

The internal logic, value implication and optimization path of public service system construction from the perspective of national fitness

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Abstract: Using the methods of literature and logical analysis, this paper probes into the internal logic, value implication and optimization path of China's public service system construction from the perspective of national fitness. The internal logic is divided into historical logic and practical logic, and the development history and actual situation of the public service system are expounded. Value implication: an important way to realize the strategy of national health; Effective measures to narrow the regional development gap; And measures to improve people's way of life. Optimization path: Digitization helps build a high-quality public service system; Integrating the development concept of the new era into the construction of the public service system; The development of a public service system has been promoted through the cooperation of multiple entities in supply.

Key words: National fitness; National health; Public services

In the new era, although China's comprehensive fitness public service system has been initially built, there is no doubt about its role in improving the national health level. The increasing demand of the people for a better life has led to the urgent need to build a higher level of national fitness public service system. Based on this, from the perspective of national fitness, this paper studies the internal logic, value implication and practical approach of the public service system, and helps to build a higher level of national fitness public service system through research and analysis.

1. The internal logic of public service system construction

1.1 Historical logic

This article will explain the evolution of the national fitness public service system from three stages: foundation and popularization, development and improvement, reform and innovation. The first is the foundation and popularization, which is the initial exploration stage of the national fitness public service system. At that time, the birth of the Outline of the National Fitness Plan means that the construction of the national fitness public service system has entered the stage of full start-up. Although it has entered the stage of full start-up, because the system has taken shape, its scientific and normative is still insufficient, it is also in the initial exploration stage. "Outline" clear service object for the whole people, through the means of fitness, venues and facilities to promote the improvement of the health level of the whole people, this stage to enhance the value of national fitness, in the public service system of the material level to give the corresponding protection. The second stage is the development and improvement of the overall promotion of the national fitness public service system. At the third Plenary Session of the 16th Central Committee, it was proposed to improve the government's public service functions, and the national fitness public service system arose. The meeting emphasized that the development factors such as venues, services, and activities should be fully covered, and the integrated development of the national fitness cause should be promoted as "the whole region, the whole population, and the whole elements". The last is reform and innovation, the national fitness public service system to improve the quality and efficiency of the stage. In 2022, the Central Office and the State Office issued the Opinions on Building a Higher Level of National Health Public Service System, proposing to establish a higher level of national fitness public service system. Through the top-level design of policy documents, it provides Chinese standards and models for national fitness. The national fitness public service system will meet the challenges of digitalization, intelligence and convenience. At the same time, high quality, high efficiency and populism are the key to meet the challenge.

1.2 Practical logic

In the new stage of development, the status of comprehensive fitness in the fields of politics, economy, culture and education continues to improve, China's national fitness public service system has entered a stage of rapid development, the public's demand for health is getting higher and higher, a single form of fitness activities can not meet the diverse needs of the masses, which also leads to a new height of national fitness public service. The first is the venue facilities, China in 2003 had 850,100 sports venues, sports venues area of 2.225 billion square meters, statistics to 2022, the country has 3.9714 million sports venues, sports venues area of 3.411 billion square meters. From these data, it is not difficult to see that the national fitness public service system is also improving with the continuous development of China's sports industry. The second is the improvement of supply capacity. With the comprehensive transformation of China's economy and society, national fitness services tend to pay more attention to service and governance, and the process is more standardized and accurate. The development of the Internet, big data, AI and the emergence of blockchain enable the national fitness public service system to have new attributes, making the supply level of national fitness sports services more scientific. Finally, the supply of services is more fair. Due to the uneven development of the eastern and western regions of China, the proportion of investment and the absolute amount of investment in vigorously developing public services will be different. However, with the continuous increase of investment in public sports undertakings, the openness of the national fitness service market will gradually increase. A network system in which social organizations, related

enterprises and individual resources actively participate is taking shape, and all relevant subjects have a stronger sense of responsibility. Under the guidance of the government's macro-control, effective integration of social resources from all walks of life are key factors to pay attention to the balanced development of the national fitness supply system and ensure high-quality services.

2. Value implication of the construction of public service system

2.1 Important ways to achieve the universal health strategy

National fitness plays a unique role in promoting sustainable economic development, improving people's lifestyle, and enhancing the comprehensive strength of the country. National health is the goal and direction of national fitness, and national fitness is the way and means to achieve national health. The essence is to explore the road of promoting health through exercise with Chinese characteristics. First of all, the national fitness public service system construction faces the service object is all the people, the service area is large and wide, its main purpose is to improve the overall physical quality of the Chinese people through the rational use of public sports resources, cultivate a scientific and healthy lifestyle, enhance the health literacy of the whole people, and finally achieve a comprehensive well-off society is not only reflected in the economic level, It should be reflected in the level of health literacy. Secondly, the service content of public service system construction is resource sharing, public service not only includes sports resources, but also inseparable with health resources and medical resources. Public sports facilities are the concrete expression elements of sports and health system, so in the process of public service system construction, whether it is fitness equipment, sports venues or professional personnel configuration and medical services, We must consider the rationality and scientificity of the proportion of investment. The deep integration of national fitness and national health is a concentrated reflection of the health needs of The Times. By improving the public service system, we can promote the achievement of the strategic goal of national health, and ultimately lay the foundation for the realization of healthy China.

2.2 Effective measures to narrow the regional development gap

To narrow the development gap between regions is to achieve equal development of public services, the first is equal opportunity, that is, in the face of public resources, people are entitled to enjoy equal participation, to protect the actual health interests of the people, rather than simply the average, which will not only promote social equity, narrow the gap between the rich and the poor, but also comprehensively improve the ability of public services and sharing. The second is process equality, that is, in the process of fitness, people enjoy equal fitness opportunities and rights, citizens' fitness concepts, content and service objectives are treated fairly, and in this process, the balanced distribution of national fitness public service resources is optimized. Finally, equality of results, that is, on the basis of the equality of the former two, more attention should be paid to the differences of various groups, to ensure the quantity and quality of public services enjoyed by different groups during fitness, and to achieve equality of effects, so as to promote the fairness of the results of national fitness services and maximize the social development results shared by the whole people. The development level of equalization of public services directly affects the progress of the national fitness strategy. To improve the level of equalization is the realistic need to improve the national health level, and it is an effective measure to narrow regional differences.

2.3 Measures to improve people's life style

Building a high-level national fitness public service system is an important way to achieve the goal of a healthy China and an important guarantee to meet the growing fitness needs of the people in the new era. However, through theoretical research, it is found that one of the reasons for the frequent occurrence of contemporary chronic diseases is the lack of adequate physical exercise. At the same time, the average leisure static behavior time of Chinese people over 18 years old has increased from 2.7 hours a day to 3.3 hours a day. The increase of sitting time and the lack of exercise time lead to the increasing trend of chronic diseases. The construction of the national fitness public service system is based on meeting the needs of the masses for fitness, and strives to improve the contemporary people's healthy lifestyle and effectively prevent chronic diseases. The first is the continuous improvement of the supportive environment for sports and fitness, such as the construction of urban jogging and walking lanes, reducing the cost of sports venues, building fitness circles, etc., to improve the accessibility of public services. Secondly, the innovation of fitness content, such as the construction of intelligent sports park, breaking the layout of traditional sports parks, the overall layout is more reasonable, and the equipment inside is relatively new compared with traditional parks, VR, AR technology can be used to achieve virtual environment exercise, its innovation and convenience can improve the enthusiasm and enthusiasm of the masses to exercise. Improve the proportion of national participation in exercise, cultivate the habit of the masses to participate in physical exercise, and lay the foundation for the establishment of lifelong sports awareness.

3. Optimize the path of public service system construction

3.1 Digitalization helps build a high-level public service system

The construction of a higher level of national fitness public service system is a key measure to comply with the development trend of the digital era, meet the people's expectations for a high quality of life, and promote the quality and efficiency of services. First of all, the construction of residents' fitness data collection network facilities covering the whole people and the whole region, make full use of Internet technology and big data, accurately collect mass fitness data, and give the most accurate support on the demand side and the supply side. Secondly, improve the digital research and development ability of national fitness service products, focus on giving full play to the advantages of high-tech enterprises, create convenient and efficient digital application products, and use intelligent high-precision algorithms to refine service content such as exercise time, intensity and venue. Finally, do a good job in the management and security of public services. The management of public services can be accurately managed at different levels through cloud platform and blockchain technology, while

the intelligent terminal can conduct facility inspection and repair by setting command programs to ensure the sustainable use of facilities.

3.2 The development concept of the new era is integrated into the construction of public service system

Taking the new development concept as the guide for the construction of the national fitness public service system is the only way to promote the sustainable development of public service construction. First of all, it is to plant a “green and low-carbon” background and build a “healthy and environmental protection” life concept of public service system. When promoting fitness facilities and service supporting facilities, the primary consideration is to build on the basis of not destroying the original ecological environment. The second is innovation, innovative service content and management mode, service content is no longer limited to offline fitness activities, can be extended to online fitness, professional fitness guidance, logistics service support, etc. Management is no longer manual management, through the Internet and big data for fine management. Then is coordination, China’s urban and rural, regional development is not balanced, the public service resources are more inclined to the western and rural areas, narrow the urban-rural, regional wealth gap, to achieve equal opportunities for public service. At the leadership level, the construction experience should be shared with other regions to improve the development level of public services in other regions. At the mass level, through the overall planning of the government, the consumption of operational fitness venues should be reduced as much as possible, and public fitness venues should be opened up, so as to achieve a harmonious situation of fitness for everyone and everywhere.

4 Epilogue

The construction of national fitness public service system in the new era is related to the progress of the strategy of sports power and healthy China, so we should stand at a new height and make a correct value review of the construction of public service system from different perspectives, with the construction of a higher level of public service system as the goal orientation, and the construction purpose of serving the needs of public fitness. To carry out diversified activities as the specific content, to the fitness interests of the masses as the starting point and landing point, to ensure the high-quality supply of national fitness public services. At the same time, it will continue to promote the construction of a new layout, new pattern and new system of national fitness, provide important support for the construction of a higher level of public service system, and further improve the physical literacy and happiness of the people.

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