

Original Paper

Promoting the Healthy Development of Youth Sports in the Context of Sports and Health Integration

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Abstract

From the combination of physical medicine to physical health integration, the health problem of adolescents has always been the focus of the country and the people of the whole country. In the important stage of transformation from a sports power to a sports power in China, the health problem of adolescents is particularly important. The research revolves around the “three systems”, the integration of sports and health and youth sports, explore the relationship between the three, aimed at promoting the healthy development of youth sports, help our country become a sports power faster.

Keywords

Body and health fusion, Teenagers, Physical health

1. Research Purpose

The issue of adolescent health has always been a hot topic of concern in China, and for this reason, China has introduced countless policies to promote the healthy development of adolescent sports. According to incomplete statistics, since 2007, China has issued more than 10 important documents related to youth sports and health; Since 2013, there have been over twelve proposals from the National People's Congress and the National People's Congress on the healthy development of youth sports, including four joint proposals. This shows that China has a high level of attention to school sports and the physical health of its youth. Looking back at its history, it can be traced back to the early days of the founding of the People's Republic of China. With the continuous evolution of policies, China's concept of promoting the healthy development of youth sports is a so constantly updated and updated.

The integration of sports and health refers to the integration of knowledge and theories from the two major fields of sports and health, jointly serving people's physical health. The National Fitness Plan (2021-2025) proposes to promote the integration of physical fitness and health. Promote theoretical,

technological, and practical innovation in the integration of physical and health education, and promote common chronic disease exercise intervention projects and methods. Guo Jianjun, chairman of the Sports and Health Branch of the Chinese Preventive healthcare Association, said in an interview that the integration of sports and health is the product of the deep integration of sports technology and national health, and is an urgent need to promote and achieve national health. With the promotion of the “Healthy China” strategy, the integration of sports and health has also entered the substantive development stage from the planning stage.

Table 1. Development of the Integration of Physical Education and Health

Time	Name	Concept
1995-2015	Combination of physical education and medicine	The integration of sports and medicine is the initial cooperation between the sports and medical systems in their respective fields of needs, in order to better play the role of the combination in disease treatment and rehabilitation.
2016-2019	Physical and medical integration	The integration of sports and medicine is a sports promotion health service model that is led by the government, with the sports department, medical department, and other diverse entities “centered on people’s health”, and comprehensively utilizes the professional knowledge, technology, and methods of sports and medicine to promote health, disease prevention, treatment, and rehabilitation for the entire population at all stages and throughout the life cycle.
From 2020 to present	Physical and Health	The integration of physical and health means that the scope of integration is wider, the level is higher, and the degree is deeper,

As shown in Table 1, the proposal for the integration of physical education and healthcare has gone through three stages: from the integration of physical education and healthcare to the integration of physical education and healthcare, and then to the integration of physical education and healthcare. The integration of physical education and healthcare requires the integration of community sports with the urban health service system, promoting mutual cooperation and supplementation between the sports and medical departments; The integration of physical education and medicine is the improvement and sublimation of the integration of physical education and medicine. The integration of physical education and medicine is the mutual supplement, infiltration, and promotion of sports and medical systems, and the integration of the two into one, ultimately forming a new situation of health governance where there is me in you and you in me; From “integration of physical medicine” to “integration of physical health”, although there is only one word change from “medicine” to “health”, it is a change in philosophy and thinking. The integration of sports and medicine focuses on the treatment

of diseases through exercise, while the integration of sports and health focuses more on the prevention of diseases through exercise and the value of active health throughout the entire life cycle of the population. The proposal of the integration of physical fitness and health has further promoted the full coverage of the national fitness goal, assisted the construction of a healthy China and a strong sports country. How to better promote the healthy development of youth sports in the context of the integration of physical fitness and health is the key issue of this article's research.

2. Research Methods

The main research method is the literature review method. Through databases such as CNKI, Wanfang, and Read Show, more than 30 reading articles were searched using keywords such as "Three Systems", "Integration of Sports and Health", and "Youth Sports". Focusing on the integration of sports and health, the article analyzes the "Three Systems" for the healthy development of youth sports, and discusses how to promote the construction of the "Three Systems".

3. Research Results

In order to further promote the sports and health development of adolescents in the context of the integration of sports and health, it is necessary to strengthen cooperation between sports and health departments, strengthen sports and health education, strengthen the construction of sports venues and facilities, promote healthy lifestyles, strengthen monitoring and evaluation of youth sports and health, and strengthen the participation of parents and society. Through the deepening of the above measures, it can effectively promote the sports and health development of adolescents, improve the health level of the whole people, reduce the incidence rate of chronic diseases and cardiovascular diseases, and promote the harmonious development of society.

3.1 Three Level Linkage between Family, School, and Society

The adolescent health promotion system is mainly aimed at the frequent occurrence of health problems such as physical decline, mental suboptimal health, myopia, lack of exercise, scoliosis, and obesity among Chinese adolescents. Under the guiding ideology of "health first", it plans to improve the implementation method, path, site facilities, standard design, etc. of adolescent health problems through sports, so as to achieve the ultimate goal of comprehensively improving adolescent physical health. The healthy development of sports for teenagers not only relies on the power of schools, but also on the strong cooperation between parents and society. The three parties jointly shoulder the responsibility and mission of promoting the healthy growth of teenagers through sports.

Schools should set up diversified sports and health courses, encourage sports clubs to enter the campus, abandon Teaching to the test, and strengthen the school's sports strength; Parents should attach great importance to physical education and make more time to accompany their children in participating in sports parent-child activities; Social education departments and other relevant departments should increase their efforts to promote sports, change people's one-sided understanding of sports, and attach

importance to sports, especially youth sports. In addition, the family, school, and society should establish a new concept of integration, break down the barriers between society and school, take the family as the unit, school as the main body, and society as the carrier, organically integrate the forces of school, family, and society, and build a “trinity” cooperation model, jointly laying a support environment conducive to the healthy development of young people.

3.2 Sports, Medical Departments and Society Work Together to Advance

The goal of the youth sports training system is to establish a youth training system that combines market mechanisms with the national system, laying a solid foundation for youth training. It is not only necessary to practice well but also to learn well. Both physical education and education should be emphasized to truly achieve “1+1>2” and continuously improve the quality of China’s youth reserve talents. Building a youth sports training system in the context of the integration of physical education and health requires the sports and medical departments to leverage their respective strengths and form a joint force. Grass roots sports schools have played a great role in cultivating reserve talents for High-performance sport in China for a long time. Currently, in the context of many projects being developed at a young age, the sports department needs to combine with the medical department to jointly ensure the healthy development of youth sports. Moreover, youth sports training cannot solely rely on sports schools, but requires the concerted efforts of schools and social clubs.

3.3 Promoting Youth Health through Sports Competitions

Competition is one of the important levers to promote the active participation of young people in sports and training. The purpose of children participating in sports competitions is no longer limited to winning medals to win glory for their country, but to allow more young people and children to participate in sports, experience and enjoy the physical and mental pleasure brought by sports, explore their potential, explore their strengths, and enhance confidence during the competition process. This is also the diversified goal of the competition for all young people and children. Moreover, sports competitions are also an important means for selecting sports reserve talents in China. Firstly, we need to break the limitations of the competition, and departments at all levels should strengthen communication and cooperation, and work together to promote the organization of sports competitions through multi-level linkage. We should enrich the forms of competitions, increase the number of competition projects, and enable young people of different categories, needs, and fields to participate freely, fairly, and fairly. With the continuous popularization and promotion of various sports projects, and the continuous improvement of sports skills among young people and children, the demand for sports competitions continues to increase. To this end, we need to fully leverage the power and role of sports associations, social organizations, and sports clubs, and call on more forces in society to participate in the organization and development of sports competitions. We should also carry out more sports events and parent-child sports activities, in order to make up for the problems of insufficient development and investment in sports competitions, and meet the participation needs of more young people and children in sports competitions.

3.4 Strengthen Monitoring and Evaluation of Adolescent Sports and Health

Strengthening the monitoring and evaluation of youth sports health is an important measure to promote the healthy development of youth sports: (1) establish health files. Schools should establish health files for each student, record the height, weight, body mass index, sports ability and other information of students, conduct regular Progressive aspect examination and evaluation, and timely find and solve health problems. (2) To evaluate physical exercise, the school should evaluate students' physical exercise, understand each student's sports level and interest, develop personalized sports plans and training programs, and improve students' sports literacy and sports ability. (3) To evaluate the effect of sports activities, schools should evaluate the effect of sports activities, understand the impact of sports activities on students' physical and mental health, and timely adjust and improve sports activities plans and programs. (4) Strengthen data collection and analysis. Schools should strengthen data collection and analysis, establish data statistics and analysis systems, understand students' participation in physical exercise and sports, timely identify and solve problems, and provide scientific basis for promoting the healthy development of youth sports. (5) Strengthen the participation of parents and society: Parents and society should actively participate in the monitoring and evaluation of adolescent sports and health, understand their children's physical exercise and exercise situation, provide necessary support and assistance, and jointly promote the healthy development of adolescent sports.

4. Conclusion

In short, deepening the integration of physical and health education and promoting the healthy development of youth sports require joint efforts from multiple aspects. By establishing a youth sports and health development consortium, departments and institutions such as education, health, and sports are united to jointly promote the healthy development of youth sports and achieve the organic integration of the "three major systems". Only by strengthening physical and health education, monitoring and evaluation, as well as providing better physical and health services, and strengthening the practice of physical and health integration, can the comprehensive development of adolescent physical and health be achieved.

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