

Strategy, Rights and Industry: The Institutional Guarantee of the Realization of National Fitness

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Abstract

National fitness is not only a basic strategy determined by the Party and the government but also a basic right established by the Constitution and the law. It is related to the results of the national health and the great rejuvenation of the Chinese nation. The realization of rights and strategies requires institutional guarantees from governance, organization, and personnel. The realization of the national fitness should promote the coordinated management of the government, society, market, etc., foster sports organizations to lead the masses to participate in fitness, ensure the supply of sports facilities through new construction, opening up, and revitalize resources, improve the participation of the masses, guarantee of the rights of the people, and ensure the full implementation of the national fitness.

Key words: National fitness; National health; Co-governance of the society; Sports facilities; Sports organizations

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The national fitness meets the people's needs and has a profound social foundation. It is an important way and means to achieve the health of all the people and is the basic guarantee for all people to enhance their physical and happy lives. National fitness is a national strategy that affects the quality of the people's life and the quality of

the great rejuvenation of the Chinese nation. (Li, 2018) National Fitness is a right conferred by the Constitutional law. Citizens have the right to advocate the realization of the right using all resources of government at all levels. National fitness is an industry that can achieve local economic development, market main profit and improve the physical fitness of the people. National fitness should ultimately be a way of life and habits. Individuals are the primary person responsible for their own health and should take the responsibility of their own health and quality of life.

1. GUARANTEE BY POLICY

1.1 Fundamental Legal Framework

1.1.1 Legal and Regulatory System

For the national fitness, China has basically formed a framework of laws and regulations.

The Constitution links fitness and sports with the physical development of the entire population and calls for mass sports activities. (Wang, 2019) The Sports Law divides sports into social sports, school sports, and competitive sports. In the chapter on social sports, it stipulates that the government implements the national fitness program. The administrative regulations issued by the State Council's "National Fitness Regulations" (hereinafter referred to as the "State Council Regulations") in 2009 were relatively comprehensive in the field of national fitness and constituted the basic framework for national fitness. The 2009 edition, 2013 revised edition and 2016 revised edition of the State Council's Regulations all define national fitness as a right, stipulating that citizens have the right to participate in national fitness activities in accordance with the law. Shandong, Beijing, Guangdong and other places have also established the legal guarantee for provincial people to participate in fitness through local legislation.

Table 1
China's Current Laws and Regulations Related to National Fitness

Constitution in 2018	Article 21, paragraph 2 Carry out mass sports activities and strengthen people's physique Article 46, paragraph 2 Comprehensive physical development of adolescents and children Article 89 (7), Article 107, Article 119 Administrative responsibilities of sports organizations at all levels
Sports Act in 2016	Article 2 "Developing mass sports activities" "Sport work is based on the implementation of national fitness activities" Chapter 2 Social sports
Public Cultural Services Guarantee Act in 2016	Article 14 Sports facility guarantee; Article 30 Public cultural services such as mass cultural and sports activities; Article 32 Open up the sports facilities of institutions, enterprises and institutions; Article 35 Supply of rural sports fitness products; Article 37 The state, local governments, neighborhood committees, village committees and other social organizations, enterprises and institutions shall promote the development of mass cultural and sports activities; Article 38, 39, and 40 Carry out mass cultural and sports activities in schools, military camps, and ethnic characteristics.
Regulations on Public Cultural Sports Facilities in 2003	Construction and management of sports facilities
National Fitness Regulations in 2016	Provide comprehensive guarantee for national fitness Article 4 Citizens have the right to participate in national fitness activities in accordance with the law.
Regulations of School Physical Education in 2017	Sports space, funding, events, etc.

Local regulations and local government regulations, such as the "Shandong Provincial Fitness Regulations (2017)", etc.

1.1.2 Analysis of Basic Concepts

The conceptual problem is the logical starting point for practical work and theoretical analysis. The above laws and regulations have very few definitions of "national fitness" or "national fitness activities", but in fact, it is necessary to clarify the connotation and extension of national fitness in order to determine the scope of objects such as management objects and subsidy issuance construction. Scientific and clear concepts are conducive to the formation of complete and efficient institutional measures, otherwise the national fitness policy and legal system may face the situation of individual case judgment and processing, such as determining whether to encourage or restrict a certain fitness item or sports item according to the application of the parties; or difficulties may arise when laws and regulations are applied. For some activities with ambiguous cognition, such as square dance, whether it is a national fitness or cultural activity. Because there is no unified standard and definition, different cognitions will be generated. When problems arise, it is inevitable that parties will blame each other.

The "Regulations" of the State Council do not clearly define the concept and scope of national fitness activities. In the relevant laws and important documents at the national level, different concepts such as national fitness, mass sports, and social sports have appeared. An important part of the "Twelfth Five-Year Plan" for the development of sports development of the State General Administration of Sport is the content of mass sports development. The "State Council's Notice on Printing and Distributing the National Fitness Program (2011-2015) (No. 5 Document of State Council [2011])" adopts a list of methods to clarify some "small and diverse", "widely popular", "nearby and convenient", "please to hear", "simple and easy" sports belong to the national fitness programs. The Guiding Opinions of the General Office of the State Council on Accelerating the Development of the Fitness and Leisure Industry (No. 77 Document of the General Office of the State Council [2016]) will include daily fitness projects that are "suitable for wide public participation", consumption-leading fitness and leisure projects such as skiing, mountain hiking, and "mass activities" with fencing and equestrian themes as fashionable sports are defined as the fitness and leisure industry. Other local legislation equates "national fitness" with "mass sports."

There are different understandings of the meaning and categories of national fitness. Generally, related activities are required to have public or social characteristics, high participation rate, and easy promotion and participation. In practice, the concept and coverage of national fitness are mostly clarified by means of lists or instructional directories and are more operable. (Chen, 2017)

1.2 Basic Policy Requirements

The National Twelfth Five-Year Plan of the National Basic Public Service System and the National Fitness Plan (2011-2015) included the national fitness industry in the construction of the basic public service system. In 2014, "Several Opinions on Accelerating the Development of the Sports Industry and Promoting Sports Consumption" also proposed to include the national fitness as a national strategy. The Outline of the Thirteenth Five-Year Plan for National Economic and Social Development makes specific requirements for the extensive development of the national fitness program and the implementation of the national fitness strategy.

In 2018, General Secretary Xi Jinping pointed out at the National Hygiene and Health Conference that national fitness is the foundation and guarantee for the people to enhance their physique and health, to improve national health and promote the deep integration of national fitness and national health, and to advocate that people are responsible for their own health and to guide the people to establish a correct understanding on health. In October 2018, the "Outline of the 'Healthy China 2030' Plan" was issued, which clarified the guidance, strategic themes, and strategic goals, and called for integrating health into

all policies. The “Notice of the General Office of the State Council on Printing and Distributing the Outline for the Construction of a Strong Country in Sports (No. 40 Document of the General Office of the State Council

[2019])” in 2019 calls for “continuous improvement in the level of education of physique and health of the entire nation”, focusing on promoting the “national fitness activity popularization project”.

Table 2
Comparison of Several Fitness Indexes in China’s Policy Documents

	Frequent Participation Rate	Available Space for Exercise	Urban and Rural Population who has reached the ‘National Fitness Standard’
“Twelfth Five-Year Plan” of the National Basic Public Service System (No. 29 Document of the State Council [2012])	More than 32%	About 53% of the total space available in the country	—
National Fitness Program (2011-2015) (No. 5 Document of the State Council [2011])	More than 32% of the population participate in physical training activities for at least 30 minutes each time with at least moderate intensity for at least 3 times a week	1.5 square meters per person	More than 20% of students in school have reached the standard of physical excellency
Outline of “Healthy China 2030” (2016)	In 2015: 360 million In 2020: 435 million In 2030: 530 million	In 2030: No less than 2.3 square meters per person	In 2016: 89.6% In 2020: 90.6% In 2030: 92.2%
Outline for the Construction of a “Strong and Healthy Nation” (No. 40 Document of the General Office of the State Council [2019])	More than 45%	2.5 square meters per person	More than 92%

In the legal system framework, rights correspond to obligations, duties and remedies, and the realization of rights requires corresponding institutional guarantees. Within the framework of the political system, policies, spirits, strategic measures, etc., it means that implementation and realization also require corresponding institutional measures. Therefore, the realization of the right of national fitness and the strategy for national fitness require a series of institutions to guarantee it.

2. CO-GOVERNANCE OF THE SOCIAL ORDER

Since national fitness is a common cause for the whole society and benefits the entire people, it is necessary to promote the entire society to participate in governance, bring the effectiveness of social governance, form a multi-agent cooperation among the government, the market, and society, and improve the collaborative governance capabilities among many organizations. (Zhou, *et al.*, 2018) Take the “Beijing National Fitness Regulations (2017)” as an example, Article 2 of the regulations stipulates that national fitness reflects the principles of government-led, taking citizens as the main body, sponsored by the society, supported by organizations, participated by the market, built and shared by all, and promoting the national health. It basically clarified the role of subjects involved in social collaborative governance.

2.1 The Duty of the Government

According to the “Regulations” of the State Council, there are two ways to promote and achieve national fitness. One is to provide guarantee through public sports services by the government, and the other is through sports

commercial services and sports consumer markets. The “Regulations” of the State Council define national fitness as the government’s responsibility and stipulates that the government has the obligation to guarantee the realization of citizens’ right to participate in national fitness activities. Therefore, the government should achieve this through the provision of public sports services. For services that are required by the government and cannot be provided due to objective conditions can be met by purchasing services.

Framing the scope of basic public services in accordance with the “Public Culture and Sports” part of the “Twelfth Five-Year Plan” of the National Basic Public Service System, it includes facilities for residential areas, sports facilities, parks, squares, green areas and other public places, fitness equipment, services, fitness guidance, physical training standards, and national fitness testing. For basic public services, the government should play a fundamental role.

The government’s responsibility for providing the national fitness program does not mean that the government directly organizes the national fitness program. The government’s responsibility for guaranteeing national fitness includes multiple aspects: formulation of plans, the construction, operation, maintenance and management of facilities, cultivation of social organizations, guidance of fitness activities, monitoring of national fitness, testing the physical conditions, supervision and management of services provided by the society and market. There are many ways to realize government responsibility: the government can directly invest in the construction of fitness facilities for the people or use social fitness facilities through financial subsidies and purchase of services; the government can directly operate and manage fitness facilities and can

also entrust professionals organization and operation management.

2.2 Promotion From All Aspects

Taking citizens as the main body. The “Regulations of the State Council” clearly state that citizens enjoy the right to exercise and are the subject of rights; the comprehensive fitness center calls for and benefits the individual citizens, who is the participant in fitness; (Wang, *et al.*, 2018) individuals are responsible for their own health. Citizens need to establish a sense of subjectivity and have the right and responsibility to share and carry out fitness activities.

Sponsored by the society. We should let the society play its role with full strength, integrate social resources, and play the role of social bonding. It needs to achieve the “national system” of mass sports and national fitness with social forces and mobilize various organizations such as sports organizations, fitness groups, sports clubs, etc. to expand the social basis of national fitness. Social hosting is also a supplement to the government’s leadership, and it can undertake the work and responsibilities after the government’s control is reduced. (Guo & Chen, 2018)

Supported by organization. We should give play to the organizational strength of institutions, enterprises, public

organizations, community groups, street communities, etc. On the one hand, it should support internal employees’ fitness activities to protect the rights and interests of employees; on the other hand, it should integrate with the surrounding population or organize and serve the surrounding population to carry out fitness activities. For example, organizations, enterprises, and institutions can organize internal fitness activities; communities can promote national fitness by implementing fitness instructor systems and strengthening middle-aged and elderly activity centers. (Wang & Wu, 2001)

Participated by the market. The reform and development in many fields have proved a truth. Only with full market participation can the cause of this field be sustainable. Pure competitive sports have a high degree of marketization, and they are generally marketed through sports clubs and professional leagues. Simple school sports also have relatively adequate financial guarantees. National fitness emphasizes more on the participation of the people and often does not pursue professionalism, competitions, or excitement. However, there is also a vast of opportunities for market operation. The enthusiasm of market participation should be fully mobilized.

Table 3
Part of the Social Participation Specified in Several Local Regulations

	Workers, youth, disabled, and women	Village committee	Volunteers (including sports instructors)	Commercial fitness gym	Fitness/sports organization	Insurance organization	Others
Guangdong	√	√	√		√	√	
Shandong	√	√	√	√	√	√	
Beijing	√	√	√	√	√	√	Sports company
Shanghai	√	√			√		Management organizations such as industrial parks and commercial buildings

Note: Organized according to local regulations.

3. CULTIVATION OF SPORTS ORGANIZATIONS

The vigorous development of various non-governmental sports organizations has played a very important role in promoting the development of the national fitness program. At present, the number of foreign non-governmental sports organizations is at large. The development of civil sports organizations mainly faces the following problems:

First, the legal requirement for the establishment of the organization is too strict, which inhibits the enthusiasm of civil organizations. (He, 2019) For non-governmental organizations to organize national fitness activities, they need to obtain the qualifications of sports social organizations or private non-enterprise (hereinafter referred to as civil non-government organizations) through registration. Otherwise, they cannot obtain the funding and policy support (such as donations, government financial support, and tax exemptions, etc.). At present,

the Regulations on the Administration of Registration of Social Groups, the Provisional Regulations on the Registration and Management of Private Non-Enterprise Units, and the Interim Measures for the Registration, Examination and Management of Sports-based Private Non-Enterprise Units (Department Regulations) have strict requirements for registration and the approval procedures are complicated. (Han & Zheng, 2019) For example, you need to have a corresponding organization, fixed residence, full-time staff and activity funds of more than 30,000 yuan and can only be registered in the civil affairs department after the approval of the competent business department. For the non-governmental groups that really love sports and are keen to organize national fitness activities, the above requirements are too harsh and hinder their enthusiasm for organizing activities.

Second, according to the existing system, the role of “official” sports organizations is very limited. Taking Beijing as an example, as of 2017, sports social organizations are mainly composed of city and district/

county sports federations, 78 sports event associations (such as badminton associations, trekking associations, etc.), and some other non-organization civil groups. (Ye, 2017) The municipal, district and county sports federations are hub-type social organizations. Their main duties are focused on assisting the municipal sports bureau in performing administrative functions and focus more on the administrative aspect in its management. The tasks assigned to sports activities lack initiative, enthusiasm and vitality, making it difficult to play the role of sports social organizations. Sports social organizations in the new era should gradually assume such functions as public services, cultural dissemination, and the realization of national strategies. (Zhang, *et al.*, 2019, pp.15-16)

Currently, China’s social sports instructor team is very large, but its role is not significance and does not have the functions of social sports instructors. The development of social sports instructor teams and the cultivation of local sports organizations can be combined, and social sports instructors can guide the local sports organizations such as community sports clubs under integration. Such methods

as strengthening the training of social sports instructors, improving the commendation and incentive mechanism, and appropriately granting subsidies and compensation, can create job opportunities for social sports instructors and fully guide them to play a role in leading local sports organizations to carry out national fitness activities.

In addition, regarding the cultivation of sports organizations, we should start from the perspective of encouraging and supporting national fitness activities, from the aspects of resources, space, sports guidance, and funding (Liu & Wei, 2017, p.47) to resolve the “bottleneck” of the “last mile”.

4. FACILITIES AND SUPPLIES FOR FITNESS

4.1 Basic Concepts for Fitness Facilities

Broadly speaking, all facilities that can be used for national fitness activities can be defined as national fitness facilities.

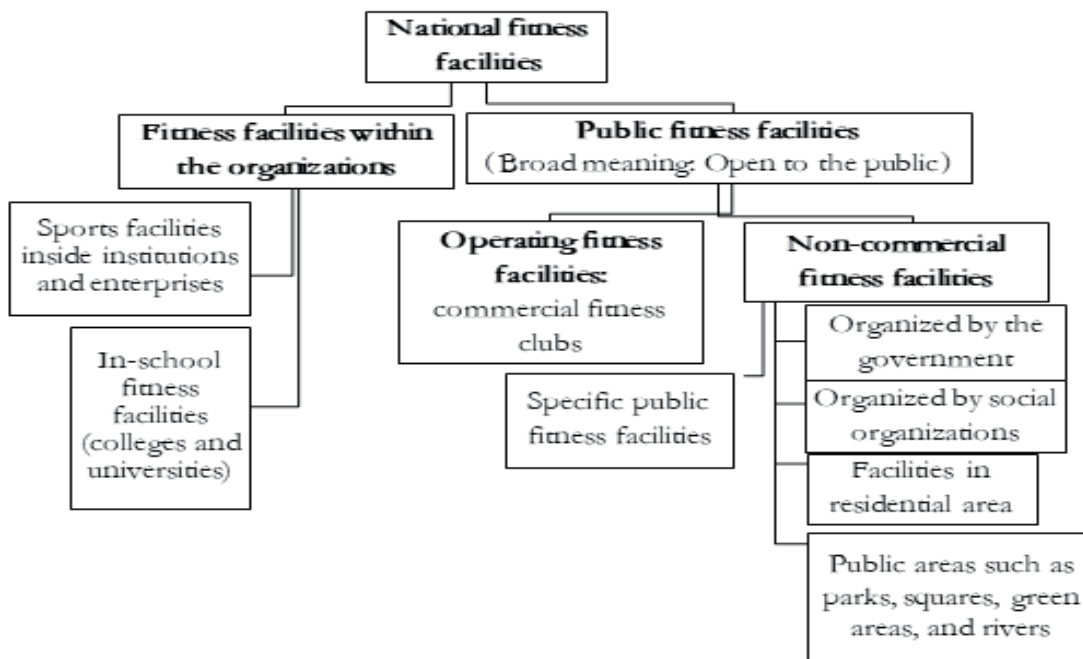


Figure 1
Diagram for National Fitness Facilities

According to the “National Fitness Regulations” and “Regulations on Public Cultural Sports Facilities” of the State Council, public sports facilities refer to sports buildings such as public stadiums and other places and facilities built and purchased by the government or social organizations and open to the public for sports activities. (Article 2 of the Regulations on Public Cultural Sports Facilities), excluding commercial sports facilities, sports facilities built in residential areas, and public places and areas such as parks and green areas. In the two regulations of the State Council, the latter kinds of sports facilities

are separately regulated and are excluded from the overall government planning and construction. For example, operating sports facilities are not directly regulated, and are mentioned mainly for the purpose of promoting consumption and the sports industry; the construction of sports facilities in residential areas is mainly regulated from the perspective of supporting facilities by the construction unit (Public Cultural Sports Facilities Regulation Article 14); sports facilities in public places such as parks and green areas are mainly standardized from the perspective of the managing unit’s arrangement

of the space (Article 29 of the National Fitness Regulations). In addition, sports systems and education systems in various places are under the jurisdiction of a

large number of sports facilities. The issue of the opening of these fitness facilities has been the focus of theoretical and practical point of views.

Table 4
Number and Area of Sports Spaces in Beijing

Organization type	Number of spaces	Percentage	Areas (10,000 spare meters)	Percentage of areas
Total	20,075	100.00	4768.83	100.00
Sports	570	2.84	689.51	14.46
Education	4648	23.15	1313.34	27.54
Subtype: higher education	1078	5.37	208.61	4.37
Technical and secondary schools	70	0.35	21.42	0.45
Middle and elementary schools	3353	16.70	1059.22	22.21
Other educational organizations	147	0.73	24.09	0.51
Others	14,857	74.01	2765.98	58.00

Note: Data collected from the 2015 Beijing Sports Work Conference.

4.2 Fitness Facilities in Residential Areas

The construction of fitness facilities in residential areas is the most convenient facility for the people to carry out fitness activities. It is the most basic guarantee for the fitness of the people and a basic public service that the government should provide. For example, “Beijing

Residential Public Service Facilities Allocation Indicators” and “Beijing Residential Public Service Facilities Allocation Indicators” (No. 7 Document of the Beijing Council [2015]) set separate requirements of fitness facilities in residential public service. In this requirement, residential public service facilities are divided into block, community and construction project level.

Table 5
Public Service Fitness Facilities in Residential Areas in Beijing

Level	Construction project	Block
Name	Outdoor facility area	Indoor fitness facilities
Area per thousand people	250-300 square meters	100 square meters
Minimum/standard space	Usable area of 200 square meters/location	Construction area of 700-1000 square meters/location
Facilities	A fitness path of not less than 200 square meters should be arranged for every 1,000 people; a standard basketball court should be arranged for every 3,000 people (at least a three-person basketball court should be arranged if the full layout is impossible); a standard basketball court, one soccer field, and one table tennis court should be arranged for every 5,000 people	Gymnasium, chess room, indoor fitness activity room and other facilities
Service/population ratio	1,000 – 5,000/location	7,000 – 10,000/location

In the case of ensuring sufficient fitness facilities, the turnover of fitness facilities and the improvement of utilization efficiency should be further promoted, such as exploring the opening of fitness facilities in residential areas and strengthening professional guidance on fitness facilities utilization. (Liu, 2016, pp.107-108)

4.3 Opening of the Government Stadiums

In China, departments of sports, departments of greening and park, and departments of education at all levels of government often have jurisdiction over some sports places. Opening and sharing of such sports places can increase the supply of social sports facilities.

In 2014, the State General Administration of Sports issued the “Notice on Promoting the Opening of Large-scale Stadiums for Free or with Low Admission Fees” and the Notice of the Ministry of Finance and the General Administration of Sports on Printing and Distributing the “Measures for the Administration of Large-scale Stadiums for Free or with Low Admission Fees”. The two documents regulate the opening requirements, operation management and financial support of large sports stadiums to which the sports department belongs.

Sports stadiums that belong to sports departments should formulate differentiated opening requirements based on their nature and main functions, considering factors such as their carrying capacity and operation and maintenance costs. (Zhao & Lei, 2011, p.74) For example, the sports department’s stadiums have sports professional training and teaching as their main function (such as the Temple of Heaven Stadium), some have professional competition as their main function, and some have services to the public as their main function. Opening to the society must take into consideration the main functions of the place and its suitability for national fitness activities. For example, some large stadiums are more suitable for cultural activities such as sports competitions or concerts, and national fitness activities are objectively a waste of resources; (Tan & Tan, 2015) some professionally training places are not suitable for national fitness activities and are easily damaged and the operation and maintenance costs are very high. Places that can be open to the public should provide public services and are suitable for national fitness.

In terms of the use of public stadiums, Guangzhou has made some explorations. For large places such as the

Asian Games stadium, Guangzhou has issued the “General Plan for the Use of Guangzhou Asian Games Stadium After the Game”, clearly recognizing that the admission fee collected from national fitness will not be enough. In order to maintain the operation of the stadium, the stadium is suited to host events, exhibitions and cultural activities; for other stadiums, we should encourage and support the opening to the public with admission fees. The “Measures for the Administration of the Opening of Guangzhou Sports Facilities to the Society”, the “The Public-Beneficial Subsidy Projects and Standards of the Opening of Public Stadiums in Guangzhou”, and the “The Public-Beneficial Financial Subsidy Accounting Measures of the Opening of Public Stadiums in Guangzhou” were formulated, forming a more operable, standard system. (Wang & Tan, 2018, pp.76-78)

4.4 Opening of Fitness Facilities in Schools

- Places suitable for opening. Judging from the characteristics of the school, it can be roughly divided into colleges and universities and primary and secondary schools.

There are certain constraints in the opening of stadiums in colleges and universities, such as the lack of facilities, insufficient incentives for economic benefits, improper management, and even cultural conflicts with social personnel. (Zhang, 2018, pp.88-89) However, colleges and universities generally have open management, and college students have certain risk assessment and avoidance capabilities. Most colleges and universities have explored the commercialization opportunities of their fitness facilities. Therefore, the study of the opening of school sports facilities to society should focus on primary and secondary schools.

The study of the opening of sports facilities in primary and secondary schools should focus on the following two factors: First, the nature and main functions of primary and secondary schools. The second is the demand for opening sports facilities in primary and secondary schools. On this basis, further research is conducted on the issues of opening, and the audience, schedule, and guarantee of opening.

- Audience and schedule for opening. Primary and secondary schools include primary schools, junior high schools, and high schools. They are the main places for children and adolescents to receive basic education. They are educational institutions in nature. The main responsibility is education and teaching. (Zhang, 2016, pp.94-95) Therefore, the main functions and responsibilities of primary and secondary schools in the national fitness program are to guide, supervise and guarantee the physical activities and fitness activities of the students. For the public fitness service for the general public, it is not the primary responsibility of primary and secondary schools.

Currently, most urban primary and secondary schools are not open to their students during off school time. This is inconsistent with the nature and functions of educational institutions, resulted in a large number of idle and wasteful sports facilities, and is against the goals and requirements of improving the physical health of the students and adolescents. Therefore, primary and secondary schools should open the fitness facilities to students during off school hours (including after-school hours, holidays, and winter and summer breaks). Opening to nearby students, residents and even other social organizations can be gradually liberalized considering the objective conditions.

Table 6
Regulations on Opening Sports Facilities in Some Provinces and Cities

Regulations	Audiences for opening	Opening schedules
National Fitness Regulations in 2017	Students Public schools should actively create conditions to open facilities to the public Encourage private schools to open to the public	Off-school hours and holidays
Implementation Opinions of the Ministry of Education on Promoting the Opening of School Stadiums to the Public (No.1 Document of the Ministry of Education, Physical Education, and Art Education [2017])	Students of the school, students in the school district, residents of the school community, and social organizations	Outside the teaching and sports time; staggered with working hours and study time of local residents; appropriately extend the opening hours during legal holidays and school breaks
Notice of the Xiamen Municipal People’s Government on Further Promoting the Opening of School Sports Facilities to the Society (No. 3 Document of Xiamen Government [2019])	Local residents	Schools shall make arrangements for themselves; in principle, no less than 2.5 hours per day during weekdays, and no less than 12 hours per day on weekends, holidays and school breaks
Notice of the General Office of the People’s Government of Ningbo Municipality on Further Promoting the Opening of Public Sports Facilities and School Stadium Facilities to the Community (No. 133 Document of the General Office of Ningbo Council [2018])	Society	Non-teaching hours such as weekends, national holidays, school breaks; off-school hours
Notice of the General Office of the Tianjin Municipal People’s Government on the Implementation Plan for Promoting the Opening of Schools and Stadiums in Our City to the Society (No. 39 Document of the General Office of Tianjin Council [2018])	School students, students within the community, local residents, and social organizations	Off-school hours (outside teaching time and physical activity time) and holidays

Objectively speaking, the most important factor hindering the opening of sports facilities in schools is safety. Schools are responsible to ensure safety for students and warn them about sports facilities. (Lin, H., *et al.*, 2012) Schools need to increase management to ensure safety; in addition, they need to be supplemented by financial subsidies and scientific assessment and reward mechanisms to encourage the socialization and opening of school sports facilities. (Wang and Wei, 2018) For example, the Ministry of Education and the General Administration of Sports (No.1 Document of the Ministry of Education, Physical Education, and Art Education [2017]) require the implementation of an open admission system; Tianjin City (No. 39 Document of the General Office of Tianjin Council [2018]) requires “quasi-student-style” management on residents who carry out campus sports activities around the school, and local residents need to swipe smart card with identity documents to enter the facilities. Ningbo City (No. 133 Document of the General Office of Ningbo Council [2018]) also requires that protective measures be combined with the physiological and psychological characteristics of children, the elderly and other groups.

5. EXPANSION OF THE FOUNDATION AMONG THE PEOPLE

National fitness is to achieve the effect of fitness for all and fitness for everyone. Therefore, the number of people participating in fitness is the key to the realization of the national fitness strategy.

5.1 Physical Education of Adolescents

The physical fitness of adolescents is important for the future of the country and the nation. At the same time, the adolescent stage is a key period for developing lifelong sports habits. The sports, fitness and health of adolescents is the goal of “Healthy China”. (Wan, B., 2017) Therefore, we must pay particular attention to the development of youth fitness. At present, the laws and regulations at the national level have comprehensive regulations on physical education in primary and secondary schools with high requirements. The “Sports Law” stipulates the content of school sports from the perspectives of physical education, extracurricular physical activity guarantees, physical exercise standards and stadium facilities. The “School Sports Regulations” specifically stipulates that schools must provide physical education classes, arrange class exercises daily, arrange more than three extracurricular sports activities per week, guarantee one hour of physical activity time per day, and hold a school-wide sports meeting at least once a year for three years. The National Fitness Regulations also clearly stipulate that schools should ensure that students participate one-hour sports activities every day while they are in school and that they hold at least one school-wide sports meeting

each year. However, in reality, the implementation of the aforementioned laws and regulations is not ideal. (Zhang, 2016, 525-526) Therefore, it is necessary to implement measures in local legislation and local government in response to that situation and urge primary and secondary schools to implement relevant laws and regulations.

5.2 Other Groups

- Sports for employee. Objectively, lack of time and space is the key factor restricting the fitness of the working group. Subjective reluctance to participate and organize sports activities is the main reason of the lack of fitness for the staff. (Hu & Liu, 2015) State organizations, enterprises, institutions, social groups and other organizations shall organize their own units to conduct on-site aerobics or other forms of physical fitness activities on every working day; if necessary, they can organize sports and other physical fitness activities and carry out physical exercises tests, physical fitness and other activities. They should also promote various forms of physical fitness activities on holidays.

- Fitness for the elders. Compared to employee sports, the elderly has relatively plenty of time to engage in fitness activities. The main efforts of fitness promotion for the elders are suitable places, appropriate professional guidance and suitable fitness exercises, and attention should be paid to the combination of fitness, maintenance, rehabilitation, and physical fitness for the elderly. (Yu & Zhao, 2002) We should pay particular attention to the scientific nature of fitness. For example, you can promote traditional fitness programs such as Tai Chi, Wu Qin Xi, combined with walking and jogging and recreational activities and sports activities (such as square dance) and so on, to reduce the amount of heavy exercise, or overloading exercises with a lot of position changings. (Fan, *et al.*, 2001)

- Fitness for the disabled. Compared with the fitness for staff who has support from the companies, the fitness for the elderly who has support from the family, the disabled need more support. China’s Sports Law, the Law on the Protection of Disabled Persons, the National Fitness Regulations and the Outline of the National Fitness Program all stipulate the guarantees of disabled people’s physical fitness. But objectively speaking, there are indeed problems such as insufficient government social support, weak willingness for disabled people to exercise outdoors, and sociopsychological exclusion. Government departments, park managers, and private fitness places should provide the necessary infrastructure and fitness equipment for disabled people’s fitness, and provide material guarantees for outdoor fitness for the disabled; (Wu & Wu, 2009) we should promote the combination of physical and mental rehabilitation and healthy fitness of the disabled, guide people with disabilities into the crowd and exercise in nature; strengthen publicity and social guidance, and welcome and encourage people with

disabilities to actively and safely exercise with a loving, harmonious and inclusive social environment. (Huang & Huang, 2011, pp.27-28)

Fitness should be a lifelong cause for all citizens, a happiness project that benefits the country, the people, and the home. To achieve national fitness, policies and laws are the guarantee of basic implementation. Social co-governance can promote the participation enthusiasm most extensively. Sports organizations can play a leading role in national fitness. Fitness facilities provide resource guarantees and expand the foundation among the people. We shall ensure the realization of the people's right to national fitness and the strategy for national fitness with the guarantee of mechanism, governance, organizations, resources and facilities, and human resources.

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