

Value connotation, development dilemma and solution path of youth football competition system under the background of physical and medical integration

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Abstract

This paper uses literature, interview and investigation methods to interpret the relevant policies of the integration of sports and medicine in China at the present stage. By comparing youth football events organized by sports system, education system and social system in China, the characteristics of functional cooperation and restrictions between football events of different systems and medical and health departments were sorted out. To analyze the nature and rules of youth football events, explore the problems faced by the development of youth football events in our country under the background of physical and medical integration, put forward research ideas, and explore the optimal path of its development.

Keywords

Integration of physical medicine, Junior Football, System of competition, Path to solution.

1. Introduction

The proposal of "health and health integration" in the 14th Five-Year Plan and the Outline of the 2035 Vision Goals implies that the country will not only solve the problem of people's medical treatment in the future, but also encourage people to develop a healthy and civilized lifestyle, from passive medical treatment to active health, from the treatment as the center to the people's health, and improve the national health education system. To improve the people's health literacy, it is necessary to widely carry out the national fitness campaign, strengthen the people's physique through the integration of health and national fitness, and promote the people's health. At the same time, the outline pointed out that the time of physical education class and extracurricular exercise for adolescents should be guaranteed, and national physical fitness monitoring and intervention should be carried out with adolescents as the focus. In recent years, the prevalence of chronic diseases among primary and middle school students in China has been on the rise, and the problems of students' physical health have attracted wide attention. The proposal of health integration provides macro policy support and micro practice support for the development of adolescents' physical fitness and health. In this context, the cross-integration of sports, medicine and health care departments has become a trend to promote the physical fitness and health of adolescents. It is particularly important to promote the concept of focusing on treatment to focusing on prevention. At this stage, it is very necessary to instill the concept of exercise to prevent diseases, so that adolescents and children develop a healthy and civilized lifestyle and cultivate exercise habits.

Youth competition is an important carrier for school physical education, project training and health guidance, and undertakes the important mission of improving youth sports skills and physical quality. Football has a wide range of audiences, simple way of development, popular forms of participation and other characteristics, is an effective way of youth sports participation. Football competition is one of the most basic and important forms of youth football activities,

providing an important platform for youth to participate in football activities. With the deepening of our understanding of youth football competition, it is of great significance to build a perfect youth football competition system for comprehensively deepening the sports power, promoting the integration of sports and education, and promoting the development of health and health integration. At present our country youth football competition system begins to accelerate the development, but it is still in the immature stage, there are various aspects of the problem. The purpose of this paper is to clarify the value connotation of the youth football competition system in the context of body-health integration, explore the dilemma of the development of youth football competition, and put forward the solution path, so as to provide direct practical ideas and implementation paths for the youth football competition system to promote the development of body-health integration.

2. Research Results

2.1. Value connotation of youth football competition system

Football competition is one of the important means to stimulate young people to participate in football activities and create a competitive atmosphere. It can effectively promote the popularization and promotion of football projects among young people. It can increase the time of physical activity of young people inside and outside class in the form of football competition, mobilize the enthusiasm and enthusiasm of young people to participate in football, and promote the frequency of young people to participate in physical activity and physical exercise. Through the organization of different levels of competition activities, it is helpful to promote the selection of young players, increase the competitiveness of young players, promote the development of their professional ability, and then expand the reserve of football reserve competitive talents, so as to drive more young people to participate in football activities. Football competition is the internal power to promote the construction of football culture and the sustainable development of football. Through the form of football competition, it can promote the formation of theme festival activities, fan culture, player culture and league culture, and then enrich the campus sports culture. Good campus sports culture and youth sports atmosphere can attract more teenagers to participate in it. Football competition plays a mediating role in the process of socialization of adolescents. The characteristics of competition and solidarity in football competition give adolescents the emotional experience of communication, competition and cooperation, frustration and growth, and cultivate their social adaptability. In football competition, adolescents not only exercise their bodies, but also temper their minds, and promote the comprehensive development of their individual body and mind.

2.2. Youth football competition system development difficulties

In terms of cognition, due to the integration of conflicts of interest, the development concept and goal orientation of the youth competition system in our country are not reasonable. The development of some competitions does not fully follow the law of youth growth and the idea of extensive participation of adolescents. In terms of organization, in the youth football competition system, the sports system, the education system and the social forces undertake the corresponding competitions, and gradually become their own system, with multiple fronts fighting for themselves, lacking an effective mutual circulation mechanism. At the same time, in the event organization, due to differences in professional fields and administrative systems, sports and medical and health departments have limited functions to promote integration, insufficient synergy, and lack of corresponding sports and medical professionals. In terms of system, the youth football competition system needs to be improved, there are registration restrictions and other phenomena; There are many intercollegiate football games in the school.

Lack of internal competitions, the total number of competitions was more than the average number of competitions per capita; In sports system competitions, the competition time is concentrated, and most of them are in the form of competition system. The setting of qualification is not uniform, and the qualification is set up barriers to each other or broad, and the group of participants is relatively single; Can not fully meet the needs of young people to participate in football competition activities. In terms of cultural promotion, the construction of cultural atmosphere of youth football competition is insufficient, and there is a relative lack of soft environmental symbolic things such as competition slogans and slogans.

3. Conclusion

Firstly, to promote the physical health of adolescents and improve their physical activities as a public affair, the school cooperated with many public health institutions and academy of Sciences to form an integrated adolescent physical health promotion platform with activity development and competition organization. To improve the frequency of adolescents' participation in competitions and physical exercise by revising policies to promote adolescents' participation in competitions, and implementing adolescent physical health testing and competition evaluation.

Secondly, we should accurately grasp the development concept of modern football, follow the development law of football, clarify the development concept of youth football competition system, establish the value orientation of all-round development of youth as the center, and advocate the competition based on the concept of education. Through the concept of sports for body education to promote the harmonious development of adolescents' body and mind, reflect the concept of healthy body, healthy mental quality and the integration of social concept of sports, so as to promote the integration of sports and health concept of disease prevention.

At the same time, football competition activities as the carrier to protect the public life of young people. We will innovate the youth football competition mechanism and build an integrated competition system with multi-level competition linkage, level cohesion, close association of competitions and smooth circulation. To standardize the relevant rules and standards of youth football competition and strengthen the construction of competition professionals. We will improve the ranking system of athletes and referees and the registration system. We will improve competition supervision and arbitration mechanisms. To protect the legitimate rights and interests of young people to participate in competition activities and attract more young people to participate in football activities and physical exercise.

Finally, sports, health, schools and other systems need to work together to enrich football cultural activities and create a good competition atmosphere to improve youth sports culture. Promote the spirit of solidarity, hard work and progress in the field of competition, cultivate a civilized competition environment outside the competition. To make young people rely on schools and social groups to participate in football activities, and to carry out rich, interesting and in line with the growth law of children and adolescents based on the chain of "popularizing the competition - improving the competition - competitive selection", so as to promote the socialization process of young people and improve the mental development of young people.

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