

## Research on the Status Quo and Optimization of the Development of Urban Residents' Leisure Sports Time and Space Behaviors

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**Abstract:** With the rapid development of the urban economy, the overall size of the city is constantly expanding, which is an inevitable trend of a sharp rise in the needs of society, residents and other aspects. If the urban sports space does not have enough capacity, it may reduce the quality of urban residents participating in sports and leisure activities, thereby affecting the physical and mental health of urban residents. Therefore, in the context of China's continuous promotion of comprehensive fitness policies, more comprehensive analysis and research on the characteristics of urban residents' sports time and space during leisure can be more formulated in urban development planning and development strategies, so as to better satisfy urban residents Actual needs in space and time.

### 1. Introduction

Spatiality of leisure sports refers to the characteristics of people who participate in leisure sports choose different places of leisure sports activities according to individual personality and preference differences. Human behaviors must involve spaces. Such spaces are called Action Spaces. The behavior space represents the direct contact range between the individual and the social and geographical environment. On the one hand, the spatial nature of leisure sports behavior is that people perform activities in a specific sports space, that is, sports venues; on the other hand, people with different social attributes have different levels of spatial perception and choice preferences for leisure sports venues. The way of activity often exists in the hierarchical level of different venues. The hierarchical level of this space may become an objective factor restricting people's participation in leisure sports activities. Time is an inevitable condition possessed by human daily life, and a necessary condition for human to realize self-will. Leisure sports activities are activities carried out by individuals within their discretionary time. Disposable time is the time in a person's life except for physiologically necessary time (such as sleep, eating, washing time) and socially necessary time (including work, commuting, and housework time, etc.). In this sense, time is a resource. Due to the scarcity of this resource, people are prevented from participating in leisure sports activities. The development of leisure sports activities is first limited by the amount of free time available. On the one hand, the temporal characteristics of leisure sports reveal that time is a necessary condition for leisure sports activities; on the other hand, it also reminds us that due to the differences in the individual attributes of urban residents, there are also differences in the ways in which time is used in leisure sports activities. When investigating the behavior of urban residents, the research and relationship of space-time behavior is a research method based on geographic theory, and the analysis of urban sports spatial planning and layout is an important manifestation of the people-oriented principle. , On the basis of ensuring the quality and quantity of various sports and fitness facilities, as much as possible to meet the needs of urban residents in sports. Therefore, a more in-depth understanding of urban residents' leisure sports preferences, space activities, time control methods, sports behaviors, etc., can provide an important reference for the construction of a leisure sports life circle that meets the urban residents' needs at all times.

## **2. The background of the development of the national fitness program in depth theory**

With the continuous deepening of reform and opening up and overall economic growth, the process of urban development and modernization has brought tremendous changes to people's lives. The demands of diversified lifestyles and life contents continue to impact the city's construction planning, governance concepts and service levels. In order to match the progress and development of the modernization cause, a new mass sports program and concept has emerged, that is, a national fitness program for the purpose of enhancing people's physical fitness. The "Outline of the National Fitness Program" (hereinafter referred to as the "Outline of the Plan") reflects the government's social (sports) management philosophy in the context of the times. By reviewing the outline of the plan, you can clearly understand the imprint and characteristics of sports management at that time, which reflects the characteristics of sports management since the founding of New China to a certain extent-the national system and the Olympics glorified the contempt for mass sports. The outline of the plan breaks down the work objectives: in the first 5 years, efforts must be made to improve the environment and conditions of mass sports and fitness activities, and in the next 10 years, a national fitness system with Chinese characteristics should be basically built, and sports reform should be deepened. Combining historical documents, we can find that China's sports reform has indeed made progress at the end of the 20th century, and major changes have taken place in the national sports administration: The reform of the State Sports Commission became the State Sports General Administration; the introduction of the marketization mechanism of the three major balls brought comprehensive development to competitive sports. However, the dividend of sports reform has not brought great benefits to the national fitness program. On the contrary, the objectives of the plan outline are still very general. There is no comprehensive and clear development plan in the development period of 15 years. Regarding development targets and key tasks, even including countermeasures and organizational implementation measures, most of them belong to written propaganda work, lacking specific explanations and guidance, and forming no standardized, scientific, standardized, and appraisal work requirements. Although the promulgation of the plan outline reflects the awakening of the times and is a progress in the concept of sports reform, it also illustrates the backwardness of the government's sports management concept, the lack of understanding and the lack of sports scientific research in the context of the times.

## **3. The rise of urban leisure sports demand theory**

Since human society entered modern times, the continuous change and development of leisure activities has become one of the main social characteristics. Although China has not fully entered the "era of leisure", more and more people are engaged in various leisure activities, and the social phenomenon caused by leisure activities has become more and more important in modern life. Why do people participate in leisure activities, how do people participate in leisure activities, and what are the leisure activities that people need? These questions are ultimately raised by people's "demand" of leisure. In this section, based on the relevant theories mentioned in the previous section, we explore the leisure sports demand reflected by urban residents' leisure sports behaviors. The concept of "demand" is derived from the concept of economics and is often used to describe the relationship between the amount of products people want to buy and the money they are willing to pay. It is a desire that is dominated by the ability and willingness to pay for the desired product. When the concept of "demand" is applied to leisure, it is often used to describe the degree of participation. This degree of participation is called "demand for leisure". The concept of leisure needs has a narrow sense and a broad sense. The "recreation demand" in the narrow sense is the demand expressed in economics that people have to pay a certain amount of money through purchasing means, which can also be said to be consumption demand. The "demand" in the broad sense is the action or activity put into practice to achieve a certain purpose. The term "participation" is used in leisure research to describe the level of activity. In order to study the wider influence rather than the limited economic factors, in the study of "leisure sports" in this study, in a broad sense, the "demand" of leisure sports is described as the term of "participation" nature of leisure

sports, in explaining In sports demand (sports participation), in addition to economic factors such as price and income, factors such as sociology, psychology, and environment must also be considered. The external appearance of the “demand” of leisure sports is essentially the appearance of “behavior” of leisure sports.

The theory of urban space place is an important theory in the study of behavioral environment, focusing on the study of social and cultural connotation and human characteristics in the urban environment, which was proposed by Norwegian architectural theorist Schulz. The so-called “place” is the part of the environment that has a specific meaning, taste, atmosphere, etc. The core content of place theory is to emphasize the visual experience of the place users, the sense of control over the environment, and the social and cultural values, giving the place of universal significance to the place. After the 1970s, Chapin proposed the theory of urban activity system (1974). He believed that the activity system includes three sub-systems of production activities, general welfare activities and residential activities, emphasizing the close relationship between activities and urban space. Chapin. The constructed urban activity system introduces the analysis of various activities of the urban population into the study of urban spatial structure, and for the first time incorporates micro-level activity research into the theoretical framework. For the previous focus on the analysis of physical entities, the focus is on the occurrence mechanism and Inner relationship. With the micro-level study of residents' activities, the study of cities by geography began to truly become a people-oriented study. The theory of urban space place and urban activity space system in urban spatial structure theory is applied to cities. The research on the demand and supply of leisure sports space can not only help us to understand the general situation of urban society and urban residents' leisure sports, but also help to understand the changes and development of urban society from the level of residents' lives, especially to understand the formation and changes of leisure sports There is greater help.

#### **4. Characteristics and current situation of urban leisure space**

According to the current research on the characteristics of spatiotemporal behavior of urban residents' leisure sports, residential leisure sports space behavior refers to the space that is very close to the residence of the residents, that is, the range of residents' physical activities, such as sports facilities and fitness centers in the park. The main purpose of urban residents participating in leisure sports is maintenance and fitness, which is an important foundation for ensuring the healthy life and physical fitness of urban residents. At the same time, this type of leisure sports activities has the characteristics of large-scale concentration. With the increasing distance, the proportion of residents in leisure sports activities will gradually decrease, even between the range of 1,000 and 1,500 meters. , Urban residents hardly go. In practice, urban residents participating in such leisure sports activities usually live in their own or neighboring communities. If urban residents go to a place far away from home to carry out leisure sports activities, the chance of accidents is relatively large, basically carried out together with other related activities. At present, the purpose of many elderly people participating in leisure sports activities is fitness. The main places are fitness parks, park gymnasiums, etc., and the main leisure sports activities are fitness equipment, Tai Chi, walking, diabolo, etc., and the city The travel methods used by residents in leisure sports activities are mainly on foot, and rarely use transportation, which is one of the important characteristics of the current spatiotemporal behavior of urban residents in leisure sports.

#### **5. The Status Quo of the Supply of Space-time Behaviors of Urban Residents' Leisure Sports**

The survey found that the choice of residents' leisure sports participation time is 38.3% on weekends and holidays, 27.1% on a regular daily basis, 16.2% on working days, 16.0% on leisure, and other the proportion is 2.4%. It can be seen that the participation time of residents in the non-central cities of Sichuan Province between 35 and 59 years old is mainly on weekends and holidays, supplemented by regular daily activities. The amount of leisure time determines the arrangement and use of leisure sports activities. It can also be seen from this that the daily leisure

time distribution of most residents is relatively uneven, and the leisure time on weekends and holidays is relatively abundant. The survey found that the selection ratio of 0.5 ~ 1h accounted for 38.0%, the selection ratio of 1 ~ 1.5h accounted for 13.8%, and the cumulative ratio of 0.5 ~ 1.5h accounted for 51.8%. According to relevant research, under the condition of a certain exercise intensity, if the duration of each exercise is too low, then this behavior is not easy to produce an exercise effect. However, if each exercise time is too long, it is easy to cause physical fatigue and cause exercise Injuries cause leisure sports to be interrupted or withdrawn. The increase in injury rate is directly related to the duration of each exercise.

The duration of a workout has a significant impact on adherence. The longer the duration, the greater the percentage of withdrawal from exercise. It can be seen that choosing a reasonable duration of leisure sports plays a vital role in enhancing the fitness effect and participation persistence of participants' sports behavior. In the judging standard of China's sports population, the lower limit of the duration of each sports activity is determined to be 30min, Chi Guorong (2008) believes that "people of different ages still have to be different, generally young people in the age group of 20-39 Each exercise time does not need to be too mechanical, and the middle-aged and the elderly should be controlled for about an hour. " It can be inferred from this that the duration of each exercise is more suitable in 0.5 ~ 1.5h. The survey results show that the frequency of residents' leisure sports more than once or twice a week accounts for 54.8%, and the proportion of choices less than once or twice a week accounts for 45.2%. This shows that the frequency of leisure sports for most residents is relatively high. Leisure sports is subordinate to sports, and physical fitness is one of its important functions. The fitness effect of leisure sports is a quantitative to qualitative process, and the frequency of leisure sports is another important factor that affects the fitness effect of leisure sports. Exercises that maintain a frequency of exercise more than three times a week are more scientific from the perspective of cumulative effect. When more than three times a week, the maximum oxygen uptake (VO<sub>2</sub>max) gradually tends to be peaceful and the exercise effect is significant. It can be seen from this that leisure sports 1 to 2 times a week will produce a certain health promotion effect. This also shows that the leisure sports of most residents have a certain fitness effect.

## 6. Conclusion

On the whole, with the spread of the city and the suburbanization of the population, the supply of leisure sports will also be spatially inclined to the suburbs, and with the integrated development of the suburbs, urban and rural areas, and towns, the improvement of the transportation environment, the increase in the level of residents' consumption The difference between the city and the urban area will gradually blur, and the supply of leisure sports facilities will also be developed equally. Locally, the distribution of recreational sports facilities in residential areas is uneven, and the activities are single, requiring alternative facilities or diversified activity spaces. Community sports facilities are widely loved by residents, and the current spatial layout is also more reasonable, which is a key development trend in the future. Large-scale urban sports facilities and wide-area leisure sports facilities have small increments, fully exploiting the spatial potential and attractiveness of existing facilities, improving service levels, improving service efficiency, and serving more people are the key tasks of providing such facilities.

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