

Problems and Countermeasures of Social sharing of Sports Fitness Gymnasiums in Colleges and Universities

Dapeng Ren, Peibo Shi

Xi'an Eurasia University, Xi'an, Shaanxi, 710065, China

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Abstract: The society is more and more vocal about the opening up of college sports resources to the outside world, but nearly 70% of the school physical education resources are not open to the society from the current situation. On the basis of literature research and practical research, this study focuses on the analysis of the problems faced by the opening of college sports resources to the society and puts forward the corresponding countermeasures, so as to provide reference suggestions for the opening of college sports resources to the society and for the higher and faster development of national fitness activities.

1. Introduction

As an important part of China's education system, colleges and universities bear the historical responsibility of cultivating qualified talents for the country and society. They have received extensive attention from all walks of life and received the strong support of state funds. Colleges and universities in China have obvious advantages of teachers, teaching equipment, knowledge and technology, and scientific research. These advantages are not only used in normal teaching activities, but also have great social value and use space. Sharing high-quality sports resources with the society is an urgent requirement of the shortage of resources in the process of economic and social development on the basis of the huge population base of our country, and it is also a rational manifestation of the pursuit of the maximization of resource benefits by the main body of resources. The resources of sports fitness venues in colleges and universities need to be shared with the society.

2. The theoretical basis of opening sports resources to the society in colleges and universities

2.1 Physical education resources in colleges and universities

Hai Ren pointed out that sports resources refer to the input of a society used in sports activities to expand the population participating in sports activities and to improve the level of competitive sports in the aspects of materials, capital, manpower, time and information." Xiaoping Liu pointed out that sports resources in colleges and universities can be divided into broad sense and narrow sense. In a broad sense, it refers to the sum of all kinds of physical education teaching venues, instruments, equipment, buildings, books and materials, the quantity of human resources, specialty, professional ability, as well as all kinds of management activities, such as all kinds of physical education teaching venues, instruments, equipment, buildings, books and materials, etc., which are closely related to sports activities in colleges and universities. In a narrow sense, physical education resources in colleges and universities only refer to stadiums and gymnasiums, physical education teaching facilities, equipment, and educational funds and so on. Comprehensive resources, sports resources and physical education resources in colleges and universities have been related research results. This paper defines the sports resources in colleges and universities as follows: physical education resources in colleges and universities refer to the normal development of physical education in colleges and universities, as well as the sum of various tangible and intangible factors formed in the development of physical activities in colleges and universities. The common ground of these factors is to ensure and promote the effective development of sports activities.

2.2 Social sharing of physical education resources in colleges and universities

The sharing of physical education resources in colleges and universities refers to the behavior activities and phenomena used by colleges and other social subjects for some sports resources in colleges and universities. It is necessary to explain that, first, the social shared resources are the college sports resources that do not affect the teaching, not all the college sports resources; Secondly, sharing refers to common use rather than simultaneous use. The nature of the social sharing of university sports resources is that the different subjects use the same resources in the effective use period of the same resources on the basis that the ownership of the sports resources does not transfer. The time requirement for social subjects to use college sports resources is: after-class, two-day, holidays.

3. The necessity of opening sports resources to the society in colleges and universities

3.1 To promote the development of national sports

First of all, many colleges and universities in China are located in the central city, sports facilities are complete, with the standard requirements to undertake formal competitions, can not only undertake a variety of competition tasks, but also as a training venue for sports. Secondly, colleges and universities can better fulfill the social responsibility of colleges and universities, spread the spirit of sports and a healthy lifestyle. Young college students love sports, vigorous, active thinking, and the university campus brimming with positive, optimistic and healthy living atmosphere. In this atmosphere of exercise and training, foreign personnel will feel the struggle and enterprising, perseverance sports spirit, is conducive to the development of a scientific and healthy lifestyle and the cultivation of optimistic, positive attitude towards life.

3.2 To promote the development of university itself

From the point of view of seeking their own development, it is very necessary for colleges and universities to open up the resources of stadiums and gymnasiums to the society. Colleges and universities open the resources of stadiums and gymnasiums to the society, carry out paid services, invigorate stadiums and gymnasiums in colleges and universities, and make up for the shortage of sports funds. If colleges and universities can try to generate sports funds by means of opening up to the society and generating sports funds to a certain extent, they can enhance their “hematopoietic function”, put colleges and universities on the track of benign development, and provide support for the development of other causes of the school. The opening of stadiums and gymnasiums provides a new way for colleges and universities to propagate themselves. While opening to the outside, we can make use of the existing resources to make use of various means, such as placing brochures inside and outside the stadiums, making propaganda columns, playing propaganda films and so on, so that calisthenics can have a more intuitive and detailed understanding of the overall strength of the school, the level of running a school and even teachers, teaching, scientific research, and so on.

4. The problems faced by the opening of physical education resources to the society in colleges and universities

4.1 Conflicting with physical education teaching in colleges and universities and extracurricular physical activities of college students

The establishment of physical education resources in colleges and universities is to ensure the smooth implementation of physical education teaching and extracurricular sports activities in colleges and universities. From this purpose, we should realize that the opening of physical education resources in colleges and universities must be under the premise of ensuring the smooth completion of physical education teaching and extracurricular sports activities in colleges and universities, and make use of spare time, cold and summer holidays, holidays and weekends to fully open sports resources to the society. However, when physical education resources in colleges and universities are open to society, they often conflict with physical education teaching and

extracurricular sports activities in colleges and universities because of the problem of time arrangement, which leads to the fact that some physical education resources in colleges and universities cannot be well opened to the society, and there is an awkward situation that does not open when they are open, which not only affects the social demand for sports resources, but also affects the rational use of sports resources in colleges and universities, resulting in unnecessary waste of sports resources in colleges and universities.

4.2 Management problems in the process of opening physical education resources to the society in colleges and universities

At present, sports resources in colleges and universities generally adopt two ways in the process of opening up to the society, one is free service, and the other is paid service. The resources of free service mainly refer to the open-air sports venues and facilities and other related resources (not all open-air sports resources are free). The most typical of this kind is the open-air basketball court, football field and some parks and open spaces provided by colleges and universities. Paid service mainly refers to some indoor sports venues and facilities and other related resources, this kind of the most typical is indoor basketball court, volleyball court, badminton court, Table tennis court, aerobics hall and so on. In the aspect of unpaid service, it is relatively easy to manage, while in the aspect of paid service, its organization management is relatively weak. The paid service of sports resources in colleges and universities is further strengthened with the integration and convergence of the rules and regulations related to colleges and universities. A complete paid service management system of sports resources in colleges and universities is a necessary condition for the reasonable and orderly opening of sports resources in colleges and universities.

4.3 The ideological concept of the person in charge of physical education resources in colleges and universities

In some colleges and universities, the person in charge of physical education lacks a sense of social responsibility in the issue of the opening of physical resources to the society. In order to reduce the unnecessary trouble, the university sports resources are only open to the college students, mainly in order to meet the normal physical education and the extracurricular sports activities of the university, and it is not necessary to open the society to the society. Moreover, the physical resources of some colleges and universities are only used for high-level athletes, and no other students in the teaching time can be used, not to mention the opening of the society, and some colleges and universities have used the campus of the university as the parking lot, and the part of the sports field facilities are used for parking. Although the government department demands or calls on the university sports resources to be open to the society, some of the university sports resource persons in front of all kinds of concerns, are basically in the passive, helpless, reluctant to open, in the spirit of more and less, less is not as good idea to deal with the problem. In the case of foreign countries, the school physical resources of many countries are built as an integral part of society, and it is a natural state. With the opening of the stadium in 99.9% of the public schools in Japan, the opening-up rate of the school and stadium is over 85%, which is the main way to meet the demand of the mass sports.

4.4 The Security guarantee of opening physical education resources to the society in colleges and universities

The sports resources of colleges and universities are open to the society, that is, to provide the public with places to carry out fitness, but they also have to bear the responsibility. For colleges and universities, nothing is more careful than the issue of safety and security. There are more students in college spare time, cold and summer holidays, holidays and weekends. After opening to the outside world, social personnel come in and out casually, which not only brings difficulty to the public security management of the school, but also poses hidden dangers to the safety of the students. This also causes most colleges and universities to be very cautious about the opening of college sports resources to the society.

5. Countermeasures to the problems faced by the opening of physical education resources to the society in colleges and universities

5.1 Together paid service with free service

Most of the sports resources in colleges and universities are built with state funding, and of course it is not ruled out by some businessmen who love education and have a sense of social responsibility to engage in public welfare. Therefore, normal college free physical education and extracurricular sports activities are the most basic requirements. However, we cannot use this as a reason to refuse to open to the society, in the scope of openness, time, and content and open object to achieve a balanced matching, so as to control unpaid services and strengthen openness to the society. At the same time, colleges and universities should also be soberly aware that if they rely solely on the support of the government and the community to improve sports resources, they may run out of food in the future. Therefore, strengthening paid services is an effective means to ensure the sustainable development of sports resources in colleges and universities. Only by strengthening the matching of paid service and unpaid service can we prolong the service life of physical education resources in colleges and universities, serve the teaching in colleges and universities, and serve the society.

5.2 Establishing a perfect and complete management system of opening sports resources to the society in colleges and universities

The perfect and complete management system of opening sports resources to society is not a single management problem, but an organic unified process system, including scientific and reasonable planning of the allocation of sports resources in colleges and universities (the overall allocation of venues and facilities), the overall development of sports resources in colleges and universities to the society, and so on. It is necessary not only to perfect the existing regulations and management system to ensure the smooth completion of physical education teaching and extracurricular sports activities in colleges and universities, but also to fully excavate and develop the management rules and regulations that keep pace with the times and open the sports resources to the society, so that the sports resources in colleges and universities can be shared with the society. While following the traditional management system of our colleges and universities, we should boldly adopt the advanced management system of foreign countries, make use of the overall advantages of physical education resources in colleges and universities, actively create conditions, take the road of scientific and avant-garde management and development, and vigorously carry out the infinite potential of opening sports resources to the society.

5.3 Changing the concept and forming a good atmosphere of opening up Sports Resources to the Society in Colleges and Universities

For colleges and universities, the person in charge of sports resources should keep pace with the times, change the concept, and shoulder the responsibility of society and the state. Although sports resources are facing one kind of problem and other problems, they should also clearly see the two sides of the development of things. In fact, schools can also become the beneficiaries of openness. As long as the establishment of sound rules and regulations open to society, as long as the courage to abandon the old concept to establish a new concept, all problems will disappear.

5.4 Establishing a model of sharing the responsibilities of the government, the individual and the school.

In the form of policies and regulations, the government requires colleges and universities to open up sports resources to the society, which is considered for mass fitness and serves the people, and it is also indescribable that colleges and universities cannot fully comply with the call of the government because of hidden dangers of safety. The government, the individual and the university should establish the mode of sharing the responsibility of the three parties in order to maximize the sports resources of colleges and universities and give full play to the advantages of the sports resources of colleges and universities. Otherwise, openness will only become an empty word. The

opening of physical education resources in colleges and universities to the society should ensure that the normal physical education teaching and extracurricular sports activities in colleges and universities and the property safety of schools, the safety of students' lives and the physical safety of fitness people should be taken as the principles. Colleges and universities should sign rights and obligations agreements with fitness people on the specific safety issues of opening up sports resources, clarify the responsibilities of all parties, and maximize the opening of college sports resources to the end.

6. Conclusion

In a word, the opening of sports resources in colleges and universities is bound to increase the renewal of sports resources, and the construction of sports resources will continue to increase. The opening up of sports resources in colleges and universities can strengthen the communication between society and schools, contribute to the social supervision of school teaching, constantly improve the quality of teaching, and is more conducive to students' understanding of society.

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