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Foreign volunteer service on the long-term mechanism of the national fitness of the volunteer service in China inspiration ---taking Hunan of Changzhutan area as an example

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ABSTRACT

Today's volunteer service almost become an integral part of every civilized society, volunteer service is its outstanding social benefits brought to the attention more and more countries government and society. Britain, the United States, Japan and other countries because of its volunteer service activities started early, large scale, social benefits so that they are in its domestic has a broad mass base and good social reputation, volunteer service in the domestic formed a set of relatively complete, organized, systematic and standardized operation system and international practice. With the enhancement of comprehensive national strength, the improvement of people's living standards, improve the level of national physical fitness and health is an important symbol of comprehensive national strength and social civilization progress, in 2011, according to the "sports law of the People's Republic of China" in our country, the national fitness ordinance and the actual the national economic and social development, the national fitness plan (2011-2015), the national fitness in the rise and development of the voluntary service problem is also the focus of attention by the people. Therefore, this paper USES mathematical statistics, literature and logic analysis and other methods combine volunteer service and the national fitness program, learn from foreign successful volunteer service mechanism, through the investigation of hunan provincial governor changzhutan district 500 national fitness volunteers, volunteer service for formulated in accordance with the situation of our country overall fitness a long-term mechanism to lay the foundation.

KEYWORDS

The national fitness; Volunteer service; Long-term mechanism; Changzhutan.



INTRODUCTION

Fitness is related with people's health and happiness, is an important sign of comprehensive national strength and the progress of social civilization, is an important content of the construction of socialist spiritual civilization, is an important part of the comprehensive construction of well-off society. The overall goal of extensive development of nationwide fitness campaign in 2015 is: sports body-building consciousness further enhancement of urban and rural residents to participate in physical exercise, the number increased significantly, the physical quality is obviously improved, sports fitness facilities more perfect, the formation of national fitness service system covering urban and rural areas. Volunteer spirit is the voluntary, not for pay and income and participation in promoting human development, promoting social progress and improve the community spirit of the work, is a very important way of public participation in social life, is the essence of civil society and civil society organizations. Volunteer work is that anyone willingly personal contribution of time and energy, in the premise of not for material reward, and provide for the promotion of human development, social progress and social welfare service. Implementation of the national fitness program cannot do without the support of volunteer service, and our country is due to imperfect related volunteer service mechanism leads to problems of volunteer services of chaos and bad organization, lack of fitness related long-term service mechanism, aiming at the fitness of voluntary service in China in the present problems, learn from foreign related volunteer service the mechanism provides a theoretical basis for the establishment of long-term mechanism of the national fitness service in china.

The research object of this paper is the basic situation of the national fitness, 500 volunteers of the Hunan of Changsha Zhuzhou Xiangtan area random service general situation and management situation. In Changsha, Zhuzhou, Xiangtan national fitness volunteers as the subjects of the investigation, issued a total of 800 papers, 756 were recovered, the recovery rate of 94.5%, of which 746 valid questionnaires, effective rate was 93.25%.

RESEARCH STATUS OF VOLUNTARY SERVICE OVERSEAS

America

Characteristics of American volunteer service: government intervention, the corporations, the operation of the project, based on community and global development.

Push factors American volunteer service of the prosperity: support, the government school education, legal norms and system construction.

First, the founding process America and Anglo Protestant Culture, psychological foundation for developing voluntary service. Second, USA citizens to participate in voluntary service level is very high. They took care to cultivate children's concept of social returns, American domestic many schools to engage in community service as a school student, only students who complete a certain time of community service, to pass the exam or graduation. Third, strict rules and regulations is an important guarantee for effective activities American volunteer organizations. Fourth, commissioned by the government, although the volunteer service organization is independent of the government, the enterprise outside of the third departments, but does not mean that it has no relationship with government departments. American governments to the voluntary service fund amount is huge, accounting for volunteer service more than 43% total funding sources. Fifth, American established relevant laws perfect, safeguard the legitimate rights and interests of volunteers, protection, support the development of voluntary service, they not only make the volunteer service act special, relevant provisions and settings of the voluntary service in support of other laws.

USA voluntary service have made important contributions to shaping the national history and culture, at the same time is also shaping the America history and culture. Not only reflect the historical and cultural value of volunteer service in American, also illustrates the historical and cultural sources of USA volunteer service of the prosperity of. This is for us to explore the China characteristics of volunteer service development road and the construction of a comprehensive fitness volunteer service to the important enlightenment of long-term mechanism.

Japan

Volunteer activities in Japan generally in two ways: First, into the formal school curriculum volunteer activities; Second, Volunteer activities outside of the formal curriculum.

Since 90 time, volunteer activities in Japan are widely spread in social welfare, environmental protection, youth education, life-long education and foreign aid and other fields. Japan's social cognition in volunteer activities, not only to emphasize consecratory effects on society, but also the importance of volunteer activities in the education and training of volunteers, and established the evaluation method of the volunteer activities. Strengthening the voluntary organization and accept a unit, contact the volunteer activity groups and community administration.

Connected Japan will volunteer service and education, volunteer service as formal school curriculum, from the implantation of volunteer service philosophy student, and provide the reference for the construction of China's volunteer service socialization.

Britain

British volunteer service success factors: First, a system of government support and work in the field of win-win cooperation; Second, Social forces vigorously support and sound supervision mechanism; Third, Extensive social base and market, the company's mode of operation.

Britain is the world's earliest embryonic development of voluntary service, the most mature, most significant achievements in one of the countries, the UK to strengthen citizen's moral education and maintenance of an effective form of social stability is a volunteer service.

In the long-term practice, the England and the development conditions combine to form since the long effective mechanism of volunteer service into one, and get good profit in its operation. China fitness volunteer service long-term mechanism when the absorption of British success factors, combined with their own national conditions, establish a set of perfect, consistent with national conditions and characteristics of the long-term mechanism China fitness volunteer service system.

THE LONG-TERM MECHANISM OF THE NATIONAL FITNESS OF THE VOLUNTEER SERVICE IN CHINA INSPIRATION

The long-term mechanism of the national fitness voluntary means can take long to ensure the normal operation of volunteer service system and play its enhance national physique and health system. The long-term mechanism of the national fitness is not immutable and frozen, put things right once and for all, it must change with the fitness condition volunteer Business Hours, and constantly enrich, develop and perfect. It has two basic conditions: one is to have the national fitness service system more standardized, stable, matching; two is to promote the normal operation of the system of "power", namely must have their own interests for volunteers and actively promote and supervise the operation of the system of organization and individual. The national fitness service mechanism in our country is to ensure that the people of the whole country, regardless of people of all ages and both sexes, and comprehensively improve the national physique and health level, volunteers in carrying out the volunteer service at the same time, promote the national fitness program, in practice to achieve a comprehensive fitness program, to solve the equilibrium point of volunteer subject and object in the volunteer service, give full play to the volunteer service essence.

The national fitness voluntary social services

The results of the survey are shown in Figure 1, the age of fitness for all volunteers in Hunan of Changsha Zhuzhou Xiangtan area mainly concentrated in the 1727 years old, accounting for 40.5% of the national fitness, volunteers aged 26.6% in 28 38, 13.3% national volunteers aged 39 and 49 years old, 9.2% of the national volunteers aged 61 years old or above, the community sports volunteers aged 10.4% in 50 - 60 years old. As a result, Hunan province National Fitness volunteers mainly in young people, the elderly less. From TABLE 2 we can see, the national fitness sports volunteer service as volunteers to participate in the "perennial participate in the" low proportion, accounted for only 12.40%, "often attend" accounted for 24.1%, "occasionally attending" accounts for the largest proportion, accounting for 68%. Thus, the national fitness volunteers to participate in volunteer activities, sports frequency is not high.

The national fitness voluntary social services mainly embodied in the universal participation. First of all, should cultivate children comprehensive fitness volunteer service concept since childhood, not only strengthen the children's services to the society, good moral character to return society, health should also be enhanced at the same time from childhood. Secondly, college students is the main force of volunteer service in China, but also should be strengthened and the cultivation of school education, and establish good moral accomplishment and the correct values, the volunteer service has become the mainstream of University life. At the end of each enterprise, the company should publicize the national fitness volunteer service concept, improve the retirement or retired old people's health and social value. National fitness program is the nation fitness program, the national fitness voluntary service is not limited to some of the volunteers, volunteers should be widely hunting masses, lay a solid foundation for the masses fitness for volunteer service.

TABLE 1 : The national fitness volunteers aged questionnaire

	under age 16	17-27years of age	28-38years of age	39-49years of age	50-60years of age	Above 60 years old
proportion	0	40.5%	26.6%	13.3%	10.4%	9.2%

TABLE 2 : The national fitness volunteers to participate in voluntary service frequency

	All the year round	in Often	Occasionally
proportion	12.4%	24.1%	63.5%

Fitness community volunteer service

Promote fitness voluntary service based on community, physical exercise and fitness venues are mostly living community, since the nationwide body-building plan development, community as a unit of each city all over the country, or the associations or spontaneity to carry out various forms of physical exercise, more organizers for the evolution of volunteers, but the fundamental reason, mostly short term voluntary service. Therefore, to promote fitness volunteer service to the community as a unit, according to the community culture, life and resource characteristics of the volunteer service

concept and system construction. To maximize the integration of community power, promote the sustainable development of community sports resources aggregation and the community sports, community sports, build the total resources sharing, the formation of social funds mainly, supplemented by the government funded national fitness voluntary service.

Fitness professional volunteer service

We can see from TABLE 3, Hunan of Changsha Zhuzhou Xiangtan area fitness volunteers mainly for in-service enterprises and institutions and individual operators, respectively accounted for 26.9% and 24.7%, professional social sports instructors and in-service physical education teachers are the least proportion, accounted for only 3.1% and 2.8%, retired personnel also accounted for only 16.3%. Therefore, Hunan of Changsha Zhuzhou Xiangtan area fitness volunteers occupation to enterprises and institutions serving staff and individual operators, mainly engaged in professional sports, sports and community sports volunteer work less, the professional is not strong, is not conducive to the volunteer service activities of fitness to carry out technical guidance.

The national fitness volunteer service specialization are considered from two aspects, on the one hand, great efforts to cultivate and develop a comprehensive fitness professional volunteer organizations, through the introduction of sports professionals and strengthen professional skills training, continuously upgrade the level of voluntary service. Physical exercise has its own professional characteristics, extensive mobilization of professional institutions, professional associations, to participate in the construction of sports. Strengthen the sports instructors training, improve the technology content of the community fitness activities. On the other hand, establish professional volunteer teaching materials, put forward specific requirements for the volunteers: advice to the volunteers, volunteer organization means to assume certain responsibilities and obligations, in order to fulfill the responsibilities and obligations would love to receive the necessary training. They do not seek personal interests in the activity, should be accurately formulate work plans, not arbitrarily set voluntary service schedule and other professional specific requirements. The national fitness volunteer service should also be a big team with organizational and professional.

TABLE 3 : Hunan province national fitness volunteers occupation

	proportion
Enterprises and institutions serving staff	26.9%
Professional social sports instructor	3.1%
In-service physical education teachers	2.8%
Individual business personnel	24.7%
Sports professional students	9.6%
Unemployment unemployed	12.5%
Retired personnel	16.3%
Other	4.1%

The national fitness volunteer service legalization

The survey found, as shown in the TABLE 4 data, the national fitness sports volunteers to participate in volunteer service activities funding comes mainly from "enterprises sponsored", accounting for 49.3%, "by participating in volunteer service burden" accounted for 46.1%, "volunteer groups accounted for 36.4% of" self ", the government allocated funds" and "social contribution" less, accounted for 6.1% and 14.2%. Therefore, the national fitness volunteers to participate in volunteer service funds mainly enterprises sponsorship and by participating in volunteer service person or the burden of self, the government and the donor community volunteer service activities of community sports insufficient support. Also on the national fitness voluntary organization activities, the organizer is mainly personal and spontaneous volunteer groups, respectively accounted for 64.6% and 39.4%. Therefore, a comprehensive fitness volunteer work planning only individual or some volunteer organizations work plan, work plan lack of mature, the role of the government and the NGO organization of national fitness volunteer service has yet to guide and organize to a great extent.

The national fitness volunteer service legal system cannot do without the government's role, China as the long-term planned economy, the size of government and the whole society all have strong ambassadors, including economic and social fields are under direct government management, this America volunteer service and the independence of the contrast. However, the basic fitness volunteer service is the national policy. Therefore, the national fitness volunteer service needs the support of government, social cooperation, we should give full play to the role of Party and government departments and volunteer organizations. Although the volunteer service organization is independent from the government and third sector, but this does not mean that it has no relationship with government departments.

The national fitness volunteer service legal system is the fundamental guarantee of fitness of volunteer service, sustainable development in recent years, although the volunteer service of regulation of our country gradually establish and perfect, but still need to be perfect. To further establish and improve the volunteers recruitment, training, supervision, assessment, incentive mechanism, responsibility risk definition of voluntary service, safeguard the legitimate rights and interests of volunteers, should advocate, mobilization, some economic and policy support, supervision, evaluation and promotion of national fitness experience in volunteer service in the process of legalization. Perfect fitness voluntary service law to determine the voluntary service organizations and volunteers, volunteer service object of legal relationship and legal

relationship, voluntary service of the main rights and obligations of the legal relationship between. The explicit laws and regulations to ensure the development of nationwide fitness voluntary service.

TABLE 4 : Hunan province National Fitness volunteers to participate in volunteer service funds

The main source of funds	number of people proportion
Government funding	46 6.1%
social contribution	106 14.2%
Sponsored enterprises	368 49.3%
Volunteer groups self	272 36.4%
Volunteer service people burden	344 46.1%
Unclear	72 9.6%

The national fitness voluntary service information

The data in TABLE 5 show, the national fitness volunteers mainly through "peer group (friends, classmates) approach and other volunteers" and "spontaneous volunteer groups" solution of community sports volunteer service activities information, accounted for 62.4% and 45%, and through the "government" and "voluntary service" work units "relevant departments" way less, respectively, accounted for only 7.5%, 23.5% and 18.2%. According to the survey of 67.9% national fitness sports volunteers recruited volunteer organization is the main way of "oral propaganda or notice". Sports volunteers know related to sports volunteer service activities of information is mainly rely on people to and communicate, through less bulletin boards, billboards, network etc..

The establishment of the national fitness volunteer service information platform, sharing of national fitness service project volunteer information and social service agencies, service status information and unified management, unified storage, data will be the use of advanced technology, especially the intelligent terminal, the mobile phone application, call center and so on the many kinds of means to implement the national fitness voluntary service information interoperability, forming convenient service help the network and timely service referral system, to promote voluntary service in both supply and demand timely, effective docking. The media, network, vigorously promote the propaganda team of volunteer service activities, not only can be a variety of channels to recruit professional volunteer sport fitness service, more in-depth fitness philosophy influence on the masses.

TABLE 5 : Ways of information of Hunan of Changsha Zhuzhou Xiangtan area fitness volunteers to participate in volunteer service activities

avenue	number of people proportio
The volunteer service mechanism	176 23.5%
government sector	56 7.5%
The work of relevant departments units	136 18.2%
Spontaneous volunteer groups	336 45.0%
Peer group (friends, students and other volunteers)	456 62.4%
Newspapers, radio, television, Internet and other media	264 35.3%

SUMMARY

In this paper, through the status quo of foreign volunteer service reference, according to the current national demand for fitness, investigation in Hunan of Changsha Zhuzhou Xiangtan area fitness volunteer, analyzes from five aspects of fitness, community volunteer service socialization, specialization, legalization and informationization, provide the theory basis for promoting the sustainable development of the national fitness program and the establishment of long-term mechanism of the national fitness voluntary service.

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