

Analysis of the Main Body of Traditional Sports System from the Perspective of National Fitness

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Abstract. National fitness is regarded as a key link in the progress of sports in China, and also a crucial step towards achieving a healthy China. In this grand goal framework, the traditional sports system, as the cornerstone of supporting sports activities nationwide, is increasingly prominent in its position and influence. However, with the changes of the times and the progress of society, this traditional sports system is facing various difficulties and problems. To more effectively promote the participation of the whole society in sports activities, it is necessary to conduct in-depth research on the core structure of these traditional sports systems and their operational methods in promoting national sports, identify their shortcomings, and provide appropriate solutions. Starting from the perspective of comprehensively improving the physical fitness of the people, this article conducts a deep analysis of the core components of the traditional sports system, explores how it promotes the process of national fitness programs, identifies existing problems, and puts forward predictions for future development trends.

Keywords: National Fitness; Traditional Sports; Subject.

1. Introduction:

With the deepening of public health awareness and the gradual optimization of traditional sports systems, the importance and functions of traditional sports systems are becoming increasingly prominent. This study starts from the perspective of public health, deeply analyzes the main participants of the traditional sports system, and explores their key positions and roles in the entire field of public health. As an important component, the traditional sports system not only bears the spiritual core of traditional culture and the historical responsibility of national sports, but also serves as the foundation of sports activities and a significant symbol of national culture. By deeply interpreting the traditional sports system, one can have a clearer understanding of its role and influence in the overall public health field. In addition, it is necessary to discuss the prospects and potential problems of the development of traditional sports systems, in order to find more scientific and effective ways and strategies to promote public health. Taking all the above factors into consideration, we will be able to gain a deeper understanding of the key value of the traditional sports system in promoting public health development and protecting ethnic culture, thus making a more powerful contribution.

2. The Concept and Connotation of Traditional Sports System

2.1. The Concept of Traditional Sports

Traditional sports originate from profound folk culture and a long historical accumulation. They have gradually evolved in specific social environments and have been passed down from generation to generation today. These types of activities usually contain a large number of ethnic cultural elements, historical memories, and daily habits, which constitute the key factors for the inheritance of ethnic culture and the progress of sports. These sports activities are not just simple competitions, but direct displays of national culture, showcasing the spiritual outlook and diverse lifestyle of the nation. In this traditional sports activity, people can not only enhance their physical fitness through participation, but also take this opportunity to spread and promote national culture, thereby cultivating their sense

of national identity and belonging. So, this is not only a form of sports, but also a bridge that connects ancient and modern, inherits and develops, and has irreplaceable historical and cultural values.

2.2. The Connotation of Traditional Sports System

The traditional sports system is a comprehensive system gradually constructed and implemented with specific social and historical environments, covering all rules and regulations related to the establishment, operation, protection, and progress of traditional sports organizations. This involves many aspects, such as creating and operating sports groups, promoting the development of traditional projects, integrating traditional methods with modern technology to preserve traditional culture, and creating and popularizing educational and training mechanisms. This system not only aims to ensure the smooth development of traditional sports activities, but also aims to promote and disseminate national sports culture, helping to inherit and enhance national culture. The operation process of the traditional sports system involves respect and accumulation of the past, while constantly adjusting oneself to adapt to the changes of the times, absorbing new concepts and strategies, in order to maintain the lasting vitality of traditional sports activities.

3. Analysis of the Subject of Traditional Sports System

3.1. Traditional Sports Organizations

The traditional sports system composed of core elements includes various levels of traditional sports organizational structures, such as community sports clubs, traditional sports promotion alliances, and so on. These groups are responsible for managing and planning traditional sports events, playing a crucial supporting role in the entire traditional sports system. They focus on protecting and promoting traditional cultural and sports projects, enhancing their influence and breadth through competitions, athlete training, and implementing public relations strategies. Their existence and growth not only provide an environment for the public to participate in physical exercise, but also provide strong guarantees for the preservation and innovation of cultural and sports heritage. In addition, they have made significant contributions in cross disciplinary collaboration and global interaction, further enhancing the recognition and reputation of traditional cultural sports worldwide.

3.2. Inheritors of Traditional Sports Projects

As the core figure of the traditional sports system, the inheritor of tradition is responsible for protecting and promoting this field. These people are often top athletes or famous coaches trained through professional training and long-term practical experience, and with their rich experience and superb skills, they have become irreplaceable entities in the traditional sports field. They use various methods to convey the spiritual essence of traditional sports, making it sustainable and constantly growing. Not only that, they are also maintainers and disseminators of cultural heritage. They actively promote the values and attractiveness of traditional sports with their own focused attitude and firm beliefs, thereby endowing this field with new vitality and motivation.

3.3. Traditional Sports Event Organizers

As the organizers of traditional sports activities, they play a crucial role under the existing system, responsible for planning and executing various types of traditional sports competition tasks. They carefully plan and arrange various traditional sports to be displayed on various platforms, providing the public with opportunities to watch and participate in activities. Not only that, they are also organizers of events, supporters and promoters of traditional sports. Through holding competitions, promoting and other means, they actively promoted the development and continuation of traditional sports, laying the foundation for their social status and influence. In addition, they have made significant contributions in promoting the integration of traditional sports into contemporary life and promoting the protection and development of cultural heritage.

3.4. Traditional Sports Education and Training Institutions

As an important part of the traditional sports system, traditional sports education organizations play a crucial role in the transmission of technology and skills. They promote and protect the development of traditional sports skills through the establishment of courses, seminars, and various teaching activities. This approach aims to cultivate professional talents who can inherit and promote traditional sports, thereby providing necessary intellectual support for the continuation and progress of traditional sports. The role of such educational organizations is not limited to the venue for teaching technology, but also a place to promote cultural values. Through systematic training and teaching, students can have a deep understanding of the core and profound meaning of traditional sports. Their efforts and contributions not only provide opportunities for traditional sports enthusiasts to improve themselves and learn, but also provide professional training and further learning opportunities for traditional sports practitioners.

4. The Status and Role of Traditional Sports System in National Fitness

4.1. The Inheritance and Promotion of Traditional Sports Culture

The traditional sports system provides tremendous energy and vitality for promoting national health through its inheritance and promotion of traditional culture. All kinds of traditional sports events contain profound national cultural heritage and wisdom, symbolizing the essence of national culture and its unique attraction. These traditional sports are not only a sports activity, but also an important manifestation of national culture, carrying national historical and spiritual values. Through the continuation and progress of the traditional sports system, more people can be exposed to and participate in traditional sports, experiencing the joy and benefits that traditional sports bring to them. In addition, the continuous updating of traditional sports can also enhance the pride and sense of belonging of national culture, stimulate the spiritual strength and cohesion of the nation.

4.2. Cultivate Sports Talents

The traditional sports system has played a crucial role in promoting a healthy lifestyle throughout society, successfully cultivating a large number of outstanding athletes. With the help of professional training institutions and the learning and practice of traditional sports, a large group of traditional sports experts has been created, while also inspiring many enthusiasts to devote themselves to it. These training centers, with their systematic curriculum and teaching methods, impart comprehensive and in-depth traditional sports theories and skills to students, enabling them to easily engage in the dissemination and popularization of various traditional sports activities. In addition, there is also a high enthusiasm for inheriting traditional projects, which not only helps to continue and progress traditional culture, but also further enriches the source of power for public health.

4.3. Enriching the Content of National Fitness Activities

The traditional sports system endows the whole society with diversity and depth in health activities. Various traditional sports contain rich cultural and attractive elements, which makes more and more people willing to participate in them. Organizing various traditional sports competitions, performances, and practical activities can not only enable the public to appreciate the essence of culture, but also provide more options and possibilities to promote the progress of national health. This type of traditional sports includes those with a long historical background and profound cultural significance, such as Tai Chi, folk dance, etc., as well as some interesting and popular things such as folk competitive games, which can fully meet the health needs and entertainment desires of all kinds of people. By participating in such traditional sports activities, ^{one} can gain a deeper understanding and appreciation of the uniqueness of culture, while also increasing recognition and pride in the excellent culture they possess.

5. The Problems and Challenges of Traditional Sports System

5.1. The Contradiction between Government Leadership and Marketization

In the traditional sports system, there is a deep conflict between the government's dominant power and the market economy model. On the one hand, if the government intervenes too much, it will hinder the autonomous operation of the market, thereby weakening its creativity and flexibility. When the government's control over the traditional sports sector is too high, there may be an imbalance in resource allocation, leading to imbalanced market competition and potentially dampening the investment enthusiasm of private enterprises. However, if the marketization process is too radical, it is possible to overlook certain public welfare, such as the maintenance and inheritance of traditional sports, and the development and promotion of mass health sports. Under the influence of market forces, traditional sports projects may gradually be excluded from the market, which in turn affects their growth potential and may even face the threat of extinction. So, the conflict between government leadership and market economy is one of the key challenges faced by the traditional sports system, and we must find appropriate ways to solve this problem in order to promote the long-term progress of the traditional sports industry.

5.2. Uneven Resource Allocation

In traditional sports systems, resource allocation issues are widely present. Some economically prosperous areas or groups can obtain more sports related resources and support, such as high-quality sports equipment, dedicated training teams, and abundant educational resources, so they can enjoy a better sports environment and life services. On the contrary, those relatively backward regions or populations face many difficulties. These types of places often lack necessary sports venues, and sometimes there may be dilapidated and severely damaged facilities; In addition, due to the lack of dedicated coaches and educational resources, this also increases the difficulty of talent cultivation, thereby reducing the opportunities and enthusiasm of the local people to participate in sports activities. It is obvious that this imbalanced distribution of resources has made the differences in traditional sports systems significant in various regions and even among ethnic groups, which has had a negative effect on promoting the healthy development of the whole society. At the same time, it has further widened the economic development gap and social equity between urban and rural areas.

6. Future Development Direction and Suggestions

6.1. Strengthen Government Guidance and Promote the Development of the Sports Industry

For the sports industry, the leading role of the government is crucial and irreplaceable. It can effectively promote the healthy development of the sports industry, thereby meeting the needs of mass sports. This dominance is not only reflected in policy design and resource allocation, but also in the overall strategic layout and guidance scheme design of the sports industry. Firstly, the government can lead the development trend of the sports industry by issuing relevant laws and regulations, incentivizing private investment and the participation of social forces, and helping to promote the diversified development of the sports industry. Secondly, the government can increase funding and supervision for sports venue construction and equipment upgrades, enhance the popularity and quality of public exercise venues, and meet the different sports needs of various groups of people. In addition, the government can further expand the scale of education, training, and recruitment for sports talents, optimize the structure of sports education, cultivate more professionals with professional skills and social responsibility, in order to enhance the competitiveness of the sports industry and promote its progress. In this globalized environment, the government needs to strengthen international communication and cooperation, promote the sharing and interaction of sports resources at home and abroad, and expand more spacious areas and opportunities for our country's sports industry.

6.2. Improve the Construction of Sports Facilities and Promote Balanced Allocation of Resources

For China as a whole, especially for areas and communities that are relatively backward and lack public sports equipment, increasing investment in basic sports buildings is one of the necessary measures. This not only alleviates the gap between regions and enables them to allocate various assets and human resources more fairly, but also provides more and more people with the opportunity to experience the joy brought by various healthy entertainment methods. Firstly, this will improve the basic hardware conditions of the people in these impoverished areas, such as the standard level of venues, thereby reducing some of the difficulties they face; In addition, it can also provide the public with more diverse and convenient activity locations to adapt to different exercise needs, in order to stimulate public health concepts and positive attitudes towards life. Furthermore, this approach also helps to promote local economic development, thereby stimulating the prosperity of related industries and bringing them a new source of vitality for development. Finally, the result of doing so will provide impoverished and underdeveloped cities or rural areas with much more opportunities to participate in various competitions than before, thereby improving their living standards and social satisfaction index. So we must deeply understand the importance of strengthening the basic sports venues in grassroots society, and give sufficient financial attention in order to better promote the concept and service projects of popularizing health, and ultimately achieve the comprehensive progress goal of national fitness and sports work.

6.3. Guide Social Forces to Participate and Form a Joint Force

In order to promote the development of the national health movement, the government should actively mobilize various social forces to assist this work. This includes comprehensive collaboration among government departments, corporate institutions, clubs, and volunteers to achieve optimal allocation and utilization of resources. In this way, it can ensure that the public has access to more diverse and high-quality sports services. Specifically, on the one hand, the government needs to formulate corresponding regulations and implement corresponding measures to stimulate the enthusiasm of companies, organizations, and volunteers for sports activities; On the other hand, the company can extensively engage in sports venue construction, competition funding, sports teaching and training through investment, technological knowledge, and human contribution, thereby increasing the possibility of the public participating in various sports activities and enjoying high-quality services. In addition, clubs and volunteers can also rely on their own expertise to organize diverse forms of sports activities and public welfare projects, further enhancing people's enthusiasm and sense of active participation in sports. Finally, the government needs to strengthen collaboration and cooperation among various departments, improve cooperation systems and information exchange platforms, so that everyone can actively participate in sports activities and work together to promote the development of national fitness and sports.

7. Conclusion

Faced with the nationwide sports craze, the traditional sports system is seen as a crucial part, shouldering multiple major responsibilities such as preserving traditional cultural heritage, cultivating athletes, and promoting public health activities. Therefore, we must strengthen the maintenance and continuation of this system in order to fully utilize its role in the entire national fitness system and promote comprehensive development.

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