

Research on the Path of University Sports Service for National Fitness from a Collaborative Perspective

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Abstract: College sports are the core part of physical education in China, and also an important foundation for both social sports and competitive sports. In national fitness, college sports play an extremely important role and position. Research has found that university sports resources serve national fitness with advantages such as sports venues, sports talents, information resources, and environmental atmosphere; There are disadvantages such as uneven resource allocation and insufficient awareness of social services. This proposes an effective development path to promote the service of university sports resources to national fitness, aiming to provide theoretical reference for better serving national fitness with university sports resources.

Keywords: Collaborative Perspective, College Sports Services, National Fitness.

1. Introduction

People's health is the foundation of social civilization and progress, and an important symbol of national prosperity and national strength. People's health should be given priority in the strategic position of development. On August 3, 2021, the State Council issued and implemented the "National Fitness Plan (2021-2025)", which aimed to promote the construction of basic public sports service systems, coordinate the construction of national fitness venues and facilities, build a scientific fitness system, and establish sports and fitness guidance methods for different groups of people. These tasks are particularly urgent. In March 2022, the General Office of the Communist Party of China Central Committee and the General Office of the State Council issued the "Opinions on Building a Higher Level Public Service System for National Fitness". To build a higher level public service system for national fitness, it is an important cornerstone for accelerating the construction of a sports powerhouse, meeting the inherent requirements of the people for a high-quality life, and promoting more significant substantive progress in achieving common prosperity for all people. College physical education is the main way to carry out physical education and plays an important role in building a public service system for national fitness. It fully leverages its collaborative role and utilizes the advantages of college sports resources.

2. The Importance of the Development of National Fitness

National fitness activities are a social public welfare undertaking that guarantees the basic health rights and interests of the people. As a public institution and the entrusted agent of public power and resources, the public nature of the sports venue resources to which universities belong determines that, in addition to meeting the needs of school physical education teaching, they should provide services to meet the public fitness needs of the general public.

(1) The necessity of popularizing scientific fitness methods

From a collaborative perspective, it is particularly necessary to popularize scientific fitness methods in the practice and exploration of university sports services for local national fitness. Although many people have realized the

importance of fitness, due to the lack of scientific fitness knowledge and methods, many people still adopt a one-sided and blind approach to fitness, which poses certain risks and hidden dangers. Therefore, college sports should actively take on the responsibility of popularizing scientific fitness methods, providing fitness guidance and explanations to citizens, imparting correct fitness knowledge and methods, helping them develop scientific fitness plans, and providing relevant fitness equipment and venue support. In this way, not only can the probability of fitness accidents be effectively reduced, the fitness effect and experience be improved, but also the health awareness and fitness literacy of citizens can be enhanced. Specifically, university sports can promote fitness knowledge and scientific methods, improve the health literacy and physical fitness of citizens, through various means such as offering fitness lectures, organizing fitness summer camps, and launching health education courses. In addition, university sports can also utilize modern technological means to develop fitness apps, intelligent fitness equipment, etc., providing personalized and customized fitness support and services for citizens.

(2) The necessity of cultivating fitness habits among residents

The necessity of cultivating fitness habits among residents cannot be ignored in the practice and exploration of university sports services for local national fitness from a collaborative perspective. Fitness is not only a sport, but also a way of life and good habits. Only through long-term and persistent fitness exercise can we truly achieve the effect of prolonging life and preventing diseases. Therefore, college sports should actively take on the responsibility of cultivating fitness habits among residents, and through various measures such as promoting fitness culture, organizing fitness activities, and building fitness communities, stimulate the enthusiasm and interest of citizens in fitness, making fitness an indispensable part of their lives. Specifically, college sports can attract residents to participate in fitness activities and improve their fitness awareness and habits by organizing fitness competitions, organizing fitness activities, providing free fitness facilities and equipment, organizing various fitness courses such as yoga, Pilates, and boxing. At the same time, university sports can also build fitness communities, allowing citizens to enjoy more convenient and high-quality fitness

services and support within the community through sharing resources, mutual assistance, and other means. In summary, from a collaborative perspective, cultivating fitness habits among residents is particularly important in the inevitable trend of university sports serving local fitness. Only through long-term fitness exercise can citizens truly enjoy the health benefits of fitness, while also effectively preventing and treating many common chronic diseases. Therefore, college sports should promote a fitness culture, encourage citizens to actively participate in fitness activities, and jointly promote the development and progress of local national fitness.

3. Current Situation of University Sports Services for National Fitness

(1) Lack of coordination between university sports and national fitness

Sports in universities are mostly managed by education administrative departments, with the main goal of improving the physical fitness and cultivating exercise habits of college students. However, the management institutions for national fitness are diverse or self organized, without any management institutions or systems. Through investigation, it was found that most of the national fitness activities are organized and managed by street neighborhood committees themselves, and the management methods and methods are relatively arbitrary. Under such a lack of coordinated management mechanism, there is a lack of necessary communication channels for the integration of university sports into national fitness, and there are many obstacles in the communication between the two. The development of physical education in universities is supported by the Ministry of Education, and the development of national fitness also relies on the support of the government and sports regulatory authorities. However, the lack of communication mechanisms between the two parties hinders the smooth communication in key aspects such as sports development goals, sports setting projects, sports training plans, etc., resulting in the development of local national fitness movements not being systematic or chaotic, making it difficult to efficiently implement the core purpose of national fitness and develop the scientific development concept of national fitness.

(2) There is a common phenomenon of insufficient guidance and support in college sports and national fitness

Only with abundant construction funds and necessary fitness facilities can national fitness be effectively developed and popularized. In recent years, the government has advocated for the Healthy China strategy of national fitness, with a significant increase in funding, manpower, and other investment in sports projects. Local fitness facilities and venue arrangements have been continuously improved. However, the development of local fitness is not satisfactory, and the fundamental reason is the lack of effective guidance mechanisms in the integration and development of university sports and local fitness. Causing college sports to become a profound theory hanging high in an ivory tower, unable to integrate with fitness models in real life, complete sports infrastructure and sufficient venues can only be shelved, unable to realize their expected value. Therefore, in the process of integrating college sports and fitness, it is particularly important to make college sports serve local national fitness. How can college sports break away from the high posture on the ivory tower and provide accessible and usable services for national fitness with basic sports theories

and skills? This requires in-depth research and exploration of the guiding mechanism for the integration of these two, and to draw and apply experience through practice, injecting inexhaustible power into the development of college sports and local national fitness.

(3) Integration and sharing of sports resources in universities

The sharing of sports resources in universities refers to the cooperation and sharing of sports resources among different universities, in order to provide a wider and diversified range of sports services and opportunities. It is an important component of the national fitness strategy, with significant social significance and educational value. The sharing of sports resources in universities can better meet the needs of national fitness. Through cooperation and sharing, universities can open up their rich sports facilities, professional coaching teams, and high-quality sports training resources to the public, allowing more people to enjoy high-quality sports services and improving the overall health level of the population. The sharing of sports resources in universities can promote the social responsibility and public welfare awareness of higher education. As an educational institution, universities should not only cultivate the quality of students, but also shoulder social responsibilities and provide services to society. Through cooperation and sharing with society, sports resources in universities can not only repay society, but also enhance their social influence and reputation. The sharing of sports resources in universities can also promote the inheritance and innovation of sports culture. Resource sharing among different universities can promote academic exchange and collaborative research, and promote the development of sports science. Meanwhile, through sharing, it is also possible to strengthen interdisciplinary cooperation with other fields, explore the combination of sports and art, medicine, social sciences, etc., and create a distinctive sports culture.

4. Strategies for University Sports Service and National Fitness

(1) Optimize the allocation of sports resources in universities and receive government promotion

In response to the current situation of imbalanced allocation of sports resources in universities, the government should provide certain policy support to ensure that the allocation of sports resources in universities can meet certain standards as much as possible, and have the ability to contribute to the national fitness plan. At the same time, universities should establish a sound management mechanism for their own sports resources, establish a management system that is in line with the characteristics of the university, improve the management mechanism, and improve the utilization efficiency of sports venue resources. On the premise of ensuring the normal physical education teaching and sports training activities of teachers and students, universities should fully tap into the available value of sports venue facilities in time and space. Specifically, it is manifested as: arranging the opening hours of sports venues reasonably, making full use of spare time, statutory holidays, and winter and summer holidays, and coordinating the planning of sports venue opening policies; A multi-level open model can be adopted, and for some sports venues with high maintenance costs, a paid open model can be adopted to reduce the financial pressure on the school; In addition, other

basic sports venues should adopt a free and open mode to the public as much as possible. In addition, when carrying out national fitness activities, university sports have a unique advantage, which requires expanding their influence in society and playing a synergistic role in the public service system of national fitness. Firstly, local governments should fully recognize the advantages of university sports and use various media forms such as newspapers, radio, television, and news to promote their role and the services they can provide. Secondly, we can rely on university sports to carry out nationwide sports activities, such as the New Year's Day race around the city and the Dragon Boat Festival dragon boat race, to encourage more people to participate in physical exercise. Thirdly, universities should effectively shoulder social responsibilities, cooperate with national functional departments, monitor the physical fitness of citizens, promote practical fitness methods, and improve the standardization and standardization of national fitness.

(2) Establishing a connection between universities and communities

The implementation of the national fitness plan mainly relies on the development of community sports. University sports resources should better serve society, and universities and communities should jointly establish sports organizations to enable sufficient and diversified communication between universities and communities. Both parties can exchange ideas on their current situation and issues, jointly develop implementation plans and management methods for resource sharing, clarify their respective responsibilities, rights and obligations, establish systems, and establish organizations to standardize resource sharing work. Universities should encourage physical education teachers, coaches, social sports instructors, and students with sports expertise to actively join the organization, so that sports talents in universities can understand the diverse characteristics of community sports activities, strengthen relevant training, master appropriate and efficient exercise methods, and enhance social service capabilities. A working group should be established in the community to conduct research on the fitness needs of community residents, actively communicate with universities, and jointly agree on methods and approaches to promote national fitness. At the same time, the community should also carry out publicity work in accordance with the policy of opening sports venues provided by universities, encourage community residents to fully utilize the convenience of sports resources provided by universities, and actively engage in physical exercise.

(3) Building an Information Platform to Assist National Fitness

University sports should be based on reality, focus on the future, do a good job in information modernization construction for national fitness, focus on improving the level of informatization, and achieve the integration of sports discipline and information technology. Firstly, a university sports information resource management organization should be established to lead and coordinate the construction and planning of university sports information resource platforms, integrate university sports teaching information resources, ensure information quality in the collection, classification, processing, and extraction stages, standardize standards and unified requirements, avoid incompatibility, and lay the foundation for the interconnection and sharing of university sports information resources. Secondly, it is necessary to build a university sports information resource library, collect

and create various sports information resources, such as video on demand systems, multimedia courseware, micro course videos, MOOC courses, etc. At the same time, it is necessary to establish a sports talent pool, organize and convene some excellent sports talents, provide knowledge and experience support for social group activities, and assist various groups in carrying out sports and fitness activities. Finally, it is necessary to develop a platform for sharing sports information resources in universities. The platform should integrate sports information resources and application systems, with characteristics such as networking, intelligence, and multimedia, making it convenient, practical, and easy to operate. The platform should be connected to the community system to meet the sports information acquisition needs of community residents, provide online guidance for sports and fitness, and monitor and provide real-time feedback on the sports and health data of community residents, keeping records to facilitate the organization of fitness activities and the formulation of fitness plans, and improve the effectiveness of serving society.

5. Summary

In the perspective of collaboration, university sports services for national fitness need to solve many problems such as talent cultivation and professional level improvement. University sports and national fitness not only have many positive relationships, but also have objective practical contradictions. Corresponding development strategies should be proposed to optimize the allocation of university sports resources, establish and improve relevant management mechanisms, build an information platform, and fully utilize their superior sports resources to serve the society. Only then can the effective service of university sports be achieved, and the implementation and development of national fitness plans be promoted.

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