

The Realistic Dilemma and Proper Approach of Family Sports Development in Normalization of Epidemic Prevention and Control

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Abstract: Family sports is not only an important part of building a strong sports country, but also a ballast stone of the national development strategy in the new era. It is an organized social cultural and sports participation activity that can promote family education, form a good family style, and promote the family. The physical and mental health of members and the improvement of happiness play a key role. Using literature data, logic analysis and other research methods to systematically sort out the outbreak of family sports development in my country during the normalization stage of epidemic prevention and control, and put forward solutions to the practical development dilemma and feasible methods for future development.

1. Introduction

Family sports is an important part of social sports, and it is of great significance to the formation and development of lifelong sports. In the early stage of the outbreak of the "COVID-19", my country's family sports showed the reality of non-organized, irregular, and abnormal irrational correct perceptions and non-obvious action trajectories. During the epidemic, home prevention and control were generated. An effective means of home prevention and control is home fitness, which represents the form of family sports. At the end of January 2020, the General Office of the State Sports General Administration issued the "Notice on Vigorously Promoting the Scientific Method of Fitness at Home", requiring sports departments around the country to actively promote scientific fitness at home under the unified leadership of the local party committee, government, and epidemic prevention and control headquarters[1]. Scientific home fitness not only reflects the work needs of epidemic prevention and control, but also becomes a healthy lifestyle. It also provides space for the development of family sports and awakens the country's rethinking and recognition of the development of family sports. The epidemic prevention and control has entered a normal stage, and the development of family sports in my country will continue to advance, and the family sports development pattern of the community of human destiny will be practiced. This study will explain the three stages of the theoretical construction, practical dilemma and development path of my country's family sports development in the normal stage of epidemic prevention and control, hoping to provide reference for my country's family sports development.

2. New era discourse expression of logical concept

2.1 Paradigm interpretation of body turning

The body is not only constructed by nature, society and culture, but also a prototype of the world. Human body image, body experience and body knowledge are subject to specific living environment and cultural form, and at the same time the body is the prototype of history. The body is a multi-dimensional and multi-level social interaction phenomenon. Different historical forms and different social situations, the body will show different changes. This is the product of the separation of civilization and conflict, punishment and discipline, consciousness and body.

The "COVID-19" has produced home isolation. Home isolation is a means of home prevention and control. It is based on the actual needs of epidemic prevention and control, and it adopts a

discipline that blocks the physical behavior of interpersonal interaction. Isolation at home circumvents physical behavior, which is the social control of physical power. It also urges home fitness and makes the physical behavior undergo a physical turn. Home fitness is an important part of family sports. Based on Foucault's concept of body power, it explains the logic of the development of family sports in my country in the post-epidemic era. The author believes that, in the post-epidemic era, under the influence of body power, the body's behavioral norms urged the body to shift to a logical concept, making the concept of family sports in China interpersonal and physical interaction, from individual family members who pay attention to the overall image of the body to favor body kinetic energy experience and body advancement of all family members with health knowledge. The former pursues the beauty of the body, while the latter develops physical abilities and physical health. This is the logical path for the development of the physical direction of family members in the evolution of physical behavior discipline in the history of epidemic prevention and control.

2.2 Category Construction of Sports Cognitive Logic

The "COVID-19" has entered the normal stage, and the logical cognition of the development of family sports in my country has undergone new changes, including the macro-cognition at the state construction level, the meso-cognition at the social operation level, and the micro-cognition at the family unit level. Sports cognition belongs to the core essence of the logic cognition of family sports development in my country at this stage, which is expressed as implicit cognition, appearance cognition and explicit cognition, and finally appears on the body as a product of the unity of knowledge and action. Based on the discipline of physical behavior and the normalization stage of epidemic prevention and control, the three dimensions of family sports, the main body of sports, sports behavior and the value of sports goals in our country will undergo cognitive changes, namely physical cognition, physical activity cognition, physical activity cognitive change in target value. Sports subject cognition has transformed from individual cognition to cluster cognition, and cognitive thinking has shifted; sports behavior cognition is a manifestation activity of perception, memory, and thought, from leisure sports and fitness that focus on image, game and entertainment new changes in the implicit cognition of the explicit cognition of sports to health care sports and educating sports that value health, education and education; sports goal value is an advanced stage of physical activity cognition, reflecting the development of family sports at this stage in China. The attainment of knowledge, from the somatosensory cognition at the level of space-time perception to the new dimension of physical health knowledge and physical cognition at the level of action memory and operational thinking. At the same time, the logic of the development of family sports in China in the post-epidemic era is also characterized by people's implicit cognition and explicit cognition, psychological perception of emotion and somatosensory perception at the practical level, that is, from emotional cognition to physical perception Cognitive warming reaches the boiling point of body knowledge, showing the evolution of "confusion", "understanding", "understanding and learning", which is the return of family sports cognitive logic instead of turning[2].

The prevention and control of the "COVID-19" at home has promoted the upsurge of home fitness to a certain extent. Home fitness is an important part of family sports. Home fitness whether it is embodied in physical and mental health, direct physical participation, experiential fitness and bodybuilding, or highlights mental health, indirect physical participation, appreciation-type entertainment performance sports-the former is "playing" sports, the latter. Those who are "watching" sports belong to the category of mass sports activities-they will rethink the cognition of life continuation, living space and lifestyle, and they will recognize the cognition of the body, the cognition of physical activity and the goal of physical activity reconstruct the judgment of value. In the post-epidemic era, the family sports will explode with great potential and release the vitality of family sports in China. It stems from the fact that most family members absence of family sports turns to psychological cognition, and then to a new logical change in physical and mental cognition. This is beauty of the physical and mental development of the family sports knowledge and action in China.

2.3 Extension of the scope of consumer culture concepts

Consumer culture is a derivative of consumer society, and is a new social discipline force. It uses market rules to control social consumption context, follows the symbolic principles of daily life and commodities, and has a sentient trait. The special theory of demand believes that consumers do not have a demand for the function of specific objects or individual use value, but have a demand for the meaning or difference in meaning given by commodities[3]. As a culture of consumer society, body has dual practicality, namely, physical practice as capital and physical practice as consumer goods. In the post-epidemic era, the value recognition of family sports will be greatly improved in my country, which greatly stimulates the consumption culture concept of family sports. Starting from the consumption logic of structural functionalism, body culture, as the capital physical practice and consumer product physical practice of the family sports in China, reflects the increasing demand of my country's family sports and consumption culture codes.

The "COVID-19" has changed the way of life of families in our country. Family sports have become an indispensable family lifestyle in this period, generating a social and cultural phenomenon. In the post-epidemic era, the lifestyle of family sports in my country showed a multi-polar development, and the contradiction of family sports became prominent. There will be increasing diversification, multi-level demand and insufficient supply of effective family sports in family sports, which hinders the development of family sports. Family sports needs are controlled by society and reflect the sports cultural model in which they are located. Family sports demand is the balance of family sports capital, consumer goods and family sports consumption. Family sports behavior determines the consumption pattern of family sports. The consumption pattern of family sports highlights the consumption culture structure of family members participating in sports, and effectively promotes the sense of achievement, accomplishment, and happiness of family members' own sports consumption culture. In the post-epidemic era, China's total family sports consumption capital will have new growth points, and the commodity consumption space has great ductility. This is the identification of the value of the consumer culture concept generated by the consumption landscape and the environment. It understands and interprets our families. The logic of sports consumption culture.

3. Action logic for coordinated development

3.1 "Online" and "Offline" form an effective complement

Family sports take family members as the main body of activity, with the family's location and surroundings as the main activity space, including the family member's residence or mobile place. Even if the family is used as a unit to go to a remote place for hiking or sports tourism, it should be family members together participation, with sports participation and sports viewing as the content of the activity, with fitness and entertainment, learning and development as the main activities, can fully reflect the family sports and emotional experience of group sports[4]. The "COVID-19" has made my country's family sports a mainstream family lifestyle. The participation of family sports needs to be reconsidered and reconstructed. This is the practical meaning of the development of family sports in my country. In the post-epidemic era, the family sports will reshape the return to the essence of the family and the new pattern of sports development, establish a new order of family sports, use 5G scenes, artificial intelligence and other technical means to break the traditional family sports and transform into online in China. Under the new sports model of family sports created in collaboration, family sports will eventually achieve a change in the concepts and actions of physical well-being, physical and mental education, lifelong participation, formal organization and socialization of people.

Judging from the concept of family sports participation in China, the concept of individual family participation in physical aesthetics and physical fitness has been broken down due to the impact of the "COVID-19", and the development of health, physique, people, skills and social development. The concept of family sports general mobilization has taken on an important role; from the perspective of China's family sports participation, the evolution of the family sports under

the “COVID-19” is carried out through unorganized and unsystematic individual family members in China. The recreation and leisure reached the formal sports organized by the professionally organized and general family mobilization. At the same time, the regular movement of family mobilization can be effectively stimulated in the two dimensions of economic foundation and time guarantee. At present, the traditional sports supply of family sports in China can no longer meet the multiple realistic needs of family sports in China in the post-epidemic era. Family sports "offline" sports still dominate the family sports demand, but "one family" family sports. The "offline" movement method no longer exists. The "online" sport of family sports is unable to rewrite the object reality of the subordinate status of family sports needs in the post-epidemic era. In the post-epidemic era, my country's family sports will form a brand-new development path that is coordinated and complemented by "online" and "offline". "Online" family sports use the new infrastructure platform to realize the scenario and live broadcast of sports methods, enhance the interaction of multiple subjects, and enrich the sports experience of "offline" family sports. "Offline" family sports expand the sports space, making it possible to diversify the sports methods. Therefore, the "online" and "offline" sports modes of family sports in my country in the post-epidemic era are inclusive and sustainable development. The interaction, coordination and integration development at the right time have spawned new kinetic energy for family sports.

3.2 Unlimited expansion of sports space

Sports space, including human sports space and physical sports space, here only refers to human sports space. Motion space refers to an activity place that can provide movement for the main body of movement. It presents a physical position and a spatial position. It is a combination of tangible space and intangible space. It is divided into physical motion space and virtual reality motion space. At any historical stage, there is a relationship between sports and family, family sports is the specific form of expression. Family sports always appear in the form of a space. Sports spaces shape family sports. Sports spaces are productive spaces that gather the effects of space production. Inside the family, the sports space produces the ethical relationship of the family; outside the family, the sports space reproduces the social relationship. Sports space reflects the capital possession, distribution and reproduction of family space resources; sports space shows the distribution, reproduction and social interaction of public space resources. Whether it is for individuals, families or society, sports space is regarded as a common resource identity, and it is a sports place for humans from barbarism to civilized body and intelligence. The sports space is the production space of family sports and the extension space of body power. It can aggregate family members' sports participation behaviors and make their family sports participation fully socialized [5-8].

The “COVID-19” has caused family members to rethink the internal awareness and external nuclear needs of the sports space, and the sports space has become the power machine for family members to physically participate in sports. In the post-epidemic era, an important dimension of the development of family sports in my country is reflected in the field of sports space production. Sports space has become a target value dimension for the development of family sports in my country, which requires overall planning, national policy guidance and social forces to promote. With the continuous expansion of the demand for sports space in my country's family sports, which has driven the continuous expansion and reproduction of sports spaces, physical sports spaces and virtual sports spaces are isomorphic family sports development. In the post-epidemic era, physical sports spaces have been extended from public sports venues and outdoor public spaces to family sports spaces, public sports venues and outdoor public spaces [9]. Special attention is paid to the development of family sports spaces and the rational layout and effective use of outdoor public spaces. Virtual reality sports space, also known as "virtual simulation sports space", is a field space that uses AR, VR and other technologies to help improve sports skills, and makes the development of family sports more extensive in the post-epidemic era.

4. Promote people's all-round development, highlight the meaning of the times

4.1 Forming a diversified form of sports participation

The epidemic prevention and control has entered a normal stage, and the productivity of my country's family sports development is constantly expanding. Among them, sports awareness is the premise, sports space is the basis, sports mode is the core, sports content is the element, and the main body of the sport is the key. This is an internal and external factor for the development of family sports in my country. In the normalization stage, the motivations of family members' participation in sports in my country seek common ground while reserving differences, and the forms of family members' participation are different. The forms of family members' participation also express the physical and mental needs of family members in terms of their common cognition. This kind of common cognition stimulates the formation of social interaction among sports subjects through the participation of family members in sports, changes the sports lifestyle of family sports subjects, and promotes the pattern of sports life of different forms of sports subjects[10]. In the post-epidemic era, the form of participation of the main body of family sports in China is that family members spontaneously voluntarily participate in sports. It is the general term for individual family member participation, general family mobilization participation, and accompanying family participation. The historical mission and responsibility of the development of family sports in China.

4.2 Sports content: multi-channel penetration

As the epidemic prevention and control enter the normal stage, family sports in China will change its development mode. Family sports have demonstrated their mission ambitions and responsibilities in the prevention and control of the "COVID-19", and have refreshed the national awareness of family sports. In this historical period, sports will turn to the stage of comprehensive development. "Online" sports content is only a supplement to family sports content. It cannot replace "offline" family sports content, and no longer meets the diverse needs of family members. In the post-epidemic era, it is indisputable that my country's family sports have shifted to the stage of comprehensive development, and the goal of diversification of sports content is no doubt. From the perspective of the acceptance of sports content, during this period, China's family sports showed a passive acceptance to an active pursuit of sports content; from the purpose of seeking sports content, the transformation from physical fitness to physical education, physical fitness, physical rehabilitation, and rehabilitation multidimensional target dimension such as skill acquisition; From the form of sports content, from viewing experience to pragmatism as the purpose; from the organizational system, the informal sports content of the unorganized system of liberalism has evolved into the formal sports content of the organized system that is collectively constrained. Based on the unstoppable normal development pattern of the comprehensive development of family sports in China, the diverse needs of family members for family sports content will form a policy to support family sports development sports content, society provides free public services to support family sports development sports content, enterprises accurately sponsoring the diverse sports content of family members with different needs finally balances the diversified supply of family sports content in China with the different needs of family members, demonstrating the comprehensive responsibility of the development of family sports content in China.

Conclusion

The epidemic prevention and control has entered a normal stage. The development of family sports in China respects the laws of human development, connects with the society through sports behaviors among family members, and is full of necessary processes that are inclusive of sustainable development patterns. The discourse expression of the new era and the logic of action of coordinated development promote the all-round development of human beings, and demonstrate the

meaning of the times. These three realms are inseparable, and explain the normal stage of epidemic prevention and control, the development path of family sports in the new era.

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