

PHYSICAL FITNESS TRAINING AND ITS MAIN FUNCTIONS AT THE PRESENT STAGE OF CHINESE SERVICEMEN

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Abstract: As the fundamental basis of the military overall construction, physical fitness training of the serviceman has always been highly strengthened and widely promoted by our headquarters and the whole military. In this paper, we summarize the historical role of physical fitness training of our servicemen, indicate the realistic meaning of physical fitness training of our servicemen and introduce the main functions of physical fitness training of Chinese servicemen.

Key words: Chinese servicemen, physical fitness training, army construction

As the fundamental basis of the military overall construction, physical fitness training of the servicemen has always been highly strengthened and widely promoted by our headquarters and the whole military. No matter in wartime or peacetime, physical fitness training is closely related to the army's overall construction and the implementation of the military responsibility. We can say, with the foundation, development and steady growth of People's Liberation Army of China, physical fitness training of servicemen played a very important historical role, which still maintain realistic meanings nowadays. At the present stage, physical fitness training in our army presents a picture of developing rapidly and steadily.

1. THE HISTORICAL ROLE OF PHYSICAL FITNESS TRAINING OF CHINESE SERVICEMEN

It has been more than 80 years since the foundation of People's Liberation Army of China. She has been through all the hard times and constantly made brilliant achievements, through which physical fitness training played its important role.

(1) In time of war, physical fitness training of our servicemen was one of the very important component parts of our battle effectiveness

At the original stage of our army(the red army stage), the environment was very tough, what we were facing was not only the stronger enemy and rough life, but also the poor equipment and consecutive wars. Our equipment was mainly the broadsword and spear, sometimes there were little firearms, but the ammunition was insufficient. Facing the powerful enemy, how to keep the strong revolutionary mind and battle effectiveness was an important issue in front of our leaders. For improving the physical fitness standard of red army, in order to adapt to the requirement of launching guerrilla warfare, physical fitness training was widely promoted, and was considered as an effective method to improve the battle capability, which became a very important part of military training at that time. [1] For example, the red army often combined training with mountain climbing, drill exercises, martial arts, bayonet charge and wrestling, which contributed a lot in guerrilla warfare. Accompanying the foundation of the red army and the development of "red sports" in soviet area, physical fitness training has been closely related to the building and development of combat effectiveness. During the anti-japanese wartime, against the Japanese invaders who was armed to the teeth, physical fitness training being the basis of combat effectiveness was further emphasized and promoted. Chairman Mao Zedong indicated: take exercise, beat Japanese; Zhu De, commander in chief of the Eighth Route Army wrote: improve physical fitness, cultivate warrior spirit. [2] The aim of physical fitness training was strengthened, so did the effect. During the liberation wartime, with the expansion of people's armed forces, and in accordance with the strategy of liberating the whole China, a large scale of military training activities had been promoted in our army, of which physical fitness training was one of the most important part. Through training, not only the physical fitness level and the military skill of the whole PLA got improved, but also the strong will of the officers and soldiers got grounded. Obviously, physical fitness training of servicemen, as one of the important methods of building and improving our battle effectiveness, had significant meaning in Chinese revolutionary history.

(2) After the foundation of new China, physical fitness training of servicemen became the basis

of our army's overall construction

With the foundation of new China, physical fitness training, as the main demonstration way and content of our army's military sports, has been further established as the basis of army's overall construction. The primary function of training departments at all army levels was the organizing and implementation of physical fitness training, which made a very clear statement in the type of organization. Sports instruction committees should be founded in regiments or units above. Company's military committee should be represented by a sports committee member. It should be mentioned that in 1953, a special institution that cultivated military sports specialists-PLA institute of Physical Education had been founded in our army, which symbolized our army's physical fitness training drive on a path to becoming scientific and systematic, not only in organizing and implementation methods, but also in cultivating physical fitness training specialists. From the 80's, for further ramming the base of our army's overall construction, junior college courses, undergraduate courses and master graduate courses of military sports had been set in PLA institute of Physical Education. From 1998, physical fitness training of servicemen had been defined formally as one of the master graduate courses, which sufficiently proved that our commanding headquarters paid great attention to the important role of physical fitness training in army's overall construction. Although after the foundation of new China, big achievements have been reached in army's construction, the fundamental meaning of physical fitness training of servicemen still plays a positive role in improving overall physical fitness of officers and soldiers, cultivating strong will and function, accelerating the grasp of military skills and tactics, and enhancing the battle effectiveness of the troops.

2. THE REALISTIC MEANING OF PHYSICAL FITNESS TRAINING OF SERVICEMEN

It has been the new phase of the new century, in the trend of the world new military revolution, the overall construction of PLA has turned a new page, we had brand new recognition of the realistic role of physical fitness training.

(1) The physical fitness of the servicemen is the carrier of battle effectiveness, which makes physical fitness training very important in military education and training

The rapid development and wide use of the modern scientific technique in military territory, produced unpredicted change upon the traditional warfare and battle form. The physical fitness of servicemen has separated from the direct cause of combat effectiveness, no longer the decisive factor of the construction of combat effectiveness. The physical fitness of servicemen is transferring from being the direct component of combat effectiveness to the carrier of putting combat effectiveness into full use, [3] which is the common sense of physical fitness training of servicemen adapting to the new military revolutionary.

But we also should observe that because physical fitness training of servicemen is directly related to the improvement of the physical fitness level of servicemen, it also influences the enhancement of army's overall construction. So, although physical fitness training of servicemen is not directly related to the foundation of the combat effectiveness in wartime any longer, it still is an important component of military training in the new historical condition with basic training role.

(2) The physical fitness of the servicemen is important to guarantee non-combat military action, which makes physical fitness training closely related to the implementation of the military responsibility

As we all know, the Chinese government and people love peace, always devote in maintaining the world peace and our own construction and development. But because china is a developing country, our infrastructure facilities and public service system are not very developed, natural disasters happen frequently so we still depend a lot on manual work in defending them, like Changjiang river flood in 1998, ice and snow disaster in southern china in 2007, Wenchuan earthquake in 2008, all of which shocked the whole world. Our military played an irreplaceable role in fighting against these disasters, in which the high level of physical fitness of our servicemen acted to a great extent. The primary aim of PLA is serving the people, and this also reflects the strong quality and combat effectiveness of Chinese military. So, the servicemen's combat effectiveness is not only for combat actions, but also for non-combat military actions. It is said that " a thousand days training is just for a critical shot". The responsibility of servicemen is to be loyal to his nation and people, they must be there when the nation and the people need them the most. Under the trend of world peace and development, our army's construction and military training are obedient and ready to serve for the nation benefit. So, physical

fitness training of servicemen has been closely related to implementing the military responsibility, which is also important to guarantee launching of non-combat military actions.

(3) The functions of physical fitness training decide its very positive realistic meaning in the army's overall construction

Physical fitness training is training of the human body. Physical fitness training of servicemen is plentiful in content and complex in formation, although sometimes full of hardship, and even tests your mental resolve, but also brings the joy and happiness to the trainees in many aspects. So physical fitness training is not only the physical exercise, but also produces the effect on spiritual levels.

Because of its double effect, physical fitness training is beneficial to activating the army's cultural life and improving the spiritual stature. Physical fitness training requires confronting, challenging and defeating yourself; at the same time, physical fitness training strengthens teamwork, as many contents and subjects needs team cooperation, which possesses the quality and common sense of sports of cultivating teamwork sense and building harmony. Above all, because of its functions, physical fitness training played a very positive realistic role in the army's overall construction.

3. THE MAIN FUNCTIONS OF PHYSICAL FITNESS TRAINING OF CHINESE SERVICEMEN

Physical fitness training of Chinese servicemen had a long history with abundant accumulation, which resulted from past experience and present situations. At present stage, the main functions are as follows:

(1) pay attention to standardization

Physical fitness training of our army pays more attention on system construction. In 1950s, the Chinese government issued the <<Readiness for Labor and Hygiene>>, the trend of reaching the standard of <<Labor and Hygiene System>>was on fire in our army. In 1990, <<The Nation Physical Education and Exercise Standard>>was issued, our institute received the order from the commanding organs to work on the <<The Physical Education and Exercise Standards of servicemen>>, which started the trial implementation in1989, and was officially distributed and implemented by the headquarters of the General Staff and the General Political department in 1994. All the servicemen launched the vigorous activities of reaching the standard of physical education and exercise. In 1999, according to the commands of the headquarters, our institute organized specialists research on <<The Physical Fitness Standard of Servicemen>>, which was printed and issued in trail version by the headquarters of general staff. Based on continuous modification and improvement, in November 2006, <<The Physical Fitness Standard of Servicemen>>was officially issued by the headquarters of General Staff throughout the army, which became the statutory document for physical fitness training of our army.

(2) Lay emphasis on participation

According to <<The Physical Fitness Standard of Servicemen>>, physical fitness training of our army ranges from the commanding organs to the grass-roots units and checkpoints; from generals to soldiers, all the officers and soldiers in the army are compelled to take part in physical fitness training and the test. In <<The Physical Fitness Standard of Servicemen>>, it is classified that different subjects and standards should be tested according to different ages. Therefore, physical fitness training of Chinese military troops has been concerned and participated by all the military crew. The activities of meeting the standard of physical fitness training has spread commonly throughout the army.

(3) Put highlight on practicability

One of the functions of our physical fitness training is to put highlight on practicability, which demonstrates in according to the human body's principle of growth and decline, the <<Standard>>emphasizing on improving the physical fitness or capability of officers and soldiers in order to keep the health level and complete the mission. We put sex and age as reference, scientifically set the training content and test standard. In basic subjects, we place emphasis on training strength, stamina, speed, agility and coordination; in the setting of training events, we stress the simplicity and learnability of the training events so that it will be more operable for organizing and test; in training effect, we highlight the transformation from technical training to all-around quality training; which strengthens the practical value of physical fitness training and lighten the content of performance and formalization.

(4) In pursuit of scientificity

The nature of physical fitness training is physical training, which must obey and abide with the basic principle of human movement science. Only through practicing activities and complying with the principle, can we reach the predicted aim and effect, otherwise, training against the principles makes it easy to get unwelcome results. So, in recent years, our army laid emphasis on advancing the scientific nature of the training. In addition to making more efforts on scientifically researching the <<Standard>>, we also pay more attention on the scientific training process. One of the main tasks of our institute is to positively explore the scientific organizing and training method and scientific evaluation of the training effect.

This article is mainly about physical fitness training and its functions in present stage of the Chinese servicemen. We are willing to have a positive communication with all our colleagues from around the world.

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