

The Relationship between the Physical and Mental Health of Adolescents and the Construction of the Chinese Dream

Li Kuan

Department of Physical Education, Xinjiang University

Postcode:830046

Keywords: The Chinese dream; Teenagers; Physical and mental health; Relationship

Abstract. Contemporary teenagers are the main group of Chinese dream. Their physical and mental health and development are related to the realization of the great rejuvenation of the Chinese nation. This article from the Chinese dream of the founders of the future - young people's physical and mental health, uses the literature material law, investigation method, logic analysis, annotations and build the relationship between the Chinese dream, and then expounds the development of sports, to improve teenagers' healthy physical fitness is the foundation of sports enterprise, also is the only way to realize China's dream of realizing the great revival, thus guide teenagers' approval of the Chinese dream, lead teenagers into practice, realize China's dream.

Introduction

In May of 2016, China issued by the general office of the state council "about strengthening school sports promote students" physical and mental health of comprehensive development, in clearly put forward the guiding ideology on comprehensively improving the quality of physical education, improve the students' personality quality, and develop sports in cultivating and practicing socialist core values, to promote the comprehensive function of quality education, cultivation of the comprehensive development of socialist builders and successors.[1] From this perspective, we can see that our country attaches great importance to the teaching of sports, especially the education work in large and middle schools. The vitality of the Chinese nation is vigorous or not, it is the youth of our country whether the physique is strong, the will is determined to be reflected. To expand the quality education, to train the overall education of the moral and intellectual body, the targeted strengthening of the school sports education is a necessary way. It is also of great significance to promote China's modernization of education, build a healthy China and a strong human resource, and realize a great rejuvenate of the Chinese nation.

What Is the New Era's Dream of Great Power in Sports

The dream of great power is an integral part of the Chinese dream. General secretary xi said that to realize the Chinese dream, we must first realize the dream of great power of sports. The dream of great power is a powerful force for the great rejuvenation of the Chinese nation. We should attach great importance to the development of undertakings of physical culture and sports in our country, this and to build a well-off society in an all-round way, to realize the great rejuvenation of the Chinese nation is the same strategic goal, is our country to the attention of the our country sports enterprise by sports country to sports power strides towards one of the important performance. The dream of great power is deeply rooted in the Chinese dream. Sport is an important symbol of social development and human progress. It is an important embodiment of the overall national strength and social civilization. In order to realize the comprehensive well-off society, it is an important step to push forward China's transition from sports power to sports power. The essence of the development of sports in China is to strengthen the people's physique, which is also the foundation of China's sports career, and the first step to realize the dream of the great power of sports. In order to realize China's dream, people all want to strive for the whole Chinese people strive for, sports as a way of the most can inspire people fight, dream is in accordance with the implementation sports power and realize the request of the Chinese dream. The most touching and exciting thing about the

sport is not the winning of medals, but the Olympic spirit of self-improvement and perseverance. In sports and events, the great sportsmanship that the athletes show in their unremitting pursuit of excellence and constantly breaking through themselves is the great embodiment of this national image. Such a strong leading role of the sports spirit of the nation to establish free-standing self-improvement, to gain a foothold in the world today has an important influence and meaning, so sports is also seen as important symbols and symbol of modern culture.

To realize the great Chinese dream and realize the happy life of the people; To realize the people's happy life, we will realize the health of all the people. And sport is the cause of people's health and well-being. That emphasize the "great health" and "sports" theory promotes the development of the people's livelihood to the significant innovation in our country, must adhere to comprehensive fitness as the first essence, promote the fusion of fitness and health give full play to the unique advantages of sports in the show. The aim is to improve the life quality of the people, prolong the healthy life of the people, gain satisfaction and happiness through sports, and share and disseminate the achievements of the development of sports. Finally, the promotion of sports in economic society is realized. With the improvement of people's living standards and the vigorous implementation of the dream of the great power of sports, more and more people are consciously taking part in sports to achieve a healthy consensus. Through the explicit analysis of the sports industry, it can grasp the characteristics of its long industrial chain, broad radiation and strong driving force, and stimulate the potential of the industry, create an increase in the supply of high-end service projects, and realize the economic growth point. Finally, the sports industry has become a new platform to promote our country's international influence in the world. In the Chinese dream, sharing with you and me is a unique feature of the world. In the exchanges and cooperation between China and other countries in the world, benign interaction and mutual benefit and win are always the same pursuit. In sports diplomacy and cultural exchanges should also is so, we should insist on a national sports spirit stories of the Chinese nation, with a new type of promoting the international influence of the sports industry and in realizing the dream for the human sports power to make new contributions.

The Relationship between Physical and Mental Health of Adolescents and the Realization of The Chinese Dream

The Spirit of Sports Can Promote the Realization of the Chinese Dream

Development of physical and mental health is not only a strong body and quality, but also a spiritual internal cause, the internal relations of its is the unity of philosophy and social values, is the youth health of body and mind deeply rooted in the Chinese dream, because of the mental and physical health of the teenagers in the produce process of some non-productive activities, it is inseparable from the physical exercise. Social development alternating, blend also brought some new changes, with the passage of time and evolution, sports itself has many different functions and social attributes, but the content is also an important symbol of social civilization process, but also the embodiment of a nation's comprehensive national strength. Xi general secretary had talked about "big tournament one of the most touching is not necessarily a medal competition, but embody a sense of dream and insist on the spirit of", that is it is potential charm from the sports the unproductive activities. When the national flag flies on the international sports field, the moment of the national anthem is more the status and influence of a country in the world.

Teenagers' Physical and Mental Health Help Realize the Chinese Dream

The future of youth is the future of our country, and the hope of the youth is the hope of our country's future. The growth and development of adolescent stage is also very important. The ultimate goal of education in our country is the young generation to the comprehensive development in our country, and in accordance with China's characteristic socialism construction builder, teenagers' healthy growth cannot leave the school's quality education peace day of physical exercise. Since the eighteenth big, focus on the construction of school sports and promote, encourage some items into the campus, complete the construction of campus culture system, its core idea is attaches great importance to the development of teenagers' physical and mental health,

through the way of sports into the campus, to improve the sports consciousness and interest of teenagers, so as to achieve the purpose of the exercise body and a strong psychological. Only the healthy growth of the young generation will be able to realize the dream of the great rejuvenation of the Chinese nation.

The Physical and Mental Health of Young People Is the Cornerstone of Realizing the Chinese Dream

The successful hosting of the Olympic Games in Beijing in 2008, it has quietly in the past nearly ten years, our country also from entering the post-Olympic era, the rapid development of the level of competitive sports in our country, at the same time, it will carry out the national fitness work, solid advance sports into the campus, carry out sports activities conducive to the development of adolescent physical and mental health. In August 2017, ended in the thirteenth session of national sports meeting in Tianjin, athletic sports and mass sports competition for the first time on the same historical stage, at the same time the national games in Tianjin also said goodbye to the "full training, the Olympic gold medal" positioning, is to return to the fundamental function of sports and the beginner's mind "the development of sports, improve the people's physical fitness", 19 mass events, asked seventy thousand grassroots sports fans took to the highest domestic sports venue - the national games, after 58 years of trials and hardships, every step of the national games to try and change, make our highest specifications athletes were satisfied, the whole nation is satisfactory for the big event, finally on the 13th national games with a brand new side, combining the athletic sports and mass sports, the comprehensive construction and the integration of comprehensive health of the new platform, however our country through the sports events, the way this time will focus on the integration and combination. It is also through the level of grassroots sports to see the rise of China's sports. Become in front of all the national games, and the developing direction of higher level events, we turned his gaze to the grass-roots sport, the cultivation of all this, begin from youth culture and the transformation of ideas. In the future, the golden period of mass sports development in China will focus on the development and cultivation of the physical and mental health of young people. Also there must be in the next five year plan youngster health behavior standards, the formation of the youth sports events, and the scheme of the reform and development of sports content and so on, this also shows that in practice as the core of the leadership of the party general secretary and the adolescent physical and mental health attention to our country. It is the cornerstone of our dream of the great rejuvenation of the Chinese nation.

The Chinese Dream Is a Counterforce to the Physical and Mental Health of Young People

The Chinese Dream Promotes the Correct Mental Health of Young People

Young strong a country strong, every youth development is closely related with the future of the motherland, to the healthy growth of the individual is closely connected with our great Renaissance is a dream, is a product of this new era and requirements, in to investigate the relationship between the youth physical and mental health and constructing the Chinese dream, China dream the demands of a new age of adolescent physical and mental health also have attack force. China dream can help the younger generation set up the correct world outlook, the outlook on life, values, and even can adjust the psychology of teenagers, through actively guide side of the young generation of physical, psychological, coordinated and healthy development. Start with the responsibility to get deeper into the mission. As President xi put it, "the ideal of mankind is impossible, and it is impossible to live without hardships." [2]Let the vast majority of young people raise their ideological consciousness, maintain a healthy attitude, and turn their dreams into a demonstration of strength, devoting themselves to the construction of the motherland and the future.

The Chinese Dream Urges Young People to Have a Healthy Body

As the saying goes, the body is the capital of the revolution, and the great rejuvenation of the Chinese dream is an uphill battle. During the growth and development stage of adolescence, it is necessary to have a healthy and strong body to be able to fulfill the great task given by the motherland. On September 5, 2016 published by the state general administration of sports of the youth sports "much starker choices-and graver consequences-in planning" made clear that

teenagers' health is an important part of China, to cultivate generations of fitness, the physical and mental health, the comprehensive development of teenagers are the hope and source of the Chinese nation, is the basis and guarantee to realize China's dream. [3]Printing and implementation of this class file has accelerated the specific process of adolescent health body, to ensure that school-age teenagers accept contains scientific system, regular physical education for the purpose of integrity education, to guide teenagers active exercise interest and strength will be as an important part in the school education, to cultivate the healthy growth of the younger generation, do healthy personalities in the forefront of the education development of the era, the dream of the great rejuvenation of the Chinese nation, actualization.

Conclusion

To realize the Chinese dream of the great rejuvenation of the Chinese nation and to realize the path of socialism with Chinese characteristics depends on the growth and development of the young people. The Chinese dream is the common dream of our Chinese nation and the dream of each of our citizens. A healthy body and mind and body will also provide for the important task of the Chinese dream realization, the basis of the development of adolescent physical and mental health and to build the Chinese dream mutual unity, promote each other, but asked us to the youth, seize every minute, grasp the development of the follow up momentum, surround in the xi as the core of the CPC central committee under the leadership of general secretary, stick to The Times, constantly in order to achieve the great revival of the Chinese dream to make due contributions.

Reference

- [1] The general office of the state council: The general office of the state council has an opinion on strengthening the physical and mental health of students.[Z]2016-04-21.
- [2] Xi Jinping:Talk with outstanding youth representatives from all walks of life.[N]The People's Daily.2013-05-05(2).
- [3] General administration of sport. Notice of the general administration of sport on the 13th five-year plan for youth sports.2016-09-05.
- [4] Bao Mingxiao:The strategic study of sports power to sports power.[M]Beijing.People's Sports Press.2009(06):2-4.
- [5] Zhong Hai;Qi Bing:On the development of youth sports and the realization of the "Chinese dream".[J]Journal of hebei Youth Management Cadre Institute.2013(06):19-22.
- [6] Chen Linzhao:Construct the internalization system of core values of college students.[J]China Highter Education.2016(23):47-49.
- [7] Zhang Jing;Jia Kai:The Chinese dream and the growth of college students.[J]Thought Theory Education Guide.2014(11):132-135.