

Discussion on the Current Situation and Development Model of the Combination of Urban Community Sports and the Elderly in China

Yuhan Chao

Taishan University School of Physical Education, Taian, Shandong, 271000, China

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Abstract: strengthening the construction of community sports is one of the effective ways to actively carry out the nationwide body-building plan. Although the urban community sports in china has achieved certain development in recent years, the current situation of the combination of community sports and the elderly is not very optimistic, and the elderly's physical needs are difficult to meet. This paper first analyzes the current situation of the combination of urban community sports and the elderly, discusses the development model of community sports, and puts forward some suggestions and measures, so as to improve the development level of urban community sports and meet the increasingly diversified exercise needs of the elderly.

1. Introduction

Nowadays, China has stepped into an aging society, where many of the elderly's social circle is relatively small and their needs of interpersonal communication are difficult to meet. As the physical function of the elderly is declining year by year, how to prevent disease and keep fit has become the most concerned problem of the elderly. Therefore, participating in physical exercises has become one of the main contents of life for many elderly people. Community sports can meet the psychological, physical and social needs of the elderly, so it is necessary to integrate community sports with the elderly organically, in order to ensure their later life.

2. Current Situation of the Combination of Urban Community Sports and the Elderly

2.1 Unsound Laws, Regulations and Management Mechanism

In order to continuously improve the physical fitness of the masses and speed up the construction of public sports facilities, China has issued a series of regulations and outlines on public sports facilities and national fitness, which shows that the government and the legislature have attached great importance to the development of community sports. However, these regulations and policies have not achieved good results in the process of implementation, and relatively few people know about them. According to the relevant survey, only 4.82% people in the country really know *the Outline of the Nationwide Body-building Plan*^[1]. At present, China's urban sports facilities are lack of corresponding standard restrictions and legislative protections, and legal provisions as well as management and supervision mechanism. As a result, many real estate developers have not strictly implemented relevant regulations in the process of planning and building sports facilities in residential areas. Due to the lack of corresponding management mechanism and legal norms, it is difficult to guarantee the effective combination of community sports and the elderly.

2.2 Insufficient Funding for Community Sports

An important prerequisite and material basis for the development of community sports is sports funding, and the community sports will be fully developed if receiving sufficient funding. The burden of community sports funding is relatively heavy, and it is difficult to find effective way to maintain its operation, so there are many difficulties in the process of carrying out community sports construction. Due to the lack of financial support, some competition activities that can stimulate residents' enthusiasm for sports are usually not carried out smoothly. In addition, some

charged sports not only greatly dissipate the enthusiasm of the residents, but also affect the enthusiasm of the elderly to participate in community sports.

2.3 Insufficient Equipment and Venues for Community Sports

The sports venues in China are mainly in schools. Due to the serious lack of space, the development of community sports is greatly limited, which also dampens the initiative and enthusiasm of the elderly to participate in community sports. For instance, sports facilities in residential areas are relatively old, the activity venues are relatively limited, and the equipment and facilities suitable for the characteristics of the elderly is short. High-end real estate, mainly targeted at high-paying incomers, tends to pay more attention to the construction of sports facilities, while middle- and low-end real estate for the working-class people do not attach much attention to the planning and construction of sports facilities.

2.4 Lack of Professional Managers and Instructors for Community Sports Activities

According to the relevant data, among the existing sports activity, the sports activity with the largest population are organized by the exerciser spontaneously, followed by those established with the help of the neighborhood committee, and more than half of activities with the help of the neighborhood committee are also managed by exercisers themselves^[2]. It can be seen that the community sports activities are usually held by part-time personnel, lacking in energy and responsibility. Many retired old people who are fond of physical exercise come to serve as instructors, and guide others to exercise according to their own experience. However, they are lack of professionalism, and usually fail to achieve the expected exercise effect, which also largely discourages the aged from participating in community sports activities.

3. The Development Model of Urban Community Sports

3.1 Improving Community Sports Laws and Regulations, and Perfecting the Sports Security System for the Elderly

To ensure the sound development of community sports, it is imperative to improve and perfect the relevant sports laws and regulations. Through the enforcement of laws, people's right to participate in community sports activities is guaranteed. Simultaneously, residents are encouraged to participate actively in physical exercises, which are conducive to enhancing their constitution and enriching their recreational and sports life, thus achieving comprehensive development. Developed countries in Europe and the United States have strict laws and regulations on community sports. In the United States, to ensure that all people can participate in sports activities, the community provides the standards and methods for family members with different income levels to apply for community sports project bonus, which creates favorable conditions for those low-income families participating in community sports activities^[3]. At present, the development of China's community sports is still in the initial stage. In view of this situation, the government should clarify the responsibilities of all kinds of competent departments at all levels in community sports work, identify the responsibilities through laws and regulations, and meanwhile, strengthen the construction of laws and regulations related to the social security benefit for the elderly.

3.2 Expanding the Financing Channels of Community Sports

In order to effectively solve the problem of insufficient funding for the development of community sports, we should establish a new financing mode of urban community sports, strengthen the support of government departments for community sports, and rely on the society, enterprises and insurance companies for extensive financing^[4]. The government should increase the investment in community sports, and draw up a series of preferential policies to attract social groups to invest; relevant departments should make effective use of social resources to raise funds for community sports; the sports lottery market should strive to develop, so that the sports lottery income can become a major financing channel for community sports; enterprises should be advocated to sponsor the community sports, which creates favorable conditions for employees to

participate in sports activities; insurance companies should be guided to increase investment in social insurance for the elderly. At the same time, the operation funds of community sports should be effectively controlled to improve the self-restoration ability of community sports.

3.3 Accelerating the Construction of Community Sports Facilities

3.3.1 Government Departments Strengthen the Construction of Public Sports Facilities

Government departments should give full play to their macro-control role. In detail, provincial government should build a number of sports squares, public fitness centers and leisure parks in the urban area; county government should gradually establish small and medium-sized gymnasiums, synthetic surface tracks and swimming pools. In urban communities, the government should attach great importance to the construction of sports facilities, encourage enterprises and institutions to invest in the construction of sports facilities, and support individual-run fitness clubs through policy guidance. At the same time, it calls on enterprises, institutions and schools to open their sports facilities to the outside world.

3.3.2 Real Estate Agents Strengthen the Construction of Sports Facilities

Real estate agents should construct different levels of sports facilities according to the living conditions of the community. Tennis court, fitness club and swimming pool can be built in high-grade residential areas; small garden, table tennis room, chess and card room and fitness path can be built in low-grade residential areas, and the sports facilities are mainly public-welfare-oriented; in middle-grade residential areas, the combination of both public welfare and profit model can be considered, such as various ball rooms, small clubs, basketball courts, etc. Those diversified sports facilities can meet different sports needs of the elderly.

3.4 Building a Systematic Community Sports Management System

In developed countries in Europe and America, the management system of community sports is usually relatively sound and perfect. According to China's national conditions and the actual development of community sports, community sports management system can be divided into cultural activity center and sports activity center^[5]. Chess and card room, calligraphy and painting room and reading room can be set up in the cultural activity center to provide leisure and entertainment places for the elderly. In the sports activity center, sports activity room, management office, public fitness path and small-scale activity areas are set up to provide the elderly with the exercise venues for collective sports, so that the elderly's different levels of physical exercise needs can be met. In order to run the community sports management system efficiently, the management office of sports activity center includes financial management division, facility safety management division and administrative office. The community sports instructor and the sports fitness test system are two most critical links of the sports activity center system. They can make appropriate fitness plans for the elderly in the community, help them to understand their own health status in time, and carry out targeted physical exercises. The community can cooperate with the local institutes of Physical Education to provide professional fitness knowledge services for the elderly to improve their sports awareness, and enable them to carry out sports activities scientifically.

4. Conclusion

All in all, it is difficult for urban community sports to meet the physical fitness needs of the elderly in China, and the current situation is not optimistic. Departments should strengthen relevant legislation to provide system guarantee for the development of community sports. At the same time, they should broaden the financing channels of community sports, accelerate the construction of community sports facilities, build a systematic community sports management system, and ensure that the community sports activities of the elderly are rich and colorful, which guarantees the happy life of the elderly.

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