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Primary Exploration on the Development of Public Leisure Sport With Chinese Characteristics

HUANG Jinrong^{[a],*}

^[a]Physical Education College of Sichuan Normal University, Chengdu, China.

*Corresponding author.

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Abstract

The 21st century is an era featuring public leisure sport. With the continuous improvements of social living standards, leisure sport has gradually won the favor and attention of the public. Globally, due to the differences in thinking, value, manners, and customs, leisure sport in China and Western countries are quite different in terms of both form and content. While the flourish of leisure sport in China is an inexorable trend of social progress, it is also undeniable that currently the development of leisure sport in China is still facing difficulties and challenges. To achieve long-term development of leisure sport in China, it is necessary to analyze issues depending on specific situations, build a leisure sport-related theory system with Chinese characteristics in line with the national conditions, vigorously develop national and public sport events, and guide the public to do sports in a scientific and reasonable manner.

Key words: Chinese characteristics; Public leisure; Sport development; Development trend

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INTRODUCTION

In the present era, leisure sports widely attract attention of many sports researchers. What recreational sports

should be suitable to our national condition, and how to develop is a hot topic. This article will discuss it from the perspective of cultural heritage along with traditional national sports. Traditional Chinese sport and leisure sports are incorporated into the system building which is suitable for Chinese cultural background and suitable for the majority of the people in need with Chinese characteristics. China's leisure sports should also be suitable for the reality of China, and should be from the needs of the masses of view. And it should be in close connection with China's national conditions, building socialism with Chinese characteristics. Leisure sports, however, the key question of China's leisure sports is to build socialism with Chinese characteristics. In this paper, the traditional ethnic sports and leisure are combined together. The necessity and feasibility of construction of "leisure sports with Chinese characteristics" is discussed.

1. INEVITABLE DEVELOPMENT TREND

1.1 Leisure & Public Leisure Sport

Leisure sport, or leisure activity, is non-Chinese. It is the Chinese translation of "leisuresport" or "leisureactivity". What kind of ways should we adopt to develop China's leisure sports? Should we copy the western ways or develop our ways with Chinese characteristics. Thus, we have to consider seriously about the current situation of China's leisure sports. As a matter of fact, the currently advocated leisure sport events have many problems. For example, golf, which is said to be "a sport for aristocrats" in developed countries, becomes a symbol of fashion, personal status, and social standing in China, and some Chinese physical education colleges have introduced golf into their "leisure sport" classes. Tennis, an expensive leisure sport event, has become a fashion symbol in university campuses and won favor of some white collars. In addition, the recently popular program "Inter Cities" on

CCFV adopted a Western entertainment style and invited both Chinese and foreign hosts. It neither highlighted its theme of showcasing urban culture, nor showcased the rich and splendid Chinese traditional sports. Here we can describe this program as show in the combination both of China's characteristic and Western styles. The saying of "fifty-six nationalities, fifty-six flowers" is completely forgotten. The theme of urban culture is not showed in this program. At the same time, the fact that our country has different customs is ignored. Our national traditional sports are very colorful. In fact, sport is a social phenomenon that has existed all along the development of human society, and more importantly, it is a kind of culture. Peoples in different regions cultivates distinct cultures, which together form a diversified global culture. The traditional sport events of different peoples in the world bear the glorious mission of inheriting national cultures and carrying forward national spirits. Moreover, public leisure sport always shows its attribute of leisure during its introduction and extensive development. Leisure refers to various entertainment activities conducted by people in their free time to relieve pressure and get relaxed, in order to facilitate physical and mental health development and recovery. In a sense, leisure is the existence and lifestyle of an individual and reflects the individual's value.

Sports have many features. First of all, sports feature body building, leisure & entertainment, and competition, which is also the attributes expected to get from people's leisure activities. For this reason, sports naturally become an important part of leisure activities. While sports have become an integral part of the leisure life of community members, leisure sport has become an independent research topic to be emphasized. Currently, more and more scholars and researchers have paid more attention to this topic. Leisure Sports is an integral part of the social sports. Mass sports include leisure sports. Leisure sports are mass sports, but not all mass sports are leisure sports. To a certain degree, leisure sport and other sports are both opposite and unified. Competitive sports are the activities that individuals conduct to achieve self-transcendence and overcome extreme challenges in the form of competition, and some of the competitive sport events are also leisure sports; learning sports are the activities conducted to teach physical knowledge and skills, which will also become an integral part of the leisure activities for students in their future life. This shows that leisure sport not only refers to the activities for community members to maintain physical and mental health, but also can reflect an optimistic and positive state of life and display the existence value of an individual.

1.2 Inevitable Trend of Development

In all ages, leisure has been a kind of social activity. Affected by the overall level of social productivity, the leisure activities in different ages are different in terms

of content and form. Since the beginning of last century, the leisure sports of different forms and contents have been developing vigorously in many countries. The whole world has entered a leisure era and leisure sport has gradually become an important part of the social activity of modern people.

It is not difficult to find that throughout the history leisure sport has occupied an important position in China's traditional sport culture. The development and improvement of tribal dance in the primitive society, tug-of-war and horseback archery in the Spring and Autumn and Warring States period, polo during Qin and Han dynasty, and chess and ball sports from Song dynasty to Qing dynasty all demonstrate the development track of leisure sport in China. In modern times, the chaos caused by war led to the stagnation of leisure sport development in China. Since the founding of New China, however, especially after the reform and opening up, leisure sport has shown a vigorous development trend in China (Guo, 2013)

The development of public leisure sport in China is inevitable in the process of historical progress. Since the founding of New China till now, China's social productivity and labor productivity have developed significantly. On the one hand, national economic income has increased significantly. Workers have got more leisure time and working hours have been reduced. On the other hand, with scientific and technological advancement, machine labor will gradually replace manpower. For this reason, people's manual labor will be reduced while brainwork will increase correspondingly, which will produce great mental stress and then may cause unbalanced physical and mental development (Liu, 2013). Physical and mental harmony and health are basic aspirations for an individual's development. The above-mentioned unbalance has promoted people to continuously search for the activities that can help relieve physical and mental pressure in their free time to realize harmonious development. The basic functions and roles of sports and people's cognition and experience about sports have made sports gradually became a part that cannot be replaced by other leisure activities (Chen & Xu, 2013).

2. DEVELOPMENT OF PUBLIC LEISURE SPORT WITH CHINESE CHARACTERISTICS

With the advancement of science and technology, human productivity level has been greatly improved. Such as mechanization, automation, intelligence, information, etc.. These words of the new era marked that humanity is gradually trying to get rid of the heavy productive labor and their leisure time is significantly extended. The era time of "Leisure Time" has arrived, and the era of sports has naturally been taken to train "leisure time". China's reform and opening up in the past 30

years, the successful magic is adhered to the socialism with Chinese characteristics. Everything is from reality. This is the basic requirement of the practical concept of dialectical materialism. China's leisure sports should also be constructed on the reality of China. The needs of the masses should be considered. We need to fully consider China's national conditions and build the leisure sports with Chinese characteristics. For a thing, its existence and development have undeniable double features. Despite its vigorous development in China, leisure sport is also facing difficulties and challenges. Most of the theoretical basis for leisure sport were directly quoted from developed western countries, which made the basis for western-oriented and could not be improved to match with China's leisure sport development. Moreover, the lack of certain leisure systems has also made people have too little leisure time and fewer sports to choose in their limited leisure time. The fact that people pursue irritating and luxurious leisure sports has produced negative social impacts and seriously affected the development and promotion of public leisure sports (Zho, 2009).

The above mentioned facts show that actively adopting countermeasures, getting rid of leisure sport development difficulties, and developing leisure sport with Chinese characteristics have become necessary measures to promote the all-round development of sport undertaking.

2.1 Theory Foundation for Leisure Sport

Compared with developed Western countries, China falls relatively behind in terms of leisure sport development and its theory system building is incomplete. Since the publishing of the *Sociology of Leisure* in early 1990s, leisure has been included into the research scope in China. Till early 21st century, led by Chengdu Physical Education College, relative and systematic research on leisure sport has been carried out in China. So far, there have been a lot of articles and books on leisure sport. On the whole, however, China's theory building for leisure sport still needs to be further improved, which is reflected by the following facts: the scope, concept and knowledge system of relevant theories are incomplete; some unscientific phenomena still exist; leisure sport theories are not specific and targeted and relevant supporting service theories are lacked; and the popularity of sport theories still needs to be promoted. Objectively, to build a harmonious socialist society, we must attach importance to the development of public leisure sport, as well as the development and improvement of leisure sport theories with national and local characteristics, and we must build a scientific, national, and popular leisure sport knowledge system to enable it to lay a solid theory foundation for the development of China's leisure sport development. (Pan & Zhang, 2007)

2.2 Promotion of National and Popular Sport Events

Affected by many factors, for a lot of physical education experts and practice workers, they believe

leisure sport just refers to the so-called "elegant" and "exciting" sports, such as mountain climbing, surfing, or golf, and some sports events have been included into scientific education and become an important part of it. Introducing and promoting such sport events among people with rich resources and sufficient conditions in different regions is a necessary measure to promote the development of leisure sport. It is undeniable that limited by many factors in the current economy and society, it is very difficult to popularize or develop such sport events, which are determined by China's national situations. This shows that to promote the development of leisure sport in China, it is necessary to analyze specific issues and promote the scientific and popular development of leisure sport based on China's national situations (Chen, 2010).

Intensify efforts to promote the sport events that are easy to do and favored by the public, such as public aerobics, fitness dance, ball sports, and chess. According to relevant investigation data, currently China has more than 600 traditional minority sport events covering a lot of areas and with rich ethnic cultural characteristics. Objectively, the development of leisure sport should be based on regional and ethnic characteristics and the sports events with ethical and local characteristics should be emphasized and promoted vigorously. Continuous social development and progress will definitely make traditional ethnic sport culture familiar with and favored by the public. In the long run, the development of traditional ethnic leisure sports will be the new direction of China's leisure sport development.

2.3 Construction of Leisure Sport Infrastructure

Doing leisure sports need various kinds of infrastructure, which is an essential condition for public leisure sport. The construction of leisure sport infrastructure should be based on circumstances and local conditions, as well as the social, economic, natural, and other factors in relevant regions. Firstly, existing sports infrastructure should be used to the maximum extent, and on this basis, efforts should be made to continuously improve the utilization rate to meet the increasing needs of the public for leisure sport. Secondly, efforts should be made to gradually expand outdoor fitness ways and extend the receptivity of urban and rural people to leisure sport. Thirdly, it is necessary to expand leisure sport space in a planned manner and gradually build various leisure sports and fitness facilities including sport parks and distinctive sport villages. Fourthly, efforts should be made to further improve the barrier-free facilities in public sport and fitness areas, to make leisure sport for vulnerable groups, including the old, the weak, and the disabled, become possible. China's vast land and rich landform have provided a greater probability for various outdoor sports. Therefore, fully exploring the sport elements in natural resources and actively conducting appropriate outdoor

sports is also an important part of needing attention in the process of China's leisure sport development (Liang, 2010).

2.4 To Guide People to Spare the Scientific Arrangement of Their Time

2.4.1 Ensure People to Have Leisure Time

First of all, the government, enterprises and institutions and their leading personnel should realize the importance of employees' vacation time. Holidays and production activities are the essential factor in the long-term development of the enterprise. Workers' leisure time security is the important conditions for the enterprise to have a science long-term and rapid development. At the same time, the laborers need to learn to use law to maintain their legal holiday. Our country's "labor law" and relevant laws and regulations have clear safe guards to ensure the laborer holiday entitlements. The state and relevant government departments adopted a series of measures to ensure such different types of unit staff organizations as enterprises and institutions, private institutions, hire merchants of to have legal holidays. That people have legal holidays is a prerequisite for vacation leisure sports and comprehensive construction.

2.4.2 Scientific Organization of Leisure Time

Leisure can be attributed to the positive, neutral and negative three categories on the point of distinction. What benefit the overall development of the individuals can be able to promote their physical and mental health is attributed to a positive nature of leisure. What can relieve pressure, eliminate fatigue, restore physical and mental effect has been reclassified as neutral properties. And those low-level time killing, drugs abuse etc. is belonging to have negative nature. Therefore, in order to develop leisure sports people need to first boot or reverse their leisure concept. They need to develop the healthy attitudes towards leisure. The government and relevant units need to make efforts to encourage enthusiasm and optimistic attitude towards leisure. Meanwhile, the government and relevant should attach great importance to the neutral and strictly resist and oppose the negativity leisurely way. With the help of hot sports and the spread of major sports events, public attention on sports can be attracted, which can guide people to have an osmosis scientific arrangement, reasonable planning and leisure time. Various forms of spontaneous leisure sports projects need to be promoted and encouraged. The development and progress of the construction of public leisure sports in China can be promoted.

CONCLUSION

The present era, leisure sports have attracted many sports researchers's concern. How to develop China's leisure

sports has become the focus of social issues. With the pace of reform and opening up, Chinese society has entered the "leisure time." China has its basic national conditions. China has its special cultural background, cultural heritage and customs. Owing to geographical features of China, the construction of China's leisure sports must not lose our "Chinese characteristics". As a result, China's leisure sports should continuously enrich and increase Chinese elements, Chinese culture the distinct characteristics of national traditional sports and leisure. Traditional national sports should be combined with leisure to display and promote recreational function and value of the national tradition sports. As long as traditional national sport recreational sports are fused with leisure sports China's leisure sports construction can embody China's characteristics. China's leisure sports belong to China, "the world's beautiful card." This is not only to meet the needs of China's soft power of culture, but also meet the fundamental needs of the Chinese masses. Leisure time provides the opportunity for the development of Chinese national traditional sports. It is necessary and feasible to put Chinese national traditional sports into Chinese leisure sports system construction with Chinese characteristics. Only by doing so can leisure sports embody a positive meaning and important social value.

As the global economy continues to improve, national public has greatly enriched their material wealth and their free time is relatively increased. They desire to have more colorful life. Since the 1960s, the new ideas about leisure is gradually generated and developed, which indicates that the international community has stepped towards the era of leisure. Leisure replaces work and becomes the members of the community to show themselves and the main way to achieve individual value. Meanwhile, leisure sports also step into the household. In the ideological values, social customs, etc., there are substantial differences about leisure sports between the west and the east in the content, form, and the development of the concept. And therefore, the development of China's leisure sports can not copy the Western model. Instead, China should construct its leisure sports with Chinese characteristics based on its actual conditions.

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