

# Feasibility analysis of the development of air volleyball in border areas under the background of "Healthy China" strategy

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## Abstract

Air volleyball is a physical fitness sport that integrates sports and leisure, fitness and entertainment. Especially after becoming a mass competition event in the National Games, this sport has developed by leaps and bounds. Under the background of the "Healthy China" strategy, this paper investigates and analyzes the current situation and feasibility of the development of air volleyball in the border areas of Yunnan by means of questionnaires, literature, field surveys, mathematical statistics and other research methods. Popularize air volleyball strategies and methods, and put forward suggestions for developing air volleyball in border areas.

## Keywords

Healthy China; air volleyball; border areas.

## 1. Introduction

With the vigorous development of national fitness activities, many new sports have emerged. As a local mass sports competition in my country, air volleyball can not only entertain the body and mind, improve people's social skills, but also enhance people's health.. While strengthening the body, it also creates an atmosphere of interpersonal communication, which can truly achieve the goal of physical and mental development. The first people to participate in air volleyball are the middle-aged and elderly people, and young people's cognition and participation in air volleyball are not deep enough. However, with the continuous increase in the number of people participating in the exercise of national fitness activities, more and more young people are actively participating in this mass sports fitness movement. Due to the short development time of air volleyball, it is particularly important to understand the sports value brought by air volleyball according to the current development of air volleyball, investigation, research and analysis of the reasons for the development of the younger participants. In the context of "Healthy China", this paper investigates the development status of air volleyball in border areas, the advantages of developing air volleyball, and the value of developing air volleyball, and puts forward relevant suggestions in response to the call for national fitness. More and more people understand the sports value of air volleyball and advocate sustainable development of air volleyball.

## 2. Manuscript Preparation

### 2.1. Research object and method

#### 2.1.1. Research object

This paper takes the development status of gas volleyball in border areas as the research object.

## 2.2. Research method

### 2.2.1. Literature survey

By reading a large number of materials related to air volleyball in the school library, consulting books on air volleyball theory, sorting out the development status and development characteristics of air volleyball, and finding out the experience and results of previous research for reference., Wan Fang reviewed the literature in recent years, and summarized and organized the research results in recent years, which provided a sufficient theoretical basis for the research of this paper.

### 2.2.2. Questionnaire

On the basis of consulting a large number of literatures related to this study, this paper takes the border area air volleyball association as the object, and designs a random survey of 300 air volleyball enthusiasts in "Research on the Current Situation of Air Volleyball in Border Areas". 299 questionnaires were recovered, and the recovery rate was 99%. Among them, 296 questionnaires were valid, and the effective rate was 98%. The age, occupation, frequency, venue facilities, motivation and other factors of gas volleyball participants in border areas were analyzed.

### 2.2.3. Mathematical Statistics

Using sports statistics knowledge, SPSS 17.0 software was used to integrate and process the data, and to find and mine various characteristics revealed by the data.

## 3. Research results and analysis

### 3.1. "Healthy China" Strategy

In October 2016, the Central Committee of the Communist Party of China and the State Council released the "Healthy China 2030" Planning Outline, which officially took people's health as the basic policy of national priority development, and promoted the construction of "Healthy China" to a national strategic level. This is not just about personal health, but it is the first time that the country has integrated the concept of health into all policies.15 major actions such as physical health promotion, healthy environment promotion, and health promotion for young people and the elderly". At present, the physical fitness of the people is declining year by year, and sub-health has become a social problem that needs to be solved urgently.

### 3.2. Introduction to Air Volleyball

As a local sport in my country, air volleyball has the same game and scoring methods as competitive volleyball. This sport was launched by the China Locomotive Senior Sports Association, and has been well promoted and developed all over the country. A survey of the activities of air volleyball competitions in border areas found that most air volleyball The competitions are organized by air volleyball associations or business units. National air volleyball competitions have not been carried out in border areas. The popularity of air volleyball in colleges and universities is also very small. However, with the rapid development of air volleyball in recent years , In recent years, the number of air volleyball competitions for faculty and staff in colleges and universities has also increased, and more and more competitions are organized in various regions. This fully shows that this kind of volleyball, which originated from the folks of our country, has been widely developed among the masses and has been highly recognized by the management department. It will play a greater role in national fitness activities. Especially in recent years, young people have been continuously participating in the sport of air volleyball, which indicates that air volleyball has gradually separated from the category of sports for the elderly, and has officially entered the daily sports of young people, covering the entire age range. This is also an important breakthrough in

national fitness. Air volleyball has developed from an activity organized by the original railway system to an activity organized by the Senior Sports Association. At present, the sports administrative department conducts more than a dozen national events each year with the participation of multiple units, which reflects the rapid development of air volleyball. Volleyball has truly become a popular sport, and a new wave of volleyball world is taking shape.

### **3.3. Movement characteristics of air volleyball**

The movement characteristics of the air volleyball are closely related to the characteristics of the air volleyball. Air volleyball is elastic and easy to hit. It is a new sports event that integrates fitness and entertainment. It combines individual skills and collectives, soft balls, loose rules, and relatively simple movement techniques to help improve the practice of volleyball skills and Extracurricular sports activities for students are very suitable. Participating in air volleyball for teenagers can improve their physical fitness, cultivate unity, cooperation and enterprising spirit; adults participating in air volleyball can reduce work pressure, improve their lifestyle, and delight their mind and body; middle-aged people participating in air volleyball can enrich their spare time and enhance their physical fitness. ;The elderly participate in air volleyball, which can promote the blood circulation of the whole body, promote metabolism, and prevent the occurrence of various diseases. Therefore, it is deeply loved by many people, especially it has gradually become a favorite sport of contemporary young people.

### **3.4. The status quo of the development of air volleyball in border areas**

#### **3.4.1. Age of participants**

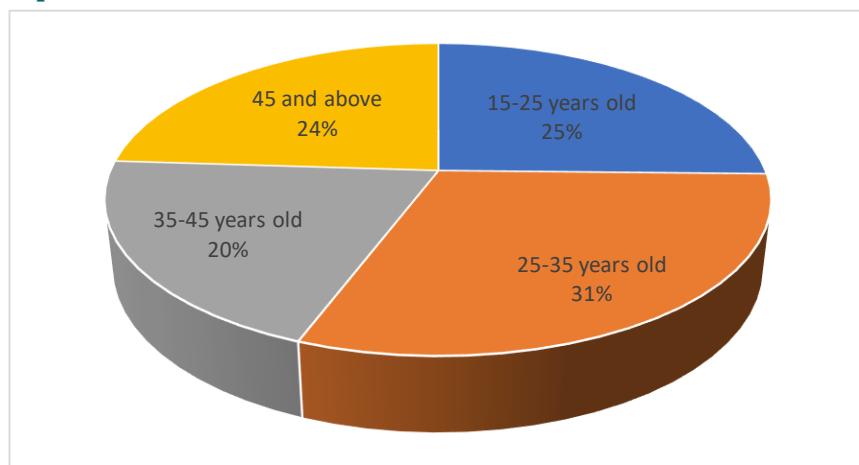


Figure 1 Age of the participants

The age range of this survey is very large, and it is divided into four age groups. In the valid questionnaires recovered, the age of the respondents is mainly 15-55 years old. Among them, 25% of the people between the ages of 15 and 25 participated in air volleyball, 31% of the people between the ages of 25 and 35, 20% of the people between the ages of 35 and 45, and 24% of the people over the age of 45; the age of 25-35 Duan accounts for the most, mainly because this age group has less economic pressure and strong physical fitness, and air volleyball is the main means of communication in their daily life.

### 3.4.2. Participating population occupations

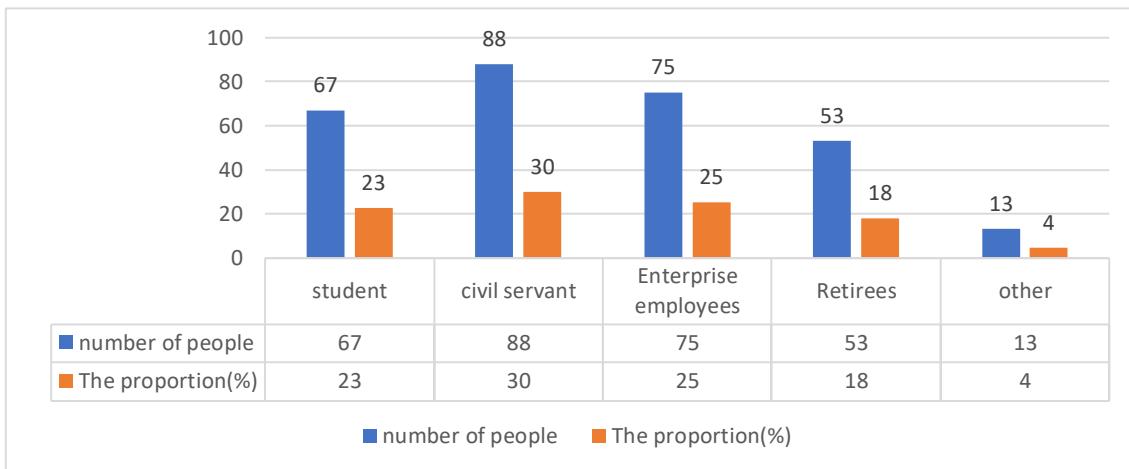


Figure 2. Occupational structure of air volleyball participants in border areas (N=296)

According to the survey, among the occupations of the participating groups, there are 67 students, accounting for 23%, 88 civil servants, accounting for 30%, 75 corporate employees, accounting for 25%, 53 retired people, accounting for 18%, and others 13 People, accounting for 4%; civil servants and public institutions have the largest number of participants, mainly because these people have less pressure and stronger economic ability. Many units have vigorously promoted this sport, making it a daily collective activity for civil servants and public institutions.

### 3.4.3. Participating crowd exercise frequency

Table 1 Sports frequency table of volleyball participants (N=296)

Frequency of participation	1-2 times a week	3-4 times a week	4 times a week or more	1-2 times a month
Proportion(%)	27	31	34	8

According to Table 1, it can be seen that the frequency of these people participating in air volleyball is about 3-4 times a week, except that a small number of people are not enthusiastic enough to participate. People who exercise for more than 30 minutes each time, with a heart rate of more than 100 beats per minute, and exercise more than 3 times a week are called sports people; it can be seen that a large proportion of the people participating in gas volleyball are sports people. The promotion of volleyball has established the idea of lifelong sports for people.

### 3.4.4. Motivation of the participating population

From Figure 3, it can be seen that the participants have many different motivations for participation. The main ones are physical fitness and hobbies, which account for 31% and 29% respectively, indicating that physical and mental health and hobbies can motivate more people. Get involved. Because air volleyball has a great advantage in the physical fitness of the participants when participating in the game, many volleyball fans cannot participate in this sport happily, and air volleyball is a mass sport for all ages, because air volleyball Lighter in weight and larger in size, relatively softer, air volleyball is not intense, both men and women can enter the field to participate, the group is very strong, the rules are relatively loose, and any part of the body can touch the ball in the game, to a certain extent, it has fitness and spiritual Double function of construction.

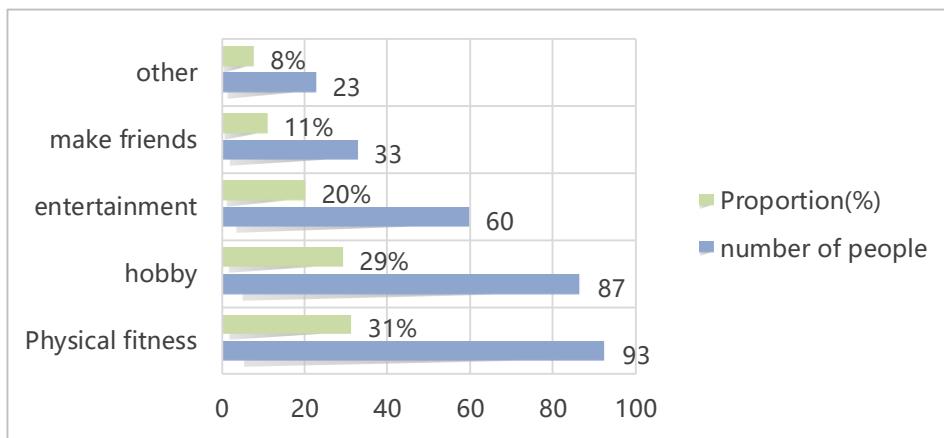


Figure 3 Motivation of air volleyball participants in border areas to participate in sports  
(n=296)

### 3.4.5. Participating venues

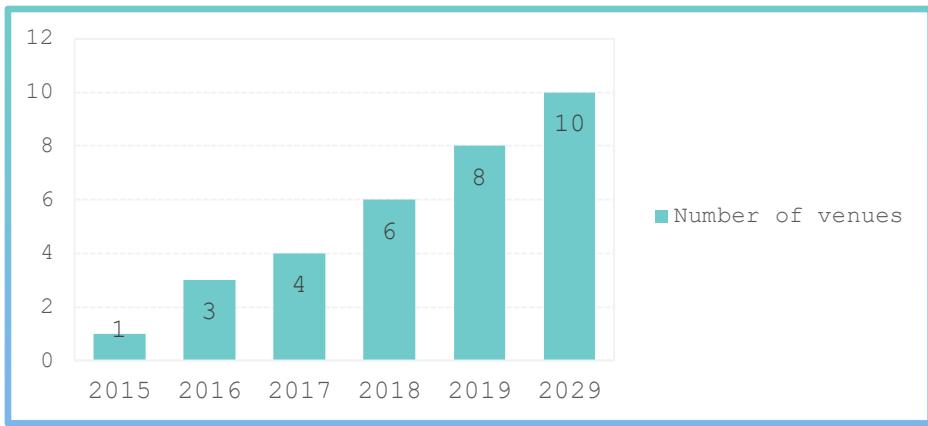


Figure 4 The situation of the air volleyball field in the border area

Air volleyball is an emerging sport that is not perfect yet, and the requirements for the venue are not very strict. The men's net is 2.10 meters high, the women's net is 1.90 meters, and the mixed net is 2.00 meters. Badminton venues can be used for competitions, indoor and outdoor. All activities can be carried out; from Table 3, it can be seen that although the main activity venues for air volleyball in the border areas are increasing year by year, the number is relatively small and cannot fully satisfy the fans. There is a shortage of air volleyball courts, and even if other sports venues can be used for renovation, there are very few. Although air volleyball has an increasingly large audience, often people spontaneously organize to play ball and basically do not need too professional courts. There are only some government departments or clubs. Professional stadiums are only used for large-scale competitions, and the prices of general professional venues are not cheap. Most people occasionally participate in sports and will not choose professional venues. Therefore, profit has become an important reason for the scarcity of these professional venues.

### 3.4.6. Analysis of the reasons for participating in air volleyball

The air volleyball is soft and elastic, comfortable to the touch and not easy to hurt; the ball is large and light in weight; it can be played in badminton venues, and activities can be carried out indoors and outdoors; and the amount of activity is not large, not only conducive to physical fitness, collective It is very strong, and it is also conducive to the need for team coordination, showing morality, and satisfying the fierce competition brought by sports.

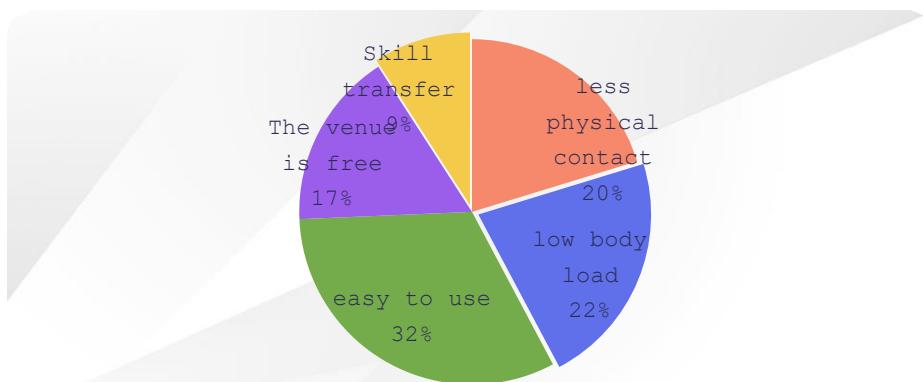


Figure 5 Analysis of the reasons for the participants to choose air volleyball

During the game, the height of the net is reduced and the weight of the ball is reduced, so that people are less likely to touch the ball. Worrying about danger has greatly eliminated people's fear of fast and powerful volleyball, making it more enjoyable to watch and entertain.

#### 4. Conclusion

1. Among the people participating in air volleyball in the border areas, there are more people in the age group of 25-35 years old. Among the occupational categories, civil servants account for the largest proportion, and the frequency of exercise is more than 3 times a week; Motivation: physical fitness and hobbies The two aspects account for the most;
2. Due to the dual pressure of the site and the natural environment, the development of air volleyball in the border areas is restricted. Standard gas volleyball has few indoor courts and the fees are too high. Although the outdoor courts are free, most of them are not standardized and are affected by the weather, and the later maintenance of the nets and courts is not in place, so the proportion of participants is not large.
3. The promotion of air volleyball in border areas is relatively slow, professional promotion personnel are lacking, and the promotion form is relatively simple. The form of daily participation is mainly spontaneous participation, and few college clubs participate in air volleyball activities.
4. Air volleyball is an emerging sport. The current system is not perfect. There is currently a lack of relevant teaching materials and syllabuses. Education authorities at all levels and leaders of colleges and universities do not pay attention to this discipline, and there is a lack of corresponding coaches and professional referee teams.

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