



The Way to Deepen Reform of School Physical Education in the Background of “Healthy China”

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Received 7 June 2017 • Revised 2 August 2017 • Accepted 20 September 2017

ABSTRACT

“Healthy China” has always been a major project of great concern in China, and also an important foundation to fulfill the Chinese dream of a great rejuvenation. School physical education is an important basis for students’ lifelong physical education, nationwide fitness, national health and construction of healthy China. In this paper, literature consultation and expert interview methods were mainly used to discuss the profound connotation of “Healthy China”, and deepen reform of school physical education in the construction of “Healthy China” was studied-analyses of the guidance of “Healthy China” construction on deepen reform of school physical education and the way to such reform were done by relying on the functions of school physical education.

Keywords: healthy China, school physical education, health education

INTRODUCTION

In “Opinions on strengthening school physical education and facilitating students’ all-around development with both physically and mentally health from the General office of the State Council” issued in May.6th, 2016, strategic deployment as “strengthening physical education course and extracurricular exercises, and facilitating youth mental and physical health and fitness” has been made. The youth being both physically and mentally healthy, strong-willed and full of vigor is a manifestation of national vitality, a symbol of social civilization and progress and also a major reflection of the national comprehensive strength (Zhang & Li, 2017). Physical exercise is one of the effective ways to enhance students’ quality of health, which plays an indispensable role in the formation of youth ideology and morality, intelligence development, aesthetic accomplishment and healthy lifestyle (Yang, 2016; Gao & Wang, 2017). Strengthen school physical education is an important way to the implementation of quality-oriented education and promotion to all-around development of students. This is very important for advancing modernization of education, construction of healthy China and strong human resources nation, and realization the Chinese dream of the great rejuvenation of the Chinese nation.

On Oct.25th, “Healthy China 2030” planning outline (hereinafter referred as outline) was issued by the Central Committee of the Communist Party of China. The outline is a program of action that boosts construction of healthy China in the future 15 years and also a major measure to ensure national health and even all-around well-being. Everyone should participate in and be healthy and take responsibility in the construction of healthy China. It is mentioned in the outline that the standardized rate of school sports grounds and facilities configuration would reach 100%, young students would go in for moderate sports activities for over 3 times every week, and excellent

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Contribution of this paper to the literature

- Healthy China is a national strategy and so we should profoundly understand the connotation of Healthy China.
- The development of school physical education has been highly concerned by the nation and the way to deepen reform of school physical education is crucial.
- Strategy of Healthy China promotes reform of school physical education, and in turn the reform drives the realization of construction goals of healthy China.

rate of fitness and health standards of national students would be over 25% by 2030 (Lin, 2012). As an important part of national sports development, school physical education surely step into an important opportunity period of strategic development in the all-around deepening reform under the guidance of national building “Healthy China” in an around-way. “Healthy China” is a national health undertaking that belongs to our national level, however, the field of school physical education should make a due contribution to realize national shared “Healthy China” through closely following advanced global governing theory and practices, as world is closely linked by informatization (Yang, 2013).

CONNOTATION OF “HEALTHY CHINA”

Xi Jin-Ping, General Secretary, highlighted in the national health and hygiene congress that “All-around well-being could not be realized without national health”, which fully reflected the development idea of Chinese party as people-centered (Zhou et al., 2012). The hosting of national health and hygiene congress, an important congress in the crucial period of realizing the objective of struggle- “Two Centenary Goals”, has blown the times horn of building healthy China. Physical education is an important part in the construction of healthy China and it is very important for improving people’s physical quality and healthy level, facilitating people’s all-around development, enriching their spiritual and cultural life, stimulating their spirits of pursuing excellence and exceeding oneself. When met Chinese sports delegation of the 31st Olympic Games, Xi pointed out that sports are an important sign of social development and human progress, an important reflection of comprehensive national strength and soft power. He stressed that they should fully realize the positive significance of sports in improving people’s health level, implement the national strategy of nationwide fitness, popularize nationwide fitness exercises and impel the construction of healthy China. Such an important speech from Xi put forward clear demands on the sports development serving to the construction of healthy China from the height of the overall progress of the cause of the Party and the Nation, and sports system should therefore combine with the practice of work, thoroughly implement and strive for boosting the construction of healthy China.

“Suggestions on formulating the 13th five-year plan regarding national economy and social development from the Central Committee of the Communist Party of China” deliberated and passed in the Fifth Plenary Session of the 18th Central committee of CPC, has clearly put forward the promotion of construction of “Healthy China”, and released planning outline “Healthy China 2030” immediately. The outline is a program of action to promote “Healthy China” in future, a major measure to carry out the spirits of the Session and ensure people’s health, and of important significance in building a moderately prosperous society and speeding up the construction of socialist modernization. “Healthy China”, a social system project, has a significant benefit on the contemporary era and the future generations, which shows a general trend of national demands on development and masses desire for health and needs common participation of the whole national people undertaking their own liabilities. Deepen reform of school physical education is a key point of present China’s school physical education administration, which is the origin of the cultivation of “idea of lifelong physical education”. The school physical education has unconsciously influenced students’ excellent quality beyond physical education, such as ideology and morality, sense of collectivism, and spirits of solidarity and cooperation. Xi pointed out that people’s health should be preferentially developed, emphasis in future work should be laid on the popularization of healthy life, further optimization of health service, further perfection of health security system and efforts on construction of healthy environment. To speed up the construction of healthy China, all should base on nationwide health (Ye, 2012). This shows the

connotation of the construction of healthy China is not only to ensure physical health of the whole national people, but also to create healthy environment and facilitate the forming of people's healthy lifestyle under the joint efforts of the nation and society. This concept of "comprehensive health" is a concept of rather comprehensive, systematic and scientific health, and a mode of systemized health interference that promotes people to guarantee physical health by participating in physical exercise. The health mode follows and leads the trends of era development.

SCHOOL PHYSICAL EDUCATION BEARS THE FUTURE OF HEALTH EDUCATION

Presently, the number of China's adolescent students accounts for around 20% of the whole population. Their healthily growth is closely linked to nation's hope and future. Therefore, it should focus on the cultivation of adolescent students' health literacy. Adolescent is the foundation of a society, their physique and conditions of physical health have directly connections with their capacity of undertaking the momentous historical tasks – making nation strong and prosperous (Wang & LI, 2010). Strengthening school physical education regards the improvement of adolescent sports accomplishments and development of healthy behavioural patterns as important content of school education. It would implement plans of promoting adolescent's sports activities, organize colourful adolescents' sport activities widely to enhance their physical quality, master sports skills and cultivate interests of exercising and form into good habits of lifelong fitness. With the rapid development of Chinese economy, deepen reform of school education and the development of the cause of national sports have advanced with times and physical education in China has advanced sharply in a short term (Wang & Pan, 2013). School physical education, an important part in both school education and Chinese' sports cause, is crucial to China's social development.

School physical education has a profoundly and permanently promotion to adolescents' physical health. In recent two years, nationwide fitness and lifelong sports development strategy put forward by nation are important measures to enhance physique of the whole national people, which reflects national recognition of the importance of people's physical health on the basis of status of declination in physical health levels of adolescent. School physical education has its unique advantages in promoting adolescent students' participation in physical exercises as follows: Firstly, it conducts vigorous propaganda on the knowledge of physical exercise by utilizing the impacts of physical education class, in which it employs multiple modern media to promote the modern functions of modern physical education, and makes an utmost efforts to support the development of sports and cultural undertakings, encourages sports consumption so as to improve the awareness of adolescent students' participation in physical exercises. Secondly, in doing so, correlative learning and guiding on school physical education, social physical education and competitive physical education has been invisibly reinforced, sustainable development of physical education science had been promoted that provides wider development space for the progress of adolescent physical education. School is a growth cradle of adolescents, a living place for them most of the time, and so environment and education of school is crucial to the growth of adolescents. School physical education offers sufficient physical exercise time and scientific exercise methods for adolescent students, the good physical exercise environment and atmosphere from school has created beneficial conditions for fostering adolescents' habits of physical exercises, which plays an indispensable role in improvement of adolescent students' physical health levels.

Functions of Physical Education

Physical education is always closely linked to the social development in some periods and there are interactive development connections among social civilization, material civilization and sports own development. Physical Education Law, issued by China in 1995, divides physical education into school physical education, competitive physical education and social physical education, from which school physical education is the basis of the two letters, and its development even reflects demands and orientations of social physical education (Li, 2016; Cao et al., 2017). Adolescent students are fast in physical growth, physical exercise plays a remarkable promoting role in their physical and mental development. Functions of school physical education mainly reflect as follows:

Cultural aggregation functions of school physical education. Having experienced several curriculum reforms, China's school physical education is the combination of the East and West physical education now. That is to say, it combines advanced physical education thoughts of developed countries with China's national conditions, and also inherits and develops of China's traditional national sports events. In the beginning of the founding of new China, former Soviet Union physical education thoughts had a profound influence on China's school physical education that advanced China's school development. Since the opening up and reform, with the beneficial reference of the guiding thought "Health first", China's school physical education has been moved toward to a new stage, formation of teaching consciousness as teachers-led and students-oriented has built a good foundation for teaching mode of China's school physical education, and fully reflected school physical education's centripetal and cohesive forces.

Moral education functions of school physical education. The ultimate goal of school education is to let students to master rich science and technology knowledge and cultivate students to form into good ideology and morality. School physical education has its unique advantages in such cultivation. Physical education rules in school physical education activities, exerts a subtle influence on adolescent students. At the same time, it contributes to the unified and standardized behaviours of adolescent students. In some group events, it impels adolescent students to firstly regulate their behaviours and learn to discipline themselves, develop a good consciousness of cooperation, while in individual events, it develops the spirits of adolescents' as fair competition and hardworking. Morality education function in school physical education bears an important task- education of students' ideology and morality.

Education function of school sports. School track and field games, fully embody the function of education, the essence of which include: one is to cultivate students the unity cooperation, positive, dare to fight the thought quality, campus athletics sports game as the carrier, through the stages of psychological reaction, is revealed to all of the students "work together, unite as one" team spirit, "faster, higher, stronger" spirit of striving, and persevere in endure, bear hardships and stand hard work quality; Second, raises the student good moral sentiment, in track and field sports competitive game, the students' emotion and mood will be affected by a variety of shocks, which requires the students to do to win without pride and lose with grace, the vital experience better internalizes for own ideological quality;3 it is to train students' correct outlook on life and values, the campus sports meeting of "friendship first, competition second" to the students fully display the values of friendship, tolerance and respect for others, to guide students happy, happy life outlook on life.

"Lifelong physical education" functions of school physical education. School physical education not only teaches students' physical education skills, methods of physical education, and moreover promotes students to form into habits of physical exercise. In physical growth, adolescents are in the peak period of physical development, they would grow faster by participating in physical exercise. School physical education contributes to adolescent students' body capacity in daily sports activities; they will achieve good development in their body by doing so. In psychology, most of group events have positive cultivation functions on the psychological quality of adolescent students, their cooperation and aggressiveness as well as other fine quality could be therefore developed. In sports habits, school physical education plays a certain promoting role in fostering students' good sports habits, students would develop into "lifelong sports" habits through physical education class, extracurricular physical exercise and amateur sports training.

Sociality of School Physical Education

School physical education itself is a part of spiritual civilization, and plays an important role in the construction of social material civilization and spiritual civilization. Socialization of human is a process that people should master some life skills and social norms in the procedures of social survival so that be capable of adapting to the law of life. Teaching contents and means in school physical education plays a subtle role in human's procedures of socialization.

Family effect of school physical education. Family has always been an environment, from a person's birth to death. Sports meeting of parent-child in kindergarten have a significant family effect in school physical education. It is nature that parents live child. Kindergarten requests parents and children to common participate in sports meeting of school organization, which attaches equal attention to both children and parents and makes positive preparation. In the earlier stage, exercises of sports events are processes of physical and mental training for both children and parents. Among them, school physical education's functional effects -promotions to family education are very remarkable. As an important part in physical education, school physical education has inherent functional values of sports-enhancing students' physical health. School physical education contributes to students, members of society, to own good sports habits and rather strong physique through physical education and cultivation procedures on students in a collective and systematic manner. School physical education facilitates students to develop into good sports habits in teaching process. As core members in family, students would exert their influences on other family members with such habits, the influence effects would greatly promote the family school physical education.

Social benefits of school physical education. School physical education provides builders of good quality and strong will for society that makes contribution to social progress and harmony. As the most special course in school, school physical education takes unique physical exercises as main teaching contents. In learning process, students should overcome numerous problems thereof, and their willpower would be greatly improved during the fighting process with these drawbacks. In the organization, with characteristic physical education course cultivation, school physical education enables students to bilateral interact with society, gradually learn social mental orientation and social mental mode, and perform the role in society. In the organization of School physical education, recognition of view of value -connections among social norms, social roles demands, social development objectives and social development, students thereby gradually turn from a nature people to a social people and perfect themselves. In school physical education teaching process, these education and transmission on students make them better understand rules of society and further better connect with society. These education has great impacts on their whole life, and built a foundation for their better adapting to and serving the society.

WAY TO DEEPEN REFORM OF SCHOOL PHYSICAL EDUCATION

Promoting the construction of healthy China is, an important basis for building a well-off society in an all-round way and basically realizing socialist modernization, is a national strategy of enhancing Chinese national quality of healthy in an all-around way and realizing coordinated development among people's health, economy and society, and also a major measure of positively participating in global health governing, performing international commitment of sustainable development agenda in 2030 (Liu, 2013; Wu and Zhu, 2017). Strategy deployment of building healthy China puts forward a new requirement for sports development. National sport front should further go deeper into learn and comprehend the spirits of congress in future work, comprehensively promote sports undertakings to move forward to a new step again, and contribute to the new achievement of the construction of healthy China, and make a due contribution to the realization of objectives of struggle as "Two centenary goals" and Chinese dream of a great rejuvenation of Chinese nation.

The school sports resources are abundant, and the use of the school sports time to provide the universal fitness service is the good strategy for the rational utilization of sports resources and the serious shortage of sports facilities in the whole people. The construction of healthy China needs the common health of the whole nation, and the implementation of the national fitness program is an effective means to promote the construction of healthy China. School physical education not only plays an important role in the construction of healthy China but also bears arduous task. School physical education is very important for fostering adolescent students' awareness of sports and habits of sports. Direct task of physical education is physical education on students, while the indirect one is sociality of school physical education. It focuses on forming students' conscientious social sports habits and daily sports lifestyle by switching school sports knowledge and skills into society, letting students walk out of campus and towards society. Deepen reform of school physical education and promote construction of healthy China should mainly start from aspects as follows:

Change of Thought

Efforts should have made to strengthen inheritance of China's unique health value system by school physical education and organic connect with beneficial results of mainstream value concept of health in western countries. Physical education has always been a concern of nation, government and society. Guiding thoughts of China's physical education has experienced different phases: in the beginning of the founding of new China, emphasis was laid on military Physical education training in physical education; with the development of society, the guide thought of replacing physical exercising by labor emerged; by the beginning of 21st century, China's competitive sports has attracted unprecedented attention, and been a "one branch alone" in the development of domestic sports for a long time; in the middle and later 21st century, the thought of happy sports has begun to guide school physical education, and exerted the steps of reform of school physical education to a certain level; afterwards, interest sports, health first and other guiding thoughts have rapidly become popular and been the main guiding thoughts of China's school physical education. In the future, the value of orientation of the reform of China's school physical education should implement closely centre on the construction of sports core accomplishment system, and fulfil joint building of the blueprint of China's school physical education undertaking.

As China performs strategy of "Healthy China", physical education firstly should, give unique function s of the construction of "Healthy China" into play, and school physical education bears even important link role. This may request leaders at all levels and even all related personnel in school to change thoughts of school physical education, school physical education is not only students' sports activities at school but moreover an important phase that promotes students to foster habits of physical exercise, daily sports lifestyle, and set up lifelong sports idea during school. School should pass along scientific methods of physical exercises for students and function as a good conductor of social physical education. Students not only focus on the beneficial impacts of physical exercise on themselves during school, but moreover continue to take such exercises when leaving school and working, and should drive and affect people around to go in for scientific fitness.

Course Reform

Efforts should be made to enhance China's right of speech in school physical education during the process of formulating global health undertaking rules so as to form into a governing mode of "Healthy China" in China's school physical education. School physical education has a decisive position in both sports function and its role in social development. Chinese school physical education curriculum reform has started since the beginning of 21st century, and greatly promoted the development of school physical education in the recent 20 years' development process. Formulation of the "Criterion of physical education" in a new round would surely achieve greater social profits on the basis of good effects in the earlier stage. However, under the circumstance of all-round consideration and arrangements in whole nation, development of national school physical education tends to extremely imbalance, any social reform would be well developed in economic developed regions and provincial capital cities, economic less-developed regions, remote regions, in particular, are slower developing, which becomes block zones in national school physical education development.

To boost balance development in school physical education, emphasis should be laid on economic less-developed regions and remote regions' school physical education development status, make inclination towards these regions in local policies at national level, increase investment and management in physical education of schools in these regions to speed up their development in school physical education. In the process of reforming school physical education "curriculum standards", it should formulate curriculum standards targeted at economic less-developed and remote regions' school physical education and compile special textbook-editing local folk-custom into physical education, reflect local sports characteristics on the basis of wholly conforming to national unified requirements, compile such characteristics into school physical education textbook, and replace contents of school physical education with the development of society.

Facilities Perfecting

Efforts should be made to promote modernization of comprehensive guarantee supporting of Chinese school physical education facilities and playgrounds, realize regional equalization development in school physical education public services. School physical education cannot develop without supporting of its facilities. Make a rational allocation on school physical education playgrounds and equipment-state and government would make a uniform configuration on partial school's sports equipment, regarding economic less-developed regions and remote regions as key supporting objects, and utilizing special funds on school physical education of uniform configuration to perfect school physical education facilities. For instance, allocate sports lotteries funds for school physical education special funds, invest partial funds of nationwide fitness into school physical education facilities' construction, and advance national fitness and school physical education resources sharing; local government and schools should widely attract social capital to invest school physical education construction, utilize investment of outside working villagers or successful entrepreneurs in hometown school physical education construction, use the way of naming school after main investor to push forward economic less-developed and remote regions' school physical education to closely advance with the development of China's society.

Schools make sports equipment according to local folk and custom sports actual demands, such as school launches own teachers and local villagers to make sports equipment. Self-making school physical education equipment according to local customs and folk and sports events features firstly should make equipment with consumable items with low capital input. If high-priced consumable items are really needed during the making process, school should endeavour to government special fund investment and also social funds. Applying folk custom sports equipment into local school physical education, not only could fill up the gap of school sports equipment, but also promote folk custom sports items to be characteristic items of local school physical education. This will help to promote folk custom sports items to develop from campus to society and attract social attention to local school physical education's construction and development.

Mode Diversification

Efforts should be made to speed up the transformation of promotion way of government unitary "Healthy China" policy and realize multiple subjects benefit sharing in Chinese physical education public resources. Besides, consolidate functional area of school physical education objects led by clearly and steady "Healthy China", steadily eliminate restrictions as inherent shortage of development conditions. "We should build a mechanism that negotiates and coordinates benefits among government itself, social non-profit organizations and market commercial organizations, and fulfil multiple supply for school physical education, and provide urgently needed sports facilities and corresponding government supporting facilities for adolescent students and local residents to maximum degree." "Macro-control function of government should reflect in enhancement of overall control ability rather than all kinds of sports public service manufacturing and specific operation activities. Therefore, government should input more funds and vigor into satisfying basically school physical education demands and local residents' fitness demands and other public sports resources supply."

We suggest to pair urban schools and rural ones and carry out overall development. Let local universities support rural primary and secondary schools in its region, and continuously arrange students of sports major to take internship at rural schools, and present old school equipment to rural schools. Really perform "two schools common practice", raise funds to support rural school physical education resources. Make overall distribution on sports teachers-local government formulates multiple preferential policies as encouraging sports major talents to work at these regions, requiring city teachers to go through one year teaching at rural schools for promotion, or encouraging teachers of high professional title to guide rural school's education, offering college students graduating opportunities to directly promote to high professional title by defined years' of working at rural schools. These would promote sound progress of school physical education.

CONCLUSIONS

“Healthy China” has been a major project of nation’s concern and a foundation to realize Chinese dream of a great rejuvenation of Chinese nation since the 18th National Congress of the Communist Part of China. School bears hope and future of billions of Chinese people, and school physical education is a important basis for students’ foundation of lifelong sports, all-round fitness and healthy China. School physical education undertakes huge responsibilities to realize nationwide health and the construction of healthy China. To fulfil a great project of healthy China, firstly, it should give sports unique advantage-promoting health into play, take school physical education as carrier, start from concepts and realize qualitative leap from school physical education to healthy China; To deepen reform, explore deeply integrated mechanism between healthy China and school physical education, capture positioning of school physical education, exert accurate power, perform systemized school physical education and promote deeply integration between school physical education and healthy China. At present, the realization of school physical education systemization is an urgent demand and task for promoting the construction of healthy China.

“Sports” plays a prominent role in the process of building healthy China, and functions of school physical education would be moved toward to a brand new step again. At first, features of mass and equality would be approved again, efforts should therefore be made to let whole social members to enjoy the pleasure of sports and promote the formation of people’s sports lifestyle; Secondly, lifelong value of school physical education would be further manifested. School physical education fosters people’s awareness of lifelong sports, guarantees for people’s lifelong sports, and makes sure that sports activities and practices would run through the whole life of everyone; Thirdly, school physical education would be more personalized. School physical education is a tool of education rather than purpose, it enables individuals’ liberation, development and perfection to be the foundation and starting point of construction of healthy China; Fourthly, School physical education has universality and diversification. Introducing folk custom sports into campus, promoting sports resources sharing and coordinated development between school physical education and masses could guarantee for masses various sports demands, and satisfy individual demands. In doing so, deepen reform of school physical education would be done and process of construction of “Healthy China” be promoted.

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