

Заключение. Таким образом, прививание молодежи желание активных форм отдыха как средство формирования здорового образа жизни невозможно без участия государства, через изменение системы финансирования и создание системы мотивирующей системы ведения физически активного здорового образа жизни как молодежи, так и взрослых, в какой-то части поощрительной форме, а в какой-то и карательной в виде штрафов.

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THE IMPACT OF TENNIS TRAINING ON CAMPUS ON THE BASIC QUALITIES OF STUDENT TRAINING

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Keywords. Ping pong, national fitness, physical fitness, student training, physical education.

Ping pong (table tennis), as one of the most widely practiced sports in China, boasts significant advantages such as flexible venue requirements, low cost, and a low participation threshold. However, its fitness value has long been underestimated. Compared with traditional sports like running and swimming, ping pong not only improves cardiovascular function through aerobic exercise but also enhances neuromuscular coordination through rapid reaction training. Moreover, it exerts minimal impact on joints, making it suitable for people of all ages. This paper starts from the characteristics of ping pong, combines its actual effects on improving physical fitness with promotion practices to demonstrate its feasibility in national fitness programs, providing theoretical support for optimizing the supply of sports events.

The purpose of the work to demonstrate the feasibility of ping pong in national fitness programs by analyzing its characteristics, fitness effects and promotion practices.

Material and methods. The study of scientific and methodological literature, the survey of students and teachers.

Results and their discussion. In terms of fitness effects, ping pong combines the dual attributes of aerobic and anaerobic training. Continuous rallies lasting over 30 minutes can maintain a heart rate of 110-140 beats per minute, approaching the standard for moderate-intensity aerobic exercise, thereby effectively improving cardiovascular function. Meanwhile, actions such as rapid smashes and sidestep attacks require explosive power, which can strengthen the muscles of the upper limbs, core, and lower limbs. Additionally, ping pong places extremely high demands on reaction speed, spatial judgment, and hand-eye

coordination. Long-term training can shorten participants' reaction times by 0.15-0.3 seconds and improve balance ability by over 20% [1]. Such improvements in neuromuscular coordination are of great value in preventing falls among the elderly and enhancing athletic performance in adolescents.

Promotion practices further validate the feasibility of ping pong. The "Hundred-Village Ping Pong Tournament" in Guangzhou has been held continuously for 15 years, attracting over 500,000 participants in total. By organizing graded competitions, it has lowered the entry barrier for participants and fostered a stable sports community. In Shanghai, the promotion of "Ping Pong Fitness Corners" in communities, coupled with the provision of public coaches to guide scientific warm-ups and proper techniques, has reduced the injury rate among participants to below 3% [2]. These cases demonstrate that by improving venue facilities, diversifying sports events, and strengthening popular science education, ping pong can effectively stimulate public enthusiasm for participation and cultivate sustainable fitness habits.

Conclusion. Ping pong, with its low cost, high entertainment value, and strong adaptability, has emerged as an ideal choice for improving the physical fitness of the entire population. Its "low-threshold" characteristic breaks through the limitations of venue and economic constraints, enabling people of different ages, genders, and income levels to participate [3]. Its "high adaptability" meets diverse needs ranging from rehabilitation training to competitive enhancement by adjusting exercise intensity. Based on promotion practices, it is recommended that the government increase the installation of community ping pong tables through subsidy policies, that sports departments organize graded amateur leagues, and that media platforms release popular science tutorials to further expand the coverage of the sport. Future research could focus on the intervention effects of ping pong on specific chronic diseases (such as diabetes and hypertension) to provide more precise evidence for optimizing national fitness programs.

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THE HISTORY OF DANCE SPORT DEVELOPMENT IN CHINA

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Sports dance (Dance Sport), as a sport that evolved from social dancing and combines artistic expression with athletic competitiveness, has gained widespread recognition and development worldwide. In 2005, the International Olympic Committee officially recognized sports dance as an Olympic sport, marking a new phase in its globalization process. Amid this wave of globalization, China, as a latecomer but rapidly developing representative, has demonstrated unique trajectories and models in its localization practices.

Since its introduction in the 1980s, sports dance in China has undergone profound transformations—from being considered a "foreign novelty" to becoming a popular sport, and from grassroots initiatives to state-driven nationwide promotion—ultimately becoming an indispensable component of both mass sports and competitive sports in the country [1].

The purpose of the work is to identify the stages of formation and development of sport dance in China.