

International Exchanges in the Mainland China

1. Ching Dynasty - until 1911
2. Internal Wars – 1911 to 1949
3. The People's Republic of China 1949 -
now

Ching Dynasty

- 1. Limited international exchanges
- 2. Mostly in business
- 3. Forced to open up – by “foreign invasions” – 1841, 1896
- 4. YMCA started its influence in China in major cities – Shanghai, Beijing, Tientsin in 1880’s

Internal Wars 1911-1949

- Missionary helped building schools and universities
YMCA was a major stakeholder in sports
Chinese faculty/students to US and Europe such as France
All these were put to a stop in 1930.

The PRC – from 1949

- 1. Early international exchanges were with Europe, especially the Eastern Block such as Russia, Bulgaria, Hungary
- 2. Rebuilding after the Cultural Revolution in 1976 with the Shanghai Communication in 1978 – starting exchanges with the US
- 3. Interrupted again in 1989 and reopened in 5-8 years

Challenges faced ahead

- Child obesity – Adult obesity (family and heredity).
- Modernization and increased wealth – Value system, attitude, behavior.
- Coronary heart disease (CHD) as one of the leading causes of death and increased numbers of risk factors in younger age groups – need of primary prevention and intervention programs (with parents and teachers as well).
- Increase in leisure time and sedentary lifestyle.

A Holistic Approach to attaining:

- Active Lifestyle
- Good Health
- Quality of Life
- Wellness
- Longevity

The Western perspectives on wellness rely on individual and objective goals and the components of wellness (and quality of life) are well defined and accepted by the general public. The gap between values held and actual practices would remain a challenge

for the researchers and practitioners to resolve in the years ahead.





The Chinese perspectives on wellness rely more on the individual's perception and harmony with the universe (heaven). The attunement of homeostasis and ability to adapt to the environment in several dimensions remain the major challenge, coupled with the transition from the traditional to modern values and way of life. The ability to enjoy work, life and family in an ever changing society will be the major goals for most Chinese families.

Future Directions

All PE and Sports programs/activities, in school or outside school, should meet five requirements:

- A) They must be Fun.
- B) They must facilitate development of positive Self-image and Self-concept.
- C) They must contribute to the acquisition of Motor Skills and developing Sports Talents.
- D) They must contribute to the development of Social Skills.
- E) They must be perceived to be Purposeful.

Major Challenges ahead

Air Pollution

Urbanization

Increasing Elderly Population

Lack of Environmental

Conservation Policy/Measures

Central vs. Provincial Government

International Politics/Pressure and

Role of the Military/Arm Forces

Thank You

