Realization Mechanism of School-Family-Community Sports Integration Model in the Network Age

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Abstract. In the publicity process, it is done jointly by establishing a We Chat public account, using online platforms and community bulletin boards, and promoting the development of community student sports activities by improving residents’ sports awareness. Parent sports school is a form composed of parent members to spread sports knowledge. Invite school medical staff or community health security personnel to teach parents how to maintain a good lifestyle. Help parents to acquire correct educational concepts and scientific methods for children's physical education. Parents’ sports schools can carry out activities that suit them according to local conditions. Schools are built on the community, teachers and community managers can increase communication to make better use of community public resources, and at the same time enhance the community’s participation in sports activities and encourage others to participate in sports. In the social network publicity methods, 22.9% have sports information publicity, and 77.1% have no network publicity. This research is helpful to the further promotion of sports.

Keywords: Internet Age, Sports Integration Model, Realization Mechanism, Community Public Resources

1. Introduction
First of all, due to the coexistence and competition of school physical education and other educational disciplines in the school, physical education curriculum has used the available time and space in the school to almost saturation; especially under the influence of the test-oriented education environment, its essence has been reduced to the development of school education. This kind of almost saturated state of time and space is still being artificially and endlessly squeezed out and compressed, which leads to school physical education in the situation of space-time constraints and even its own goals cannot be fully realized.

Because of the limitation of time and space, it is impossible to organize and manage more youth extracurricular and extracurricular sports activities [1-2]. And teenagers' out-of-school life time accounts for a large proportion, so in the case of lack of school sports function, many teenagers' extra-school sports activities have become blind spots that it is difficult to cover [3-4]. Secondly, due to the school’s traditional concepts and the maintenance of many of its own vested interests such as teaching order, campus environment, safety, and paid services, when building a “network” based on...
school sports, many intramural sports resources are always in a kind of "receptive". Restricted" status [5-6]. In traditional concepts, the Internet’s main impact on students is more harm than good, leading to sleep disorders, loss of appetite, weight imbalance, and even criminal and suicidal ideation [7-8]. These phenomena have seriously affected the normal learning order of colleges and universities, broke the regular and healthy life rhythm, and have a negative impact on the personal health of students. In recent years, the physical fitness status of Chinese students has shown a downward trend, and some are not as good as middle school students [9-10].

Students are prone to form "hometown" groups, and there are problems with poor awareness of sports participation and inactive sports participation behaviors. Family sports can play a role in family education, play a certain role in promoting school sports teaching and exercise, and enhance the enthusiasm of participating in community sports. Parents' sports awareness directly affects the development of children's consciousness. This can not only improve the physical condition of a family, but also improve the quality of life of a family, and jointly enhance the physical and mental health of the whole family.

2. Sports Integration Model

2.1. Sports Integration

It can be seen that although family sports, school sports, school sports, and community sports are four different forms of sports, there are obvious differences between them, but they also have common points. In the dimension of value goals, their development is all It is to improve the people's physical and mental quality, enhance physical fitness, and improve health. Another advantage of family sports is that family sports has a very strong life nature, and it is closely related to daily life. It can be said that family sports are in life. From morning exercises in the morning, evening walks to holiday outings, outings, swimming, field hunting, and mountain climbing; from badminton, military ball, football, basketball, and baseball; from fitness dance, square dance, ballroom dance to fitness room activities. Suppose the coordinates of the target node are \((x, y)\), then:

\[
d^2_n = (x_n - x)^2 + (y_n - y)^2
\]  

\(d_n\) is the ranging value of each anchor node corresponding to it.

Let \(\varphi = \varphi_s + f_0 \cdot \tau_d\), then:

\[
s(n) = \left[\cos(2\pi f_0 / f_s + \varphi_s) + A\right] \cdot \cos(2\pi f_c / f_s + \varphi_c)
\]  

\(r(n) = \left[\cos(2\pi f_0 / f_s + \varphi_s) + A\right] \cdot \cos(2\pi f_c / f_s + \varphi_d)
\]

Among them, \(f_s\) is the sampling frequency.

2.2. Advantages of Family Sports

Another feature and advantage of family sports is its non-restrictive place. Family sports can not be restricted by its venues and equipment, and many places can become our natural treasures for participating in family sports. The advantage of family sports lies in the comprehensiveness of its functions. Compared with competitive sports, family sports are conducted in a completely relaxed and free atmosphere without formal regulations and the pressure of established goals. This helps family members to release their emotions, thereby making fitness and entertainment better. Fusion well. If it is organized family sports activities, it can also enhance the relationship between neighbors, colleagues, and friends, and promote the harmony of the community. At present, due to the imbalance of economic and social development between regions and between urban and rural areas in my country, there is a considerable gap in the environment and conditions for family members to
participate in sports activities between regions and between urban and rural areas, and the number of family sports populations is also relatively large difference.

3. Community Sports Integration Experiment

3.1. Strengthen Community Promotion
In the publicity process, it is done jointly by establishing a We Chat public account, using network platforms and community bulletin boards, and promoting the development of community student sports activities by improving residents’ sports awareness.

3.2. Establish a Parent Sports School
Parent sports school is a form composed of parent members to spread sports knowledge. Invite school medical staff or community health security personnel to teach parents how to maintain a good lifestyle, daily health tips, and other health care knowledge. Help parents to acquire correct educational concepts and scientific methods for children's physical education. Parents’ sports schools can carry out activities that suit them according to local conditions.

3.3. Promote Communication between the Community and the School
Schools are built on the community, and teachers and community managers can increase communication to make better use of community public resources. At the same time, it also enhances the community’s sports participation atmosphere and encourages others to participate in sports. Parents’ attitudes towards sports are shown in Table 1.

| The importance of children's sports | Number of people | Percentage(%) |
|------------------------------------|-----------------|---------------|
| Very important                     | 152             | 43.9          |
| Important                          | 159             | 45.9          |
| General                            | 23              | 6.7           |
| Unimportant                        | 12              | 3.5           |
| Total                              | 346             | 100           |

Table 1. Parents' attitudes towards sports

4. Sports Integration Model

4.1. Parents Believe that the Biggest Obstacle to the Development of Family Sports
81.2% of parents let their children participate in physical exercises for the purpose of strengthening their children's physical fitness; 69.3% of parents let their children participate in physical exercises for the purpose of cultivating sports interests; 25.6% of parents let their children participate in physical exercises for the purpose of children's overweight; 32.4% of parents let their children participate in physical exercises to promote their children’s personality development; 12.5% of parents let their children participate in physical exercises because their children like sports; 26.8% of parents let their children participate in physical exercises because their parents like sports; 6.1% of parents let their children participate in sports because of other factors; 3.8% of parents let their children participate in physical exercises is to listen to the teacher’s advice. According to a survey of parents’ perceptions of sports, some parents said that their children are very interested in sports activities and support their children to participate. However, overall, these parents account for a small proportion. It can be seen that strengthening students Physical education for parents is imperative. In the process of carrying out family sports activities, parents believe that the biggest obstacle is the problem of time, accounting for 41.1% of the total. The children who exercise together are usually the elderly, especially the father spends less time with the children, which is also a significant feature of the current situation of family sports activities. Parents believe that the biggest obstacle is the lack of relevant venues and equipment, accounting for 28% of the total; the biggest obstacle is that they do not understand relevant training
knowledge, accounting for 10.4% of the total; those who think that physical activities at home are dangerous accounted for 6.9% of the total; Parents think that their children are not interested accounted for 16.2%; other obstacles accounted for 2.6%, which once again shows that the establishment of parent-school communication mechanism, regular or irregular sports training for parents is promising. The factors of developing family physical education are shown in Table 2.

Table 2. Factors for developing family physical education

| Reason                        | Frequency | Percentage |
|-------------------------------|-----------|------------|
| No time to                    | 142       | 41.1       |
| No venue equipment            | 79        | 22.8       |
| Understand training knowledge | 36        | 10.4       |
| Danger                        | 24        | 6.9        |
| Child not interested          | 56        | 16.2       |
| Other                         | 9         | 2.6        |
| Total                         | 346       | 100        |

4.2. Satisfaction Analysis of Community Venues and Equipment

The satisfaction of community venues and equipment is shown in Figure 1. Among the 346 parents of students, 6.1% of the parents were dissatisfied with the community venues and equipment, the most dissatisfied accounted for 48.6%, 30.6% of the parents were satisfied with the community venues and equipment, 10.4% of the parents were satisfied, and most parents were satisfied with the community. The venue and equipment were not satisfied, and I felt that the community could do better. According to a field survey of the surrounding communities of the student park, it is found that the planning of the activity area in the new community is relatively reasonable, and the surrounding squares, park fitness equipment and other supporting facilities are relatively complete. For the old community, there are outdated facilities and houses. Problems such as insufficient space reserved for events. On the whole, the community basically has no special equipment for student sports activities. The maintenance of equipment is the guarantee for the long-term use of community sports facilities. It can be seen whether community managers value community sports services. The maintenance of some community facilities is shown in Table 14.52.6% of parents report that the community maintains equipment twice a year; 20.2% of parents report that the community maintains venues and facilities three or more times a year; 18.2% of them perform maintenance once a year, which is relatively small; 9.0% Parents reported that the community did not maintain equipment within one year. On the whole, the frequency of maintenance of sports equipment in the community is slightly lower, and more than half of the cases are maintained once every six months. If the damage of the equipment cannot be repaired in time, it also restricts the development of community sports, and is even more unfavorable to the development of physical exercise activities for students and parents.
4.3. Propaganda Analysis of Community Sports Activities

The statistical results of community sports activities are shown in Figure 2. The bulletin board of the community bulletin board lacks special sports information content. The content of the community board publicity is mostly information from some newspapers, announcements and publicity information, and rarely involves sports information publicity. In addition, popular websites and other websites that people often refer to also lack publicity in community sports. According to the survey, in the community publicity method, 13.8% of the community board newspapers have sports information promotion, 86.2% of the board newspapers have no sports information; in the community network publicity method, sports information promotion accounts for 22.9 %, 77.1% did not have online publicity; in the community printed sports information content, 15.8% involved sports information publicity, and 84.2% did not have corresponding sports information publicity. The promotion of national fitness requires the community as a large platform. The role of community publicity should not be underestimated. The development of community sports activities requires a certain amount of time, through the subtle influence of community residents, and the atmosphere of the development of sports activities to make the public feel The unique charm of sports activities, the understanding of the benefits of sports activities, allows residents to raise awareness from the heart, and at the same time played a positive role in promoting the promotion of national fitness.

Figure 1. Satisfaction of community venues and equipment

Figure 2. Propaganda statistical results of community sports activities
5. Conclusion
You can use holidays or weekends to invite some sports experts to give special reports to parents, so that parents can correctly understand that family physical education is strengthening children's physical fitness and shaping personality. In the form of ring competitions, debate competitions, etc., parents can actively participate and the content of the competition should be intuitive. Sexuality, interest, knowledge and practicality, through the competition, parents and children can have a certain grasp and improvement of family health knowledge.

Community managers, parents, and teachers have not formed a network of contacts, and the relationship between them is rather chaotic. There is no organization that can coordinate the relationship between each other. These factors are bottlenecks that restrict the joint development of sports activities by families, schools, and communities. The development of community sports is uneven. Among them, sports activities for the elderly are carried out well. The community often holds square dance competitions, basketball games, commercial performances and other activities.

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