

"Family-School-Community" Collaboration to Promote After-School Physical Exercise for Teenagers

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Abstract: In today's society, schools and families devote most of their energy to the study of teenagers, ignoring the importance and indispensable of physical exercise to teenagers. Fundamentally, it is urgent to establish the youth physical exercise service system and promote teenagers to participate in sports activities outside school. Based on the concept of collaborative education, this paper discusses the current situation and collaborative strategy of teenagers in Shaanxi Province under the three-dimensional mode of "school-family-society". Through the three-dimensional connection mode of "school-family-community", the family is the cornerstone and the society is the dominant force.

Keywords: Shaanxi Province; Youth; Physical Exercise; Home and School Club

1. Summary of adolescent physical exercise

Due to the different emphasis on physical exercise in the country and even the world, the regionalization between cities, the class differentiation between societies, and the differentiation of urban families and rural families. Although teenagers in urban areas pay more attention to exercise and have good physical health, there are still serious problems such as myopia and obesity, so it is necessary to find a new breakthrough point. In rural areas, it is urgent to establish the concept of "health first", strengthen the attention to youth sports health, and establish a complete and effective youth physical exercise system. At the same time, through the implementation of the "health first" thought, the establishment of the "family-school-society" three-dimensional coordinated youth physical exercise system, to promote the coordinated development of after-school sports and intramural sports.

2. Physical health status of teenagers in Shaanxi Province

As the adolescent period is the most rapid period of human physical development, due to the excessive academic pressure of teenagers in China, the lack of exercise makes the physical condition of teenagers gradually decline, and the physical health status of teenagers in China is not optimistic. In recent years, with the outbreak of COVID-19, many teenagers are facing isolation at home and go out to exercise, which is a great suffering for teenagers physically and mentally. According to the Fifth National Physical Fitness Monitoring Bulletin released by the National Physical Fitness Monitoring Center, the overweight rate was 35.0% in 2020 by 2.3 and 4.1 percentage points respectively; in 800 m running, standing long jump, pull-up, recuse, sit-up.

2.1 Teenagers' physical exercise needs cannot be met, and they lack physical exercise awareness and practice.

Through the investigation of the status of physical exercise in Shaanxi Province, it is found that there is a deviation in the cognition of physical exercise in family and school. In school, teenagers have a strong demand for physical exercise, but schools and teachers pay more attention to the study of cultural courses, which leads to the existence of physical education and other cultural courses. At the social level, there are some problems, such as the small number of sports activities, insufficient strength and insufficient funds. At the same time, there is a common misconception that learning is more

important than exercise, which leads to teenagers cannot meet their physical exercise needs and lack physical exercise awareness and practice.

2.2 Inadequate maintenance of sports facilities, lack of sports venues

Through the investigation of Shaanxi youth club, it is found that shaanxi youth sports club pays more attention to the development of youth competitive sports, and the participation rate of youth amateur sports is low. Meanwhile, through visiting universities, there are many blurred basketball courts, and the tennis court is dusty, insufficient lighting at night, and the general field is seriously insufficient. By visiting the community, the phenomenon of young sports stadiums and facilities and the occupation of the elderly are prominent, aggravating the stadiums of young people and severely limiting the enthusiasm of young people to participate in sports activities.

2.3 Teenagers have limited channels to receive sports-related information and the supply is not smooth.

Shaanxi youth sports-related information access channels are scarce, and the channels for receiving related sports information are relatively closed, so it is impossible to obtain effective sports information in time; For young people in rural areas, the proportion of physical education class is also not high, and there are fewer teachers, and the sports venues provided are more limited. How to ensure the common development of rural and urban teenagers' extracurricular exercise and expand their access to new sports information is an urgent problem to be solved in promoting teenagers' physical exercise at this stage.

3. Shaanxi Province Youth Physical Exercise Promotion Strategy

3.1 Carry out the guiding ideology of "health first" and establish a three-dimensional linkage model of "school-family-society"

At this stage, the whole society must establish the concept of "health first", adhere to the three-dimensional connection mode of "school-family-society", and urge young people to adhere to physical exercise. At the family level, parents are encouraged to take their children in outdoor sports, and many families are organized to participate in interesting sports activities and sports competitions in the community. At the school level, adhere to the law of adolescent physical development, increase the teaching content and project of youth physical education courses, improve the attention of the whole society to the physical development of teenagers; In terms of teachers, school physical education teachers, as a group that directly contacts with teenagers, have a guiding role in promoting teenagers' participation in sports. Schools should strengthen the requirements for physical education teachers' professional ability, and make full use of physical education class to ensure the teaching effect and quality of physical education courses. At the social level, social forces for young people to exercise outside school

Through the three-dimensional integration of "school-family-society", the interaction efficiency of the three is maximized, a virtuous circle is formed, and the socialization of sports and the activation of sports students are promoted.

3.2 Clarify the responsibilities of schools, families and society, and promote their coordination.

Sports clubs have made positive contributions to the development of youth competitive sports, but at the same time, we should also take into account the development of social sports of youth groups. Therefore, the local sports management departments and youth sports clubs urgently need to change their ideas and establish the dominant position of youth. In the community, we can solve the conflict of sports stadiums during peak hours by establishing special sports stadiums for the elderly and teenagers. At home, simple body relaxation exercises such as rope skipping and yoga can also be performed to develop adolescent agility, flexibility, and cardiopulmonary function and to encourage parents and children to go outdoors together

3.3 Strengthen sports publicity, broaden the channels of sports information dissemination

After investigation, teenagers in Shaanxi province are in urgent need of guidance in physical exercise methods and sports skills. The government should find out the needs and existing problems of youth physical exercise, expand the channels of sports information dissemination, actively release and publicize sports health related knowledge, promote their timely and effective access to relevant sports information, and improve their participation in sports and exercise enthusiasm.

4. Conclusions and suggestions

4.1 Conclusion

At this stage, there are the following problems in the current situation of extracurricular physical exercise for teenagers in Shaanxi Province:

1. Schools, families and society pay little attention to teenagers' physical exercise, lacking initiative and practical actions;
2. The lack of maintenance of sports facilities and sports venues in colleges and universities;
3. The channels for teenagers to receive sports-related information are limited and the supply is not smooth;

By learning advanced sports concepts and knowledge at home and abroad, we can improve the attention of Chinese teenagers to physical exercise and enhance the status of sports in China. It is even more necessary for "school-family-society" to form a joint force to play its greatest role and effectively improve the physical health level of teenagers.

4.2 Suggestions

With the hosting of the Winter Olympics and the 14th National Games, it is urgent to promote the development of youth sports and establish a "family-school-society" extracurricular physical exercise system for young people. The government should increase investment in youth sports, break down the barriers between urban and rural areas in Shaanxi Province, improve the level of physical education teachers in rural areas and improve the teaching quality of physical education courses. In view of the physical exercise needs of teenagers in different regions and ages, the government should speed up the construction of school sports venues and facilities and provide sports venues and facilities support for teenagers. School physical education class and sports clubs should further improve their functions, and provide a broader physical exercise space and a good physical exercise atmosphere for teenagers. At the same time, we should attach importance to the influence and function of family education, implement the concept of "health first", cultivate the thinking mode that teenagers can study better only by insisting on physical exercise and improving their physical fitness, give play to the supervision role of parents on teenagers' physical exercise, and advocate parents and children to exercise outdoors together and develop good physical exercise habits. Finally, it is necessary to play the linkage role of "family-school-society" and form a good situation in which the government plans as a whole and the family and society participate together. Through organizing family sports in the community, publicity campaigns promote health-related knowledge, enhance parents' attention and support for their children's physical exercise, strengthen sports publicity and education for teenagers through large-scale sports events, enrich teenagers' sports health awareness, promote teenagers' sports literacy, stimulate teenagers' interest and enthusiasm in participating in sports, and cultivate good exercise will and behavior habits.

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