

Research on the Guarantee Mechanism for the High Quality Development of Outdoor Sports for Youth in the New Era

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Abstract: With the development of society and the transformation of youth education concepts, outdoor sports for young people have become an important way to promote physical and mental health, attracting social attention. However, there are many issues and challenges in its development process, such as safety management, diversified project promotion, and social impact assessment. This paper aims to propose a guarantee mechanism for the high-quality development of outdoor sports among young people in the new era through systematic analysis of the current situation and literature review. Specifically, this includes strengthening safety management and training, promoting diverse sports programs, and conducting in-depth evaluations of education and social impact. These guarantee mechanisms not only help to improve the quality and safety of outdoor sports activities, but also promote the comprehensive development of the physical and mental health of young people.

Keywords: youth outdoor sports, security mechanisms, safety management, diversified projects

1. Introduction

With the rapid development of the social economy and the diversification of lifestyles, the physical and mental health issues of adolescents are increasingly receiving attention. Youth outdoor sports, as an important means of promoting physical development, enhancing physical fitness, cultivating teamwork spirit and social responsibility, are facing new development opportunities and challenges in the new era [1]. Against the backdrop of advanced modern technology and widespread internet use, teenagers generally face problems such as addiction to electronic devices and lack of physical exercise, which pose a threat to their physical health and psychological development.

This paper aims to explore the high-quality development guarantee mechanism of outdoor sports for young people in the new era, in order to ensure its positive role in the comprehensive development of physical and mental health. Firstly, by defining the concept and classification of outdoor sports for young people, we can understand their unique role in cultivating their comprehensive qualities. Secondly, by comparing and analyzing the current development status of outdoor sports for young people both domestically and internationally, we aim to explore the experiences and lessons learned from different countries and regions in terms of policy support, organizational management, and resource investment. Furthermore, we will establish a policy and legal protection mechanism for the development of outdoor sports for young people, and analyze in depth its synergistic effect and implementation effect among government departments, schools, and social organizations. Finally, by establishing an evaluation index system and proposing development strategies, theoretical support and practical guidance are provided for the high-quality development of outdoor sports among young people in the new era.

Through the implementation of this study, it is expected to provide in-depth thinking and suggestions on how to better utilize outdoor sports to promote the healthy growth of young people, and provide theoretical support for the formulation and implementation of relevant policies, thereby promoting the comprehensive development of youth health in China.

2. Literature review

2.1 *Concept and types of outdoor sports for teenagers*

Youth outdoor sports, as an important form of physical exercise, emphasize various sports activities conducted in the natural environment. Its definition covers a variety of sports forms, from simple walks and hiking to complex climbing, kayaking, and more [2]. These activities usually occur in outdoor environments, such as parks, forests, mountains, and other natural places, aiming to improve individual cardiovascular function, coordination ability, and psychological resilience through physical exercise. Outdoor sports for teenagers are not only a form of physical exercise, but also an important way to cultivate their teamwork spirit, social responsibility, and environmental protection awareness.

Different types of outdoor sports for teenagers can be classified based on their exercise intensity, exercise environment, and equipment used. Low intensity activities, such as hiking, camping, and camping, focus on allowing participants to enjoy the natural environment and relax both physically and mentally [3]. These activities usually do not require excessive professional skills, but promote physical and psychological relaxation through easy walking or simple outdoor living skills. Moderate intensity sports, such as cycling, skiing, and rowing, can not only exercise the body but also improve skill levels. These activities require participants to have a certain level of physical fitness and basic technical mastery to cope with different sports venues and environmental conditions. Through these sports, teenagers can improve their coordination ability and reaction speed, while enjoying the joy and sense of achievement brought by sports. High intensity sports, such as rock climbing, surfing, and extreme challenges, require high physical fitness and professional skills, as well as the courage to challenge individual limits. These activities not only test the physical fitness of participants, but also exercise their decision-making ability and ability to cope with unexpected situations. By overcoming challenges and risks, teenagers can enhance their self-confidence and teamwork spirit, cultivate excellent problem-solving skills and the ability to cope with stress. Therefore, outdoor activities of different intensities and types provide diverse experiences and growth opportunities for teenagers, whether it is relaxing in nature, improving skill levels, or challenging personal limits, all of which can promote their comprehensive development and healthy growth.

2.2 *Current development status of outdoor sports for youth at home and abroad*

Youth outdoor sports have been widely promoted and applied globally, and there are significant differences in their development stages and implementation methods among different countries and regions. In developed countries such as Europe and America, youth outdoor sports have become an indispensable part of the education system and social culture [4]. The government and non-governmental organizations actively promote the popularization and diversification of youth participation in outdoor sports by formulating special policies, providing venue facilities and financial support. For example, in European and American countries, governments typically invest in public facilities and establish safety standards to ensure that young people can safely participate in various outdoor activities. In addition, outdoor education courses are commonly included in the education system, aimed at cultivating students' teamwork skills, leadership skills, and self challenging spirit. Non-governmental organizations often organize various outdoor sports camps and activities to provide comprehensive experiences and learning opportunities for young people. In contrast, in some developing countries, the promotion of outdoor sports for young people may face challenges due to resource and infrastructure limitations. However, with the increasing awareness of the benefits of outdoor sports and the reference of international experience, more and more regions are taking measures to encourage and support young people to participate in various outdoor activities, in order to promote their physical and mental health and comprehensive development.

In China, with the rapid development of the economy and society and the improvement of living standards, outdoor sports for young people are gradually receiving attention [5]. Government departments support schools and social organizations in carrying out various outdoor sports activities by issuing relevant policy documents and guidance. Despite the acceleration of urbanization, the outdoor activity space for young people is somewhat limited. However, various forms of sports clubs and experiential camps have gradually emerged, providing more opportunities for young people to participate in outdoor sports.

2.3 The impact of outdoor sports on the physical and mental health of adolescents

Adolescence is a critical period for human and psychological development, and outdoor activities have a significant positive impact on the physical and mental health of adolescents during this stage, which has been widely recognized and studied. Firstly, outdoor sports are crucial for enhancing the physical fitness and athletic skills of adolescents. By participating in various outdoor activities such as running, mountaineering, skiing, etc., teenagers can effectively improve their cardiovascular function and muscle coordination ability, thereby enhancing their overall physical fitness and endurance. Secondly, outdoor sports cultivate the teamwork spirit and leadership ability of young people. In team activities, they learn to coordinate and cooperate, solve problems, and achieve common goals, which are crucial skills for future life and career. By facing outdoor challenges such as climbing steep mountains or completing long-distance hikes, teenagers not only exercise physically but also experience psychological growth and resilience improvement. In addition, outdoor activities provide an opportunity for intimate contact with nature, which helps teenagers reduce stress and anxiety. Away from the hustle and bustle of the city and immersed in the natural environment, teenagers can feel the tranquility and healing power of nature, thereby promoting the comprehensive development of mental health. Research has shown that contact with nature can reduce tension and depression, improve emotional stability and self satisfaction, and have an important promoting effect on the psychological growth of adolescents. In short, adolescent participation in outdoor sports is not only physical exercise, but also an important way to comprehensively develop personality and abilities. Through these activities, they not only receive physical exercise and reinforcement, but also gain rich experience and growth at the psychological and social levels. Therefore, in order to promote and organize outdoor sports activities for the comprehensive development of young people, it is particularly important. This not only requires cooperation and support from schools, communities, and clubs, but also requires sound management mechanisms and policy measures to pay attention to the mental health of young people.

In summary, outdoor sports for young people are not only a form of physical activity, but also an important means and platform to promote their comprehensive development. Through in-depth research on its concept and types, domestic and international development status, and its impact on physical and mental health, theoretical and practical support can be provided for the construction of a high-quality development guarantee mechanism for outdoor sports among young people in the new era.

3. Construction of a guarantee mechanism for the high-quality development of youth outdoor sports

3.1 Policy and legal protection

The sustainable development of youth outdoor sports requires clear policy and legal frameworks to ensure the safety, legality, and promotion of activities. The government plays a crucial role in this regard, and should formulate policies and measures specifically targeting outdoor sports for young people, and actively provide financial support, venue optimization, and regulations on safety standards. These policies should be flexible and able to be adjusted in a timely manner to adapt to social changes and the development of youth sports needs. In addition, the government should encourage and support relevant institutions and organizations to participate in youth outdoor sports activities, promote resource sharing and coordinated development.

At the legal level, it is necessary to clarify the legal responsibilities and management requirements for youth outdoor sports activities, in order to regulate the conduct of activities and protect the rights and interests of participants. Establishing a sound legal system and clarifying the responsibilities of all parties are crucial for preventing and resolving accidents and disputes. At the same time, provide legal protection and relief mechanisms for organizers and participants to ensure that their legitimate rights and interests are not violated, and provide necessary support and assistance for them when facing legal issues. This legal framework can enhance the legitimacy of youth outdoor sports activities, encourage more people to participate, and lay a solid foundation for their sustainable development.

3.2 Organizational and management mechanisms

The effective organization and management of outdoor sports for teenagers is crucial to ensuring the quality and safety of sports. Schools, communities, and clubs play a crucial role in driving this

process. The school encourages students to actively participate in outdoor activities and cultivate their interest and skills in sports by arranging extracurricular activities and adjusting curriculum settings. At the same time, community organizations and clubs provide abundant sports resources and social platforms to meet the needs of young people at different levels of interest and ability. In terms of schools, by setting up specialized outdoor education courses or integrating outdoor activities into existing courses, students can safely participate in various outdoor activities under guidance, such as mountaineering, kayaking, or wilderness survival training. This arrangement helps to cultivate students' teamwork skills, leadership skills, and problem-solving abilities, providing them with comprehensive development opportunities. At the same time, community organizations and clubs play a role in a wider range of social and sports resources. They often organize various outdoor activity camps, adventure trips, or regular outdoor sports competitions to provide teenagers with in-depth experiences and challenges. These activities not only enhance the physical fitness and skills of participants, but also cultivate their sense of responsibility and team spirit. Through the collaborative efforts of schools, communities, and clubs, the popularization and development of outdoor sports among young people can be effectively promoted, providing them with opportunities for comprehensive growth while ensuring the safety and quality of sports.

In order to ensure the orderly progress of activities and the safety of participants, it is necessary to establish a sound sports management mechanism. This includes developing detailed activity plans, allocating required personnel reasonably, and implementing effective safety monitoring measures. Regular evaluation of the implementation effectiveness of these management mechanisms is an important means to ensure the quality of sports activities and participation experience. By timely adjusting and improving management measures, the organizational efficiency and management level of youth outdoor sports can be further improved, ensuring their long-term sustainable development.

3.3 Resource guarantee and investment

In order to support the development of outdoor sports for young people, it is necessary to ensure sufficient resource investment and effective utilization. The government should increase financial investment in outdoor sports for young people, support the construction of related facilities and equipment updates. At the same time, through public-private partnership models or incentive policies, encourage social forces to participate in resource investment and expand the supply of sports venues and equipment. Ensuring fair allocation and efficient utilization of sports resources is crucial. Establish a resource allocation mechanism, optimize venue utilization, and meet the sports needs of different groups and regions, especially young people in remote and economically underdeveloped areas. Through the construction and implementation of the above comprehensive guarantee mechanism, outdoor sports for young people can continue to develop in a safe, legally guaranteed, and resource sufficient environment, providing opportunities for comprehensive development for young people, and promoting the overall health and stability of society.

4. Quality evaluation and improvement of outdoor sports for teenagers

4.1 Establishing an evaluation index system

The design of the development evaluation index system for adolescent outdoor sports is crucial to ensure the quality and effectiveness of activities. Design evaluation indicators for the development of youth outdoor sports, establish a comprehensive evaluation index system, and evaluate the development of outdoor sports from multiple aspects. These indicators should include but are not limited to participation rate, safety record, diversity of sports activities, participant satisfaction, educational effectiveness, etc. By combining quantitative and qualitative indicators, comprehensively reflect the development and influence of youth outdoor sports. The challenges that may arise when implementing an evaluation indicator system include difficulties in data acquisition, subjectivity in indicator selection, and the authenticity and comparability of evaluation results. In addition, there may be differences in the evaluation standards of different regions and organizations, which need to be unified and standardized.

4.2 Development strategy and suggestions

The specific strategies to improve the quality of outdoor sports development for young people and the improvement of existing guarantee mechanisms and policy recommendations are the key to

ensuring the sustainable and healthy development of sports activities.

We strengthen safety management and training, enhance the safety awareness of participants and managers, develop detailed safety operating procedures, and conduct professional safety training. We promote diverse sports programs, encourage and support the development of diverse outdoor activities, and meet the different interests and needs of young people. We integrate educational elements into outdoor sports by strengthening education and social impact assessments, evaluating the impact of activities on the physical and mental health, teamwork, and social responsibility of young people.

We optimize policy support measures, improve policies and regulations for outdoor sports for young people, increase financial investment, and provide more financial support and tax incentives. We establish a supervision and evaluation mechanism, set up independent supervisory agencies or committees, and regularly evaluate and supervise outdoor activities for young people to ensure compliance and quality of the activities. We promote public participation and social governance, encourage various sectors of society, parents, and volunteers to participate in the organization and management of outdoor sports activities, form a multi-party governance pattern, and enhance the social impact and sustainability of the activities. Through the implementation of the above strategies and suggestions, the quality and influence of outdoor sports for young people can be effectively improved, providing a better platform and conditions for their healthy growth and comprehensive development.

5. Conclusion

As an important way to promote the physical and mental health development of teenagers, the improvement and sustainable development of their quality in outdoor sports is currently an important research topic. This study proposes a guarantee mechanism for the high-quality development of outdoor sports among young people in the new era by analyzing existing problems and practical experience at home and abroad, including key points such as safety management and training, promotion of diversified sports projects, and education and social impact assessment.

Safety management and training have been recognized as the foundation for ensuring the high-quality development of outdoor sports for young people. By developing detailed safety operating procedures and conducting systematic safety training, the incidence of accidents can be effectively reduced, ensuring the physical health of participants and the smooth progress of activities. The promotion of diversified sports is an important means to enhance the attractiveness and participation of outdoor sports. Teenagers have diverse interests, so it is necessary to launch diverse outdoor sports projects tailored to different age groups and interest characteristics to enhance the enthusiasm of participants and the sustainability of activities. Integrating educational elements into outdoor sports activities and conducting a comprehensive assessment of their social impact is key to ensuring that outdoor sports have a positive impact on the overall development of young people. This includes evaluating the long-term impact of activities on the physical and mental health, teamwork ability, and social responsibility of adolescents, as well as the positive driving role of sports activities at the social level.

In summary, the guarantee mechanism for the high-quality development of youth outdoor sports in the new era is not only a single factor issue, but also a multi-dimensional and multi-level systematic engineering. Future research should further explore the development trends and policy recommendations of outdoor sports for young people, in order to make more systematic and in-depth contributions to promoting the comprehensive development of young people and social health.

Acknowledgements

Project supported by the Fundamental Research Funds for the Central Universities (Grant number: 2662023TYPY001).

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