

Research on The Sports Life of Urban Residents in The Post-epidemic Era

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Abstract

In the post-epidemic era, exploring the tasks, functions and paths of town residents' physical fitness has reference significance for the current reform and development of national fitness. This paper studies the physical life of urban residents by using the methods of literature and interview. It is found that urban residents gradually adapt to home exercise during the epidemic period, but with the advent of the "Post Epidemic Era" and the guidance of many online sports software and small programs, the physical exercise of the majority of urban residents has gradually changed to the combination of indoor and outdoor. Although its sports methods and contents are more abundant and diversified, there is a lack of sports venues and facilities, a serious lack of community sports guidance services, and people's awareness of lifelong physical exercise is weak. Through the research on the sports problems of urban residents in the post epidemic era, we can strengthen the people's awareness of lifelong physical exercise, fully integrate sports resources and big data high technology, promote the high-quality development of urban residents' Sports in the post epidemic era, and have practical and guiding significance for improving the sub-health physical state of the whole people.

Keywords

Post epidemic era, Urban residents, Sports life, Community sports.

1. INTRODUCTION

The new crown pneumonia outbreak has greatly affected the lives of people in various countries, and General Secretary Xi has always put the lives and health of the nation's people in the first place and the need to scientifically and precisely win the sniper war on epidemic prevention and control as an urgent domestic governance priority, constantly implementing and strengthening the normalization of prevention and control work and life under the new situation. At present, the state of urban residents living at home during the epidemic prevention and control and economic pressure have seriously affected people's psychological and physical health, but online network sports instructional videos, APPs, and small programs have played a role in promoting and improving physical fitness at home during this period. Since the post-epidemic era, the physical exercise of the majority of urban residents has gradually shifted to a combination of indoor and outdoor sports. According to the current situation of residents' community sports, the concept and methods of sports have been continuously improved and perfected, strengthening the physical and psychological quality of urban residents and insisting on the implementation of the "Health China 2030" Planning Outline and The construction of a strong sporting country is just about to be implemented to enhance the long-term peace and social harmony of the country.

2. THE EFFECTIVENESS OF URBAN RESIDENTS' FITNESS IN THE POST-EPIDEMIC ERA

2.1. Concept of post-epidemic era

The term "post-epidemic era" not only refers to the era after the new epidemic, but also has the meaning of "confrontation and confrontation", that is, the era after the epidemic is changed differently from the era before the epidemic. This term was first proposed by the American scholar Thomas Friedman, and the famous scholar Wang Zhuli described the post-epidemic era as follows: the post-epidemic era is a time when the new epidemic is not completely overcome and people need to live with it for a long time, during which there will be ups and downs and a greater impact on people's lives in all aspects; General Secretary Xi has also mentioned the post-epidemic era many times in his diplomatic and domestic work, which has broken the established production and life style of the original era and also burst out a new The post-epidemic era has also been mentioned many times by General Secretary Xi in his diplomatic and domestic work.

1. The beginning and end of the post-epidemic era show uncertainty; moreover, outbreaks have non-indirect fluctuations and do not refer to specific time periods, specific regions and specific populations. Foreign epidemics ebb and flow with each other, coupled with institutional and seasonal changes, leaving the epidemic in a state of uncertainty for a long time;

2. the emergence of the epidemic puts social development in a slowed down state, and even some countries are unable to cope with the economic and other pressures brought by the epidemic, and society is in a continuous vicious circle, while the domestic scientific and active response to the epidemic outbreak under the leadership of the Party Central Committee has achieved excellent results;

3. After the outbreak of the epidemic, the country resolutely implemented the national unified anti-epidemic policy and implemented self-imposed home quarantine and did not go out unless necessary, and the anti-epidemic life entered the home quarantine state. The rapid spread of the Internet and mobile applications has given rise to various "cloud classes", "cloud sports", "cloud office", etc., which are quickly derived from the new era of people's life and work methods after the epidemic.

2.2. Effective strategies for preventing and controlling outbreaks

The "National Fitness Plan (2021-2025)" clearly points out that we should be guided by Xi Jinping's thought of socialism with Chinese characteristics in the new era, thoroughly implement the health China strategy and the national strategy of national fitness, establish and improve the high-level public fitness infrastructure and service system, adhere to the people as the center, adhere to the new development concept in the field of sports, give full play to the participation of all people in sports in improving the health of the residents. The "Health China 2030" planning outline points out that the people's health is a priority development strategy, based on national conditions, and constantly encourage the participation of all people in The "Health China 2030" plan outlines to give priority to people's health, based on national conditions, encourage the participation of all people in sports, strengthen the integration of physical medicine, complementary and coordinated development of Chinese and Western medicine, and non-medical health interventions, continuously improve the system of testing the health of the general public, use technology and network data to monitor physical health and carry out sports risk assessment, and promote the active participation of key groups in various sports to improve the health quality of the whole population.

In the epidemic period, doctors and nurses at the Fang Cabin Hospital used various folk exercise means to lead patients to do simple aerobic exercises, demonstrating that the

combination of physical medicine not only helps to alleviate people's psychological stress, but also boosts confidence in overcoming illness [1]. In addition, the continuous and resolute implementation of the national epidemic prevention strategy, the promotion of people to improve their health, the development of a good state of life of scientific exercise and fitness at home, and the promotion of the general population to develop lifelong sports awareness habits and maintain excellent physical and mental health have laid a solid foundation for a smooth entry into the post-epidemic era.

2.3. A means of social order stability

During the epidemic, online sports showed a spurt in development, with various public numbers and short videos and sports apps such as "Cloud Sports", "Cloud Fitness" and "National Fitness" released. The way and method of home exercise, exercise intensity, exercise time and active relaxation after exercise, effectively enhance the enthusiasm and participation of the majority of residents in sports; indoor sports programs also show diversification: there are treadmills, core strength exercises, yoga, table tennis, etc., combined with online sports guidance, the majority of urban residents' physical and mental quality has been greatly improved. Nowadays, it is the post-epidemic era, to continuously expand the sports venues and sports scale of the majority of urban residents, to improve or transfer psychological anxiety, anxiety and other adverse emotions through sports and exercise, not only to enhance physical and mental health and enhance physical immunity, but also to promote social stability and order, to enhance people's continuity and sense of access to physical exercise, and to continuously develop a lifelong awareness of sports, so that leisure sports continue to promote the cultural impetus of community-wide physical fitness movement.

2.4. Lifelong Sports Philosophy

In the post-epidemic era, sports for urban residents are a combination of indoor and outdoor, online and offline, and continue to drive the development of family sports and online group sports. During the epidemic period, students were taught online, parents became supervisors and guides of students' learning and life, and the concept of family sports had a direct guiding effect on the development of students' fixed sports habits and lifelong sports awareness; network group sports were based on sports enthusiasts during the epidemic period [2], using the Internet as a traction to organize online sports activities and spontaneously formed non-profit sports groups. In the normalization of epidemic prevention and control, online and offline sports activities are continuously ensured, new development methods are actively sought and the legal status of online group sports is consolidated, which becomes the basis and breakthrough for enhancing sports development and social governance of urban residents in the post-epidemic era. It is reported that the "Sports is persistence" super talk on Sina Weibo has been read 16.58 billion times and discussed 18.995 million times, and the "Sports" topic has been read 31.34 million times and discussed 52,000 times. These data show that in the post-epidemic era, the majority of urban residents have a good sports atmosphere and environment that combines online and offline sports, laying an excellent foundation for urban residents to participate in sports and form a lifelong awareness of sports.

2.5. Improvement of sub-healthy body means

The essence of sports and physical exercise for the general urban residents is to enhance physical fitness and regulate mental health, which is also the fundamental content and task of people's fitness. The "National Fitness Plan (2021-2025)" points out that increasing the supply of national fitness venues and facilities, widely carrying out national fitness events and activities, and promoting the integrated development of national fitness is the basic guarantee for people to improve their health and enhance people's happiness. Urban residents to widely carry out a combination of indoor and outdoor sports exercise can significantly improve the body immunity,

through a combination of aerobic and anaerobic exercise, suitable strength training, speed - agility - flexibility and other related sports content to improve the body's immune system.

3. THE TASK OF RAISING THE SENSE OF ACHIEVEMENT AND ACCESS TO SPORTS FOR URBAN RESIDENTS IN THE POST-EPIDEMIC ERA

3.1. Enhance people's awareness of sports and promote and advance the dream of a strong sporting nation

The Outline for the Construction of a Strong Sports Country states that we should vigorously promote the deep integration of national fitness and national health, improve the quality and efficiency of sports development, and today the physical and mental health level and physical literacy of the majority of urban residents have been continuously improved, the public sports service system has been initially established, the overall strength of competitive sports has been further strengthened, and the domestic sports industry has further achieved high-quality development and made significant new progress; proposes 2035 and 2050 strategic goals, by 2035, to achieve a new pattern of sports development compatible with the development of socialist modernization, more perfect public services, strong government leadership, active participation of the people in sports, sports-related market full of vitality, more than 90% of urban residents can pass the National Physical Fitness Test Standards and pass; by 2050, China's socialist modern sports power By 2050, China will be a modern socialist sports power, and the overall comprehensive strength of sports and the health level of people's bodies will be among the top in the world compared with other countries, and the dream of a strong sports country will be truly realized [3]. The improvement of the physical health level of the majority of urban residents is the basis for the realization of the dream of a strong sports country, and the promotion of sports for urban residents in the post-epidemic era is to continuously meet the current epidemic prevention and control of the normalization of their physical and mental health, and to promote and facilitate the realization of the dream of a strong sports country.

3.2. Collaborate with regionalized fitness communities to promote science-based fitness

During the epidemic period, the life and actions of urban residents were managed and supervised by the community, and people were more familiar with them. Creating a collaborative regionalized fitness community can help change the lifestyle of urban residents, and in the post-epidemic era, urban residents can engage in community sports and fitness, and the improvement of community infrastructure and the establishment of community sports guidance service system play an important role in creating a collaborative regionalized fitness community. However, there are few professional community instructors in the field of sports, and the construction of community infrastructure is uneven, which to a certain extent affects the development of community sports and the holding of large-scale sports. In addition, the creation of synergistic regionalized fitness communities should combine online and offline, combining online group sports with offline venues and synergistic regionalized fitness communities in the post-epidemic era to enrich the diversity and form of fitness programs for urban residents, thus expanding and influencing more urban residents to participate in physical fitness. The popularization and rapid development of synergistic regionalized fitness communities can not only improve the moral cultivation of the majority of urban residents, but also have significant effects on the development and strengthening of physical and mental health, and the combination of scientific fitness and synergistic regional learning communities can make physical fitness concrete and subtle from the details and actualize actions, plus the continuous use of scientific knowledge system to provide basic knowledge of sports at all levels in an It is of great practical significance that the system of scientific knowledge is constantly used to popularize and explain the basic knowledge of sports at all levels in an easy-to-

understand way, so that the majority of urban residents can better exercise their physical quality and quickly achieve national fitness.

3.3. Enhance the concept of sports for urban residents and develop various sports models

Urban residents have more free time during the epidemic, but the groups participating in sports are obviously unreasonable. First of all, the age of family members in home sports and fitness is generally young and mostly students, and there are fewer adult groups, which is fundamentally caused by the weak awareness of urban residents in sports and fitness and the limitation of sports grounds. Through research, it is found that sports are less restricted by space, and sports equipment can be effectively replaced by home furniture, in addition, it is also possible to create a space dedicated to indoor sports, complete with sports and fitness infrastructure, standardized management, and become the first choice for community sports. The national construction of community infrastructure has been relatively complete so far, and there are fewer guiding documents to create a family-style fitness space environment, coupled with the new crown epidemic has prompted people to recognize the importance of physical fitness, family members of all ages should make full use of their free time for home sports exercise, not only to regulate the mood, but also to improve physical health, the post-epidemic era epidemic has indirect In the post-epidemic era, the epidemic has indirect fluctuations, and with the arrival of the autumn and winter seasons, the epidemic may rebound, therefore, the family-type sports environment into a model, through the development and dissemination of the community, can quickly enhance the concept of sports for the majority of urban residents, enhance their knowledge of the concept of sports, and should accelerate the construction of a family-type fitness environment to introduce governmental policy documents to guide and plan, through the network information technology, small programs, sports app, online At the same time, we should speed up the introduction of government policy documents to guide and plan the construction of a family fitness environment, and widely disseminate it through online information technology, small programs, sports apps, offline media publicity and public broadcasting, so as to improve the physical health and sports concepts of urban residents.

3.4. Promoting online sports teaching and improving independent fitness learning for residents

With the rapid development of Internet technology and applications, the global network users rose to 5 billion and mobile users rose to 10 billion by 2021; as of December 2020, the size of China's Internet users reached 989 million, an increase of 85.4 million from March 2020, and the Internet penetration rate reached 70.4%. During the epidemic, multiple types of sports apps, online sports instruction videos, and small programs for online sports and fitness instruction, and cell phones are occupying most of people's lives, so online sports instruction teaching came into being. Due to the lack of training in the basic knowledge system of sports and fitness in the field of sports, the majority of urban residents should first assess and quantify their physical fitness status [4], and then develop a scientific and standardized sports and fitness plan, and in the process of implementing the sports and fitness plan, they should acquire certain knowledge of sports in order to make the organism recover quickly. Therefore, the development of online sports teaching, first of all, should regulate the network sports instruction teaching environment, the introduction of relevant laws and regulations; secondly, sports professionals to carry out for the majority of urban residents home sports and fitness to build a scientific, standardized, detailed sports and fitness knowledge system, through the official authoritative platform will be released; finally, should strengthen the offline community sports instructors to popularize and promote Residents' independent fitness learning.

4. PATHWAYS TO PHYSICAL EDUCATION AND SPORTS FOR URBAN RESIDENTS IN THE POST-EPIDEMIC ERA

4.1. Strengthen the idea of physical exercise and scientific prevention and control of the epidemic among urban residents

Scientific prevention and control not only includes the vaccination of all citizens with the new crown vaccine, but also includes scientific treatment, continuous vaccine research and development, and scientific prevention and control of the epidemic. The national government has formulated and promulgated a number of policies and regulations to encourage and promote the scientific fitness movement of urban residents. It is inseparable from the overall comprehensive interests of the country. For this reason, urban residents continue to advocate for sports and exercise and mobilize more people of different ages to participate in sports, continuously improve the physical and mental health of the majority of urban residents, and promote the deep integration of urban residents' fitness and health.

4.2. Construction of regionalized sports communities and related software and hardware facilities

The sports community is a landmark pilot for urban residents to develop universal participation in sports to improve their health. At present, the utilization rate and per capita occupancy rate of sports facilities in China's urban communities are relatively low, and the construction of basic community sports facilities needs to be urgently addressed. The government should take the lead in improving the construction of sports and fitness related facilities based on a long-term vision to provide good fitness venues for the majority of urban residents. Different groups of people have different needs for the use of sports facilities, so the expansion of sports facilities and sports equipment should be targeted to improve the utilization of sports facilities to meet the needs of urban residents for fitness and sports. The combination of sports and medicine is a powerful measure advocated and promoted by the state to improve the health level of the nation. The community should establish a perfect health center, whose main function is to provide medical and health services for the community, and to better improve the health level of the majority of urban residents through the combination of sports and medicine.

4.3. Coordinate community sports guidance service personnel and sports research personnel to enhance the fitness awareness of urban residents

Scientifically enhancing the development of physical and mental health of the whole population is an important initiative for the health of the whole population, improving the construction of a professional guidance service system for community sports, optimizing the creation and management of community physical health centers, bringing into play the power of sports researchers, collaborating with the improvement and strengthening of regionalized fitness communities [5], holding cultural and sports activities that meet the urgent needs of urban residents for physical fitness and physical and mental health development.

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