

Analysis of Police Sports' Functions on the Development of Police Forces

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Abstract. As national public servants, policemen's major responsibility is to protect people's life and property safety and public safety. So as policemen, they must have a strong and healthy body to be competent in professional works. Police sports studies professional quality and skills that a policeman shall have in daily work or during performing a task and it is also a compulsory course in police colleges and universities. Police sports' functions originate from sports' development history. Generally speaking, it has such functions as education, body building and entertainment. Only by understanding functions of police sports can it be possible to better use police sports to develop police forces.

I. Body Building Function of Police Sports.

Police Sports Can Improve Policemen'S Physical Fitness Levels. Police as a special occupation has stricter requirements in physical fitness than that in other industries. Physical fitness is the most basic requirement for a policeman and it refers not only to strong and healthy body and plenty of physical energy but also to normal physical growth, normal weight standards, various intact physiological functions and other contents. Only with a healthy body can a policeman adopt himself/herself to various working environments and this is also a prerequisite for occupational activities as a policeman and a prerequisite for improving physical quality and sports ability. Physical training for policemen include physical status, response ability, sports quality, physical and psychological healthy and other contents. These aspects are mutually influenced and premised and absence of any aspect will affect a policeman's overall health level and physical quality. Policeman's occupational characteristics are quick response ability and strong antagonism also with some dangers. So policemen are usually suffering great working pressures which must be relieved by doing physical exercise. It requires to arrange contents of physical exercise in a scientific and reasonable way and exercise each organ and their functions of the body by doing some aerobic exercise so as to reduce the accumulation of fat and make the body healthier and more beautiful and it also can enhance cardiopulmonary functions and improve one's overall sports ability. Aerobic exercise can also exercise one's willpower, effectively relieve and regulate policemen's physical and psychological pressure brought by their heavy work and make them feel relaxed and happy so as to enhance their physical fitness levels.

Police Sports Can Improve the Working State of Central Nervous System. People's central nervous system includes two parts i.e. central nerves and peripheral nerves. Brain is the main component of the central nervous system. During the process of doing sports, all one's actions are controlled by the central nervous system in the brain who gives orders to each organs through the central nervous system and after receiving orders, organs will coordinate with each other to complete all actions. Frequent participation in physical exercise can enhance the central nervous system's response ability in the brain, improve central nervous system's working state and also make one's actions more coordinated and rapid so as to better adopt to changes in external environment. Especially for police industry, it is of vital important to improve sports ability by doing physical exercise as policemen need to make rapid response to emergency event. For example, after arriving at a crime scene, a policeman must make rapid and accurate judgement and analysis of the situations on site according to procedure requirements and he/she also need to adopt new

emergency measures as the investigation of the case deepens. And all of these must be controlled by the central nervous system in the brain.

Police Sports Can Improve Functions of Visceral Organs Including Heart, Lungs, etc. Physical exercise can accelerate human body's energy consumption, speed up metabolism and enhance blood circulation ability. Doing physical exercise can better exercise one's functions of heart and lungs, breathing system, digestion system, etc. At the same time it will exercise all organs in the body. For example, long-distance running in police sports does much good to the cardiovascular system which can increase the heart's diameter, make cardiac muscle stronger, increase the thickness of the heart wall and reduce the frequency of heart strokes; meanwhile, it will increase lung capacity and deepen breaths. During the process of doing strenuous exercise, the respiratory system can bring more oxygen for the body to make the oxidation conversion of energy substances smoother and get functions of heart and lungs improved greatly. For policemen, many sudden deaths are caused by imperfect heart functions. Therefore, exercising heart and lung functions by doing police sports can provide strong physical and spiritual supports and other supports in policemen's future heavy work and reduce sudden deaths due to too heavy work and extreme tiredness.

Police sports can enhance policemen's adaptive ability to external environment and reduce occupational diseases. Human's speed, strength, sensitivity, flexibility and other quality are mutually influenced and interacted. The development of any physical quality can improve one's body regulating function and to some extent, it can also increase protein and energy reserves in muscle and improve various physical skills. Frequent participation in police sports training can enhance policemen's body ability of adopting to the external environment. As policemen endure heavy work and great pressure and often work under tiredness for a long term, their bodies can not be recovered and recuperated in time and some occupational diseases will occur. For example, traffic policemen and patrol policemen among the police forces are easy to suffer stomach disease and disease of digestive tracts as they often work overtime with irregular diet and can not eat on time; some traffic policemen who stand or patrol on the road for years are easy to suffer varicosity as long time standing brings too much pressure to their lower limbs which can not be relieved. And so on. In a sub-health state for a long time, policemen will be easy to suffer actual organic lesion which will do great harm to their physical fitness. Therefore, such conditions must be improved by doing physical exercise. Improving policemen's physical quality by doing police sports so to guarantee policemen's health level has become an activity that must be taken serious during the development of police forces.

II. Education Function of Police Sports

Police sports' education meaning in the development of police forces. Police sports' training methods can not only improve policemen's physical quality and exercise their response ability but also educate policemen and encourage them spiritually. Under such a hard working environment, besides the support of good physical quality, they also need spiritual support. For example, even under the extreme difficult conditions of the long march, Chinese Red Army still did diversified physical exercise such as armed mountain climbing, high jump, long jump, throwing, etc. Which not only enriched the Red Army soldiers' spiritual life but also made their bodies stronger and healthier. During the war time, the people's army still took physical exercise as an import content of army development. In the current peaceful era, as social security environment changes day by day, it requires policemen to fight against various criminal activities so as to maintain social stability and protect people's life and property safety and it is also a important content for public security forces at the moment. Therefore, developing police sports has great significance in encouraging policemen's spirits.

Police Sports Can Raise Ideological and Moral Character of Police Forces. The major characteristic of police sports' training courses is to integrate ideological and moral teaching into police forces' education. Different from usual preaching, it mainly educates and inspires policemen by sports and physique. For example, in police sports training courses taught in police training

schools, students' ideological motivation, moral levels and endurance can be found by observing their languages, movements, etc. Attention shall be attached to problems found through such details which can not be neglected without interference. Timely education must be conducted according to students' ideological status. During police sports training, some students show such negative characters as poor endurance and unable to endure high strength sports and as the contents of physical quality basic training in police sports are repeatedly exercised and students may feel boring and tedious, more efforts shall be spent on ideological education so as to both enhance the effect of police sports training and make students more interested in their training. Cultivate policemen's strong perseverance and the spirit of not afraid of any difficulty by physical exercise and police forces shall also have professional medical personnel to evaluate policemen's physical conditions after training so as to decide if training plans need to be adjusted. Confrontational competitions shall be frequently held in order to cultivate policemen's actual combat ability. For example, hold free combat and wrestling to compete in physical strength and intelligence. The more important is to compete in ideology, morality and spirituality. Organize competitions to enhance police forces' cohesiveness and centripetal force and also elevate them in mental aspect. Teachers responsible for sports training in police colleges and universities shall also be loyal to the cause of public security and use their noble ideological and moral sentiment and personal quality to influence and educate students and make them love the police career more.

III. Entertainment Function of Police Sports.

The entertainment function of police sports also refers to the happy and joyful feeling that policemen experience during physical exercise. The entertainment function can relieve policemen's working pressure so as to prevent disease and enrich policemen's leisure cultural life and it also has positive meanings in making relationship between police and the people more harmonious.

Police Sports Can Produce Physical and Mental Pleasure. It is said that life lies in movement. Sports as a kind of movement can produce physical and mental pleasure. Doing physical exercise can enhance policemen's physical quality and health level. Only with a healthy body can one better enjoy life and perceive the meaning of life. Healthy life can inspire people's positive spirit and courage to moving forward. At the same time, aerobic exercise in police sports can increase the amount of serotonin which will make people feel pleased both physically and mentally. Continuous aerobic exercise can satisfy one's body and in that case, inertia of sports will be created unconsciously and chemical balance in the brain will be improved. For example, scientists used to specially study running and found out that 20-minute running would stimulate the brain to release endorphins which is a chemical substance that makes people feel comfortable. Therefore, joyfulness obtained from doing sports can not be replaced by any other way.

Police Sports Can Regulate Psychological Pressure and Improve Policemen'S Work Efficiency. Under great working pressure, sometimes policemen have to work on a case overtime for a consecutive long time and suffer great mental pressure. If one's body is often in a state of high tension, it is easy to suffer disease. So policemen shall adjust their mood and relieve their pressure from time to time. Then police sports can be fully applied to achieve this purpose. Some activities in police sports are flexible and diverse in form and policemen can freely select sports event according to their own physical conditions so as to regulate psychological pressure and relax frayed nerves and it can also improve work efficiency to some extent.

Police Sports Can Make Policemen Feel the Happiness of Self Ability Realization. Some fierce confrontational events in police sports can also help to tap one's potentials and produce a pleasant sensation of conquering others and the environment. Police sports' entertainment function is actually a way for policemen to feel themselves and tap themselves during doing sports. It can inspire one's potential to the maximum and play human's physical functions to their limits. The happiness brought by realization of self ability can also make policemen handle hard cases with ease.

In a word, police is a high-risk occupation. Heavy and tense working status will affect both policemen's physical and psychological health and their work efficiency. Therefore, to exercise and

relax policemen both in physical and psychological aspect, police sports' functions of body building, education and entertainment must be performed and a sufficient understanding of these functions and effects can better serve the development of police forces.

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