

The Promotion of Physical Culture and Building-up of the People's Health —Sport for All in China (1995-2011) and its Future Development

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ABSTRACT

From June 1995, when the National Fitness Program Outline was enacted, to August 2009, the National Fitness Rules and to February 2011, the National Fitness Program (2011-2015) promulgated, sport for all in China has entered a flourishing era, featuring the improvement of operational system of sport for all in China. With the joint efforts of the Chinese government and the society, the Chinese government has enhanced public service functions as well as the society's spontaneous organization of activities, aiming at the realization of fast-paced and scientific development in Chinese sport for all.

Keywords:

INTRODUCTION

The major achievements during the past fifteen years in sport for all can be classified into the following four aspects:

Firstly, venue constructions and facilities for sport for all have been significantly improved. China has made full use of its public welfare fund from sport lottery to instruct venue construction for fitness and health. Over one million venues and facilities have been constructed, including over 160,000 national fitness paths, more than 230,000 sport fitness projects for farmers, about 3500 national fitness centers, over 400 "Timely Help Project" as well as more than 6000 sport parks, sport squares and outdoor camps. The local government also provides full support and helps raise funds from various sources and by various means.

Secondly, organizations of sport for all have been strengthened and the organizational network has been preliminarily enhanced. By far, the Working Committees of Sport for All consisting of responsible persons from governmental organizations and communities have been set up to instruct and supervise the implementation of National Program for Fitness and Health, with 650,000 social sport instructors.

Thirdly, activities of sport for all have been carried out vigorously and mass sport awareness has increased remarkably. The activities for fitness are organized in the communities in varied forms and with different activities. To participate in the fitness building activities has become an important life style for the residents in communities.

Fourthly, sport for all has enjoyed full development, with the application of scientific research achievements in the field of sport for all increased, the enforcement of laws and regulations further strengthened, mechanism of evaluation, commendation and incentive gradually detailed and communications with abroad more and more active. However, some problems and contradictions have not yet been solved fundamentally.

As the Beijing Olympic Games and the National Fitness Program (2011-2015) give an impetus to the

development of sport for all, aims for the next five years are:

- 1) to grasp the opportunity of building a moderately prosperous society in all aspects and pursue comprehensive and sustainable development in the field of sport for all;
- 2) The average fitness activities will be no less than 3 times per person per week with no less than 30 minutes each time, with the proportion of average physical training reaching 32% of the entire population. Students should participate in fitness activities for at least one hour per day at school. The proportion of the disabled and senior citizens' fitness exercises will also be increased.
- 3) Sport fitness facilities will have been greatly enhanced. There will be more than 1.2 million venues all over China with over 1.5 sqm average per capita venue area.
- 4) Sport fitness activities will have been enriched. A variety of fitness activities will have been carried out, such as athletics, swimming, table tennis, badminton, football, basketball, volleyball, tennis, mountain-climbing, rope-skipping, shuttlecock ball and gate ball.
- 5) National fitness network will have been perfected. Sports Federations, sport associations, profession associations, as well as sports associations for senior citizens, the disabled, ethnic minority groups, farmers and students will have been established in various places.
- 6) Social sport instructors and volunteers will have been further increased. Social sport instructors who have acquired Certificates will amount to more than one million. The comprehensive qualities and service provided by them will have been greatly enhanced.
- 7) Service on fitness instructions in a scientific manner will have been perfected. Fitness in a scientific manner has been greatly popularized and physical measurement and sport capability evaluation will also have been actively carried out.
- 8) National fitness service will have been strengthened. An ordered sport fitness leisure market will be established, and a number of enterprises and brands providing sport fitness service will be founded with their own advantages and techniques.

REFERENCES:

National Fitness Program Outline (1995)

Law of the PRC on Physical Culture and Sports (1995)

National Fitness Rules (2009)

Nation Fitness Program (2011-2015)

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