

Development of Modern Society and Future of Sports and Leisure Activities

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Abstract: With the continuous development of modern economic society, more and more people start pursuing the spiritual enjoyment on the basis of satisfying the needs of daily life. Among them, a very important expression is that the sports and leisure activities become more and more popular. In this paper, it aims at exploring the future prospects of sports and leisure activities in the development of modern society through correct understanding of their important position and development direction in national life.

1. Introduction

As one of the important composition of leisure life for contemporary residents, the good development of sports and leisure activities is of great importance on the promotion of national physical quality and the forward development of national sports. In order to explore the prospect of sports and leisure activities in the development of modern society, the connotations of sports and leisure activities on all sides must to be mastered profoundly and accurately. To this end, the future prospect of sports and leisure activities in the development of modern society is explored thoroughly in this paper from their connotations, classifications and development status.

2. Connotations and Main Classifications of Sports and Leisure Activities

2.1 Connotations of Sports and Leisure Activities

To study the future of sports and leisure activities, it is necessary to make clear what sports and leisure activities are at first. There are two meanings, first of all, in a narrow sense, the so-called sports and leisure activities are leisure sports, which are the components of social sports specialty. The sports and leisure activities we are talking about here are in a broad sense, which refer to the physical exercise activities we do in our daily life. In general, people will do some low-intensity physical exercise in their leisure time after work for the main purpose of enriching their spare-time life and improving their physical and mental health. Sports and leisure activities play good a role in physical training, improving resistance and promoting disease rehabilitation. Moreover, they are of great importance in strengthening the construction of spiritual civilization and promoting the harmonious development of society.

2.2 Main Classifications of Sports and Leisure Activities

Due to the concept of sports and leisure activities is broad, basically as long as the activities have the function of exercising, they can be summed up in sports and leisure activities. According to the functions of different kinds of sports and leisure activities, current sports and leisure activities can be roughly divided into the following classifications:

2.2.1 Leisure Activities like Games

These leisure activities are not for the improvement of physical quality and substantive benefits, but for playing games and entertainment, such as flying kites, fishing, playing football and skateboarding. Such activities are the most common sports and leisure activities in life, which play a very important role in relaxing the pressure from work and life, and promoting the improvement of

mutual affection. Especially in today's increasingly rapid social development, the life pressure, work pressure and social pressure of people are very heavy, so regular sports and leisure activities like games have increasingly become the first choice of national people.

2.2.2 Leisure Sports like Competitions

Compared with games, these sports and leisure activities have a clearer purpose, which is to become stronger and stronger in the activities carried out. However, compared with professional sports, the level of these sports and leisure activities such as bicycle riding, chess and amateur marathon, is relatively low. Competitive sports can attract the attention of young people with strong competitive heart, and have the incomparable charm compared to other types of sports.

2.2.3 Health-care Sports

The main purpose of health-care sports and leisure activities is to recuperate the body and cultivate the mind, and the middle-aged and elderly people are the majority of the people who participate in such sports and leisure activities. These sports and leisure activities mainly are traditional body-building exercises such as Tai Chi and five-animal exercises, which are featured by introversion, implicitness, self-enjoyment, and good physical and mental training.

2.3 Functions of Sports and Leisure Activities

The impact of sports and leisure activities on people's physical and mental health is mainly divided into two aspects, one is physical health, and the other is the promotion of mental health.

2.4 Promoting the Physical Health of People of All Ages

There are many forms of leisure sports activities, but physical activity is still the most important form. Due to the universality of sports and leisure activities' specific forms, the physical health of participants of different age can be promoted. For young children with the youngest age, active participation in sports and leisure activities can promote the growth and development of their body, enhance the functional state of vital organs, and develop good habits for lifelong sports, so as to lay a good foundation for a healthy life in the future. For young and middle-aged people, they are suffering from tremendous pressure of work and life at this stage. Through sports and leisure activities, it can play a role in protecting physical health, at the same time, it is conducive to relieve the enormous pressure and maintain good physical and mental health. For middle-aged and elderly people, sports and leisure activities not only help to promote physical health and delay aging, but also become an indispensable lifestyle in their daily life. In today's society where aging is becoming more and more serious, sports and leisure activities have become a good medicine that can prolong life and maintain good health.

2.5 Promoting Body Functions

2.5.1 Effects of Sports and Leisure Activities on the Function of Cardiovascular System

As the "first killer" of human health in the world, cardiovascular disease is mainly concentrated in the middle-aged and elderly population, while it is usually related to the lifestyle of children and adolescents. Scientific research shows that proper participation in sports activities plays an important role in improving cardiovascular diseases such as hypertension.

2.5.2 Effects on the Function of Motor System

The decline of motor ability such as the decline of body muscle strength and osteoporosis is one of the important characteristics of human body aging. Sports and leisure activities can effectively exercise the whole body, maintain muscle strength and increase bone density; therefore, active participation in sports and leisure activities can effectively delay the aging process.

2.6 Improving the Immunity of Human Body

The body's resistance to disease, that is, the immunity of human body, is an important indicator of human health. A large number of medical experiments have proved that adhering to long-term moderate physical exercise is conducive to improving immune function and enhancing the resistance to disease.

2.7 Promotion of Sports and Leisure Activities on Mental Health

2.7.1 Sports and Leisure Activities Contribute to Regulating Negative Emotions

With the continuous development of economic society, the life rhythm of people is getting faster and faster, and the high-intensity work and life bring a lot of pressure to people, then many negative emotions appear in people's mind. Negative emotions are not conducive to the function of human immune system, while active and positive emotions and optimistic mood contribute to maintaining the stability of body's function. Sports and leisure activities have the effect of regulating negative emotions, which can effectively improve people's psychological and physiological state, and is of great significance to help people recover their physical energy and promote healthy life.

2.7.2 Promoting Interpersonal Communications and Coordinating Interpersonal Relationships

Sports and leisure activities are not only a form of leisure and entertainment, but also play a very good role in promoting interpersonal communications and coordinating interpersonal relationships. When people participate in sports and leisure activities, they can not only meet many like-minded friends of different ages, different identities and different genders, but also promote the emotional communication between friends while enriching their spare time. In families, schools, companies, or even business circles, sports and leisure activities have become one of the main ways for people to exchange feelings, or even the bridge of communication between people.

3. Development Status of Domestic Sports and Leisure Activities

3.1 Less Number of Sports Facilities That is Far from the Developed Countries

The development of sports and leisure activities is positive related to the development of economy, and the real improvement of China's economy is only in the past 40 years since the reform and opening up. Therefore, the development of sports and leisure activities in China is not mature, which is still at a very early stage.

In recent years, the investment of the state and the government in leisure sports venues has increased significantly, and the status of sports equipment has been significantly improved.

However, compared with China's tremendous population base, the effect of such investment is still not satisfactory. At present, there are still some obvious deficiencies in the infrastructure construction of leisure sports in China, mainly reflected in the following two aspects. The first is that the proportion of investment in sports and leisure activities is very low, accounting for only 0.1% of the total national investment. The second is that the sports venues and fields occupied by per capita are insufficient, which is far lower than the per capita share of developed countries, especially the United States. Therefore, there is still a big gap between the development of sports of leisure activities in China at present and meeting the needs of fitness and entertainment for the broad masses of the people.

3.2 Sports and Leisure Activities Are Insufficient in Diversity with Less Number of People

According to the survey, the most popular sports and leisure activities in China at present are running, walking, small ball games such as table tennis and badminton, basketball and football, while the specific categories of sports and leisure activities actually involved are only 20 items. In recent years, with the continuous development of economic and social development, climbing, swimming, aerobics and video games are increasingly popularized among young people, but it is still very

monotonous on the whole. In addition, in terms of the number of people participating in sports and leisure activities, in China, only a small number of young people at this age are participating in physical exercise, and the number of elderly people who regularly participate in physical exercise is also less than 70%, while this figure is still far from the number of people participating in sports and leisure activities in developed countries.

3.3 Scarcity of Professional Talents in Leisure Sports

The number of employees in related industries has an important impact on industrial development. Due to the late start and low development of sports and leisure activities in China, coupled with the long education cycle and non-significant results, the professional talents of sports and leisure activities in China are very scarce, which has seriously restricted the pace of development of sports and leisure activities in China. Therefore, a large number of professional sports instructors, relevant researchers and management personnel in leisure sports are in urgent need in China at present. Colleges and universities should actively carry out academic research on leisure sports, and the primary task of university education at present is to provide a group of professional instructors and management personnel in leisure sports to the society through professional school education. A large number of professional talents in sports and leisure activities are the talent base for opening up the sports market in China.

4. Future Development Prospects of Sports and Leisure Activities

4.1 Sports and Leisure Activities Will Provide More Room for the Development of National Fitness Activities

There is no fixed content and form of sports and leisure activities, so as long as the activities are conducive to the physical and mental health of participants, they can be called as sports and leisure activities. Their contents are very rich and colorful, including many traditional sports such as track and field sports and ball sports, as well as emerging sports in recent years such as rock climbing, bungee jumping, and even video games are the content of sports and leisure activities. Sports and leisure activities are non-professional sports activities taking relaxation, pursuit of entertainment and self-development as the main objectives. Sports and leisure activities require technologies and facilities, but not high, and they are suitable for people of all ages. It is precisely because of these characteristics that sports and leisure activities are more and more popular.

With the continuous development of sports and leisure activities, people can participate in sports and leisure activities anytime and anywhere through various forms, and sports and leisure activities also increasingly become a part of modern people's daily life. The vigorous development of sports and leisure activities in the future provides a broad space for the development of national fitness activities.

4.2 Sports and Leisure Activities Will Become the Main Way to Protect the National Physical and Mental Health

With the continuous improvement of modern society, people are more and more separated from physical labor, and rarely get the opportunity to exercise from physical labor. At the same time, due to the accelerating pace of life, people are under increasing pressure. Therefore, in order to improve health, relieve stress and spend leisure time, sports and leisure activities have become the main choice of modern people, and will become one of the important trends in the future development of sports. In the future society, people will spend more time to satisfy their personal spiritual pursuit and health pursuit, then sports and leisure activities will also have better development.

5. Summary

All in all, in the future development of society, people will take an active part in various sports and leisure activities, and become more active in walking towards and embracing nature. Sports and

leisure activities can not only relieve the stress of people from work, but also make up for the insufficient physical labor of people. Therefore, in the future society, sports and leisure activities will be more popular, and then make more contributions to people's healthy lifestyle.

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