.2
Sports skills training	1933	19.3
Other	355	35.5

In order to avoid the impact of athletes' physical conditions on special training, coaches should record and scientifically analyze athletes' physical conditions and various conditions. In the new era, the youth sports public service system needs to meet the youth sports needs, push forward the reform of the supply side of public services, establish a perfect service system, and build a solid foundation for the early realization of a sports power [11]. Some athletes will be affected by congenital factors, but as long as they strengthen their training the day after tomorrow, they can also improve their gymnastics quality and reach a healthy level, and facilitate scientific and effective gymnastics training. Sports departments should formulate corresponding rules and strategies with teenagers as the core in the process of youth and sports public service system construction, and make overall plans to guide teenagers by guiding teenagers to actively participate in physical exercise and combining with the actual economic development in various regions [12]. In view of the unbalanced construction of sports infrastructure in various regions, it is necessary to formulate special standards for youth public sports facilities at the municipal level, so as to achieve a balanced and scientific state in terms of sports facilities investment and sports resources allocation. Core stability training is directly related to the balance and muscle control ability of gymnasts, so strengthening lumbar exercises can help athletes improve their nerve and muscle control ability in time. In daily training, the main purpose is to stabilize the movements, with less repetitive

movements and low intensity, so as to improve the static stability of core stability training.

Teenagers have strong individualized thinking, and they are not interested in traditional single sports events. The main reason is that the school-centered youth sports events are relatively single, and the traditional sports resources are not well utilized. This is also deeply related to the hardware configuration and the lack of physical education teachers' human resources investment. The youth sports public service system can be regarded as a kind of social support, which guarantees the youth's physical health and sports participation. To a great extent, the establishment of youth sports public service system is the process of providing social support for teenagers. To help teenagers establish a social support network for sports participation is to integrate all kinds of implicit and explicit social sports resources to form a social environment conducive to teenagers' growth. It is very difficult to carry out sports activities with rich contents and various types of events in schools. Especially in middle schools and high schools, teenagers are faced with great learning pressure and lack more time and energy to devote themselves to sports. As the main front for teenagers to participate in sports activities, schools are also an important field for providing sports public services. Based on the service system construction at the school level, we should pay more attention to the construction of public stadiums and facilities, sports activities organization, sports training guidance and other aspects. In order to ensure the healthy development of sports clubs, we must always abide by the law, and all activities of sports clubs must have corresponding legal basis. Therefore, as shown in Figure 1, we put forward a hypothetical model, that is, the four abilities of sociologists have a positive impact on the development of social status.

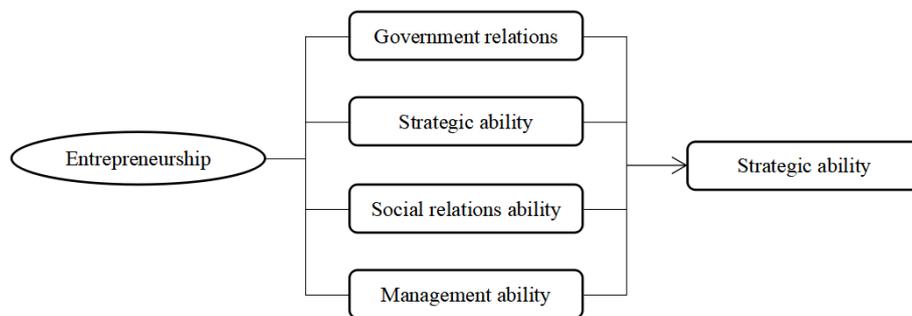


Figure 1 Research model

The government should lead the idea of national fitness to the construction of youth sports public service, enhance the motivation of youth in sports activities, integrate social resources and encourage social capital to enter the youth sports public service field. The purpose of school physical education is to let students receive good physical education, master certain physical education knowledge, technology and skills, and finally improve students' physique. Based on the current sports infrastructure construction standards and planning, we should promote the development of community fitness centers and build youth fitness squares [13]. With the gradual development of China's economy, youth sports need scientific venues for effective planning and guidance. However, at present, it is difficult for sports venues to meet the needs of youth sports public services, so it is necessary to build scientific venues. When opening stadiums and gymnasiums, sports departments need to consider various reasons, make use of capital investment, security and other factors. Although the sports infrastructure can be well built, its opening rate is low, which makes it difficult to meet the actual needs of young people. Therefore, it is necessary to actively open the stadium facilities, formulate corresponding rules and strategies, meet the actual development needs of young people, and open the stadium scientifically.

#### 4. Conclusions

Teenagers' physical health is related to national development and national future, so it is imperative to improve the sports public service system. The construction of youth sports public service system is a historical mission given to us by the new era, which stems from the important value of strengthening students' physique, promoting the healthy development of school sports,

cultivating sports reserve talents, promoting the construction of sports power and realizing the national strategy of healthy China and national fitness for all. At present, with the continuous development of China's education, it is necessary to strengthen the training of youth sports reserve talents, build a scientific and perfect sports training system, and strengthen the effective integration of traditional sports and modern competitive sports. Special training for youth gymnastics should grasp the key points, carry out relevant training on the basis of understanding the characteristics of youth sports, enhance the adaptability of athletes' core muscles, and strengthen the stability exercise of lumbar vertebrae, which can help mobilize stronger muscle control forces and ensure good training results. In the new era, the youth sports public service system needs to meet the youth sports needs, push forward the reform of public service supply side and establish a perfect service system.

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