

# Research on the Development of Youth Sports Clubs under the Background of “Healthy China 2030”

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**Keywords:** Healthy China; Youth Sports Clubs; Development Research

**Abstract:** This paper focuses on the development of youth sports clubs. From the three perspectives of co-construction and sharing of sports venues, health guidance, and physical health monitoring, it provides suggestions for the development of youth sports clubs under the background of “healthy China 2030”.

## 1 Introduction

Health is an inevitable requirement to promote the comprehensive development of human beings and a basic condition for economic and social development. Realizing national health and longevity is an important symbol of national prosperity and rejuvenation, and the common wish of the people of all nationalities. According to the strategic deployment of the 5th Plenary Session of the 18th Central Committee, the CPC Central Committee and the State Council issued the Outline of “Healthy China 2030” in 2016. Meanwhile, a notice was issued to urge all regions and departments to earnestly implement the plan based on actual situations. Under the wave of healthy China promoted by the national strategy, the youth sports club, a non-governmental and non-enterprise social group advocated by the state, has the function of youth sports service transferred by the government. They should actively use this wave to implement the development outline of “Healthy China 2030” and promote their own development.

## 2 Current Situation of Youth Clubs

Around 2003, according to the requirements of the Ministry of Education and the General Administration of Sports, a number of youth sports clubs have been established, most of which are based on schools. By signing of the field rental contract with schools, they get the right to conduct sports events and organize sports training, which makes certain contribution to youth physical health. However, most of the youth sports clubs established based on schools are now out of the state funding period. Limited by the supporting units(schools), it is very difficult for clubs to operate under the orientation of public welfare. They do not achieve the original intention of promoting youth sports and driving the community to radiate the surrounding areas. However, youth sports clubs, especially those established based on schools, have unique advantages. How to deepen the reform of system and mechanism, optimize element allocation and service supply, play the role of youth sports clubs established based on schools, and serve the growing health needs of the people are vital issues facing these clubs.

## 3 Development Direction of Youth Sports Clubs Based on Schools

### 3.1 Opening Venues to Promote National Fitness Activities

Co-construction, sharing and national health” is the strategic theme of building healthy China, and improving infrastructure is the premise and foundation of national fitness. With the strategic idea of healthy China and the rapid economic development of China, national fitness has been deeply rooted in people's hearts, and their demand for sports public services is growing increasingly.

To meet the rapidly growing demand for sports public services, the number of available sports venues must first be increased. Apart from increasing government investment to build and reconstruct sports venues, it is more important to integrate existing resources and achieve optimal resource allocation. According to the 5th and 6th general survey of sports venues in China, more than 50% of them are owned by the education system. By signing the agreement, the youth sports club established based on schools only has certain right to use these venues. The Outline requires public sports facilities to be opened free of charge or at a low price, and ensure that all public sports venues and facilities, as well as those of enterprises and institutions that meet conditions for opening, are open to the public. Realize the opening of school sports venues is an important guarantee to realize the full coverage of 15 minute fitness circle in urban communities required by the Outline.

### **3.2 Providing Qualified Guidance**

The Outline calls for the formulation and implementation of physical health intervention plans for special groups like youths, women, the elderly, professional groups and the disabled. It is necessary to enhance scientific guidance and promote the active participation of women, the elderly and professional groups in national fitness. It can be seen that the group objects of national fitness span the whole life cycle. It can be seen that the group objects of national fitness span the whole life cycle, and the fitness needs of these groups have certain differences. However, there is a lack of social sports instructors in China, which not only has a large gap in number, but also cannot meet the needs of different groups. The Outline proposes to strengthen the construction of social sports instructors, and by 2030, each thousand people will have 2.3 social sports instructors. If calculated according to the national population of 1.4 billion, the demand for instructors will reach 3.22 million by 2030. By July 2014, China has 1.47 million social sports instructors, one per thousand, but still 1.75 million short of the 3.22 million required by 2030, which requires the supply side reform of social sports instructors. Schools at all levels have many qualified sports talents trained by sports colleges and universities. These teachers can not only be competent for sports teaching in schools, but also become good instructors. The youth sports clubs established based on schools can make good use of this advantage to provide sports guidance for teenagers or other mass activities under certain conditions. Besides, sports teachers can not only serve the society but also promote professional growth when conducting activities under clubs' framework.

### **3.3 Conducting National Physical Health Monitoring**

To enhance the physique of teenagers and reverse the declining trend of students' physical health in the past 20 years, the state has strengthened the monitoring of students' physical health data. The state has developed many electronic testing instruments, established a nationwide test review system, enhanced data reporting and assessment, and ensured nationwide data collection and analysis of students. It can be said that sports teachers are the group most familiar with physical health test. Youth sports clubs can conduct big data statistics on physical health, monitor students' physical health status at any time, formulate feasible countermeasures and programs, and improve their physical health. The clubs can rely on their own teachers and testing equipment to conduct the physical fitness test for surrounding citizens. They can rely on teachers, provide sports prescriptions for different groups, different environments and different physical conditions according to the testing data of people participating in the test, and can also rely on venues to guide the community to conduct health activities. As a result, they will improve the national health monitoring system and become the service site of scientific fitness guidance.

## **4 Conclusion and Suggestions**

### **4.1 Implementing the Open Sports Venues**

How to implement the open sports facilities in youth sports clubs is the key to rapidly increase the number of sports venues. For the open youth sports clubs, the biggest problem with the open

venues is that it will increase the difficulty of management and the cost of maintenance. It is recommended that the government implement this policy by purchasing the services of youth sports clubs. According to the statistics of the number of people using the open sports venues, a certain proportion shall be paid to the management and maintenance of the venues. This allows youth sports clubs to increase the utilization of rented venues. Besides, this will also enable the government to rapidly increase the number of public sports venues through the purchase of service fees, to meet the people's growing needs for public sports services, and to help the implementation of the healthy China program.

#### **4.2 Combining Sports Teachers' Professional Growth with Fitness Guidance Service**

Combining sports teachers' professional growth with their participation in the national fitness guidance can organize sports instructors (sports teachers) to widely conduct the national fitness guidance service. We need to improve the guarantee mechanism of social sports instructors, stimulate the enthusiasm of sports teachers to participate in social services, vigorously conduct appropriate mass fitness and leisure activities, and develop different sports programs. Through schools, it can promote the participation of the surrounding community.

#### **4.3 Building Service Sites of Scientific Fitness Guidance**

The youth sports clubs should build the clubs into a scientific fitness guidance sites that can conduct physical testing, provide specific sports prescriptions, provide scientific fitness knowledge, methods and guidance, and provide certain fitness venues.

Youth sports clubs should make use of healthy China outline and actively participate in healthy China activities to fully play their advantages in venues, teachers and other aspects. Clubs should constantly improve their service ability and level to help healthy China become an integral part of national fitness activities.

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