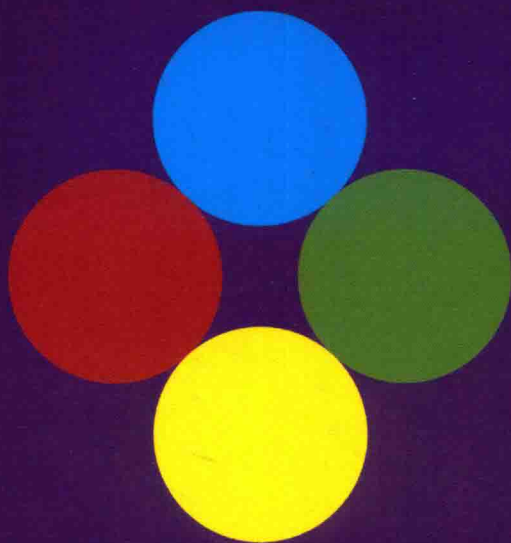


北京市人才强教项目资助

休闲体育的国际视野

——2015世界休闲运动休闲娱乐科学大会
论文摘要选集

顾问 钟秉枢
主编 李相如 谢 军



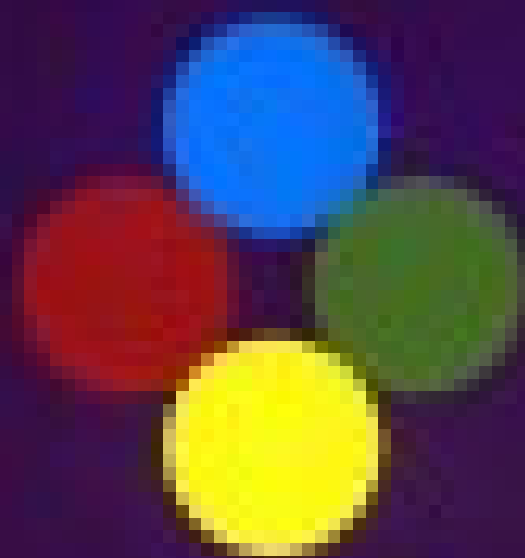
北京体育大学出版社

ISBN 7-301-06033-9

休闲体育的国际视野

——从国际休闲体育理论到休闲体育文化
范红 著

责任编辑 范红
封面设计 陈 明



北京体育大学出版社

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策划编辑: 李 飞
责任编辑: 佟 晖
审稿编辑: 李 飞
责任校对: 贾宇杰
版式设计: 杨 俊

图书在版编目(CIP)数据

休闲体育的国际视野: 2015世界休闲运动休闲娱乐
科学大会论文摘要选集 / 李相如, 谢军主编. — 北京:
北京体育大学出版社, 2017.11
ISBN 978-7-5644-2782-5

I. ①休… II. ①李… ②谢… III. ①休闲体育—文
集 IV. ①G811.4-53

中国版本图书馆CIP数据核字(2017)第282181号

休闲体育的国际视野

李相如 谢 军 主编

出 版: 北京体育大学出版社
地 址: 北京市海淀区信息路48号
邮 编: 100084
邮 购 部: 北京体育大学出版社读者服务部 010-62989432
发 行 部: 010-62989320
网 址: <http://cbs.bsu.edu.cn>
印 刷: 北京京华虎彩印刷有限公司
开 本: 710×1000 1/16
成品尺寸: 228×170
印 张: 18.5
字 数: 297千字

2017年12月第1版第1次印刷

定 价: 75.00元

(本书因印制装订质量不合格本社发行部负责调换)

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前 言

从国际视野看,休闲时代已经来临,休闲、度假、体育、娱乐、旅游业成为下一个经济大潮的预测和判断也已经成为现实。在我国,国民消费实力逐年增长,休闲需求迅速攀升,加之《国民旅游休闲纲要》《关于促进旅游业改革发展的若干意见》等利好政策的出台为大众休闲提供了保障和机遇,可以预见“休闲刚需”的时代全面到来。

体育休闲是一种健康、积极的休闲方式;体育权利的保障是体育休闲的前提与基础。国际《休闲宪章》保障了当下人们休闲的可能性与质量,赋予了体育人权的休闲意义与休闲价值,促进了休闲体育人权的国际化、制度化发展方向。

科学技术迅猛发展,人类生活发生了巨大的变化,发达国家将全面进入“休闲社会”,发展中国家也将紧随其后。随着人民物质生活水平的大幅度提高,人们不会再满足于吃饱穿暖的基本生存状态,开始重视生活质量。休闲时代的到来,体育的娱乐化、休闲化将成为体育运动的主流,寻求身心愉悦,消遣余暇时间是人们参加体育活动的主要目的。伴随着休闲体育的蓬勃开展,国内外休闲理论工作者开始重视了对其的研究。

2015年世界休闲运动及娱乐文化国际学术大会由首都体育学院与世界休闲运动娱乐教育协会联合主办,并由首都体育学院承办。该次大会是世界休闲运动娱乐教育协会主办的第二届国际学术大会,来自22个国家和地区的60多所高校的专家参会。大会以“全球化的变革,运动休闲的机遇与发展”为主题,围绕“运动休闲与健康”“运动休闲与旅游”“运动休闲与城市发展”“运动休闲与体育产业”“运动休闲与生态文明”“运动休闲与文化教育”等6大专题,进行学术交流与研讨。

在时代的号召力下，中国社会开始关注休闲运动与健康、旅游、体育产业乃至文化教育的深层次关联，学者们力图实现休闲运动在各领域的全面、持续、深厚发力，共同推进大众休闲的发展。本书收录的学者们将运动休闲放置于文化的高度，遵循休闲体育的文化基本特征和精神，对休闲体育的发展进行整体性和前瞻性的把握；学者们站在促进世界体育事业繁荣发展的高度，在文化的大背景下关照东西方体育文化的理想和现实；学者们从某一点或某一现象探讨休闲体育发展，着力于休闲体育开展过程中实际问题的解决。

本书学者的思想开阔，视点较为广泛，阐述了运动休闲与健康、旅游、生态文明等方面的研究成果，内容丰富，可读性强，是休闲体育爱好者及研究人员的有价值的参考读物，同时也可作为高等院校休闲体育相关课程的参考资料。

由于水平有限，时间仓促，书中难免有欠妥之处，恳请读者批评指正，不胜感激。

李相如

2016年7月7日

preface

From the international perspective, leisure era has come, leisure, vacation, sports, entertainment, tourism has become forecast and judgment of the next economic spring tide. In China, the national consumption has increased year by year, as well as leisure demand, combined with the "national tourism and leisure programs", "the several opinions of promoting tourism reform and development" and so on, these good policies provide security and opportunity for the public leisure, "rigid demand of leisure era" has already come.

Leisure sport is a healthy, positive leisure method; Sports rights' protection is the precondition and foundation of leisure sports. International leisure charter guarantee the possibility and quality of the public leisure, endowed the meaning of leisure human rights, to promote the international and institutionalized development direction of the leisure sports rights.

With rapid development of science and technology, great changes have taken place in human life. The developed countries will be fully come into the "leisure society", and developing countries will follow suit. As people's material life level increased significantly, people are no longer going to be satisfied with the basic survival' state, but began to attach importance to the quality of life. The advent of the leisure'era, sports entertainment, leisure will become the mainstream of sports. people participates in sports for physical and mental pleasure and recreational leisure time is the main purpose of activities. With Vigorously development of the leisure sports, domestic and deposit leisure' scholar began to attach importance to the study of the theoretical workers.

World leisure sports and entertainment culture in 2015 international academic conference by capital institute of physical education and entertainment world leisure sports education association jointly organized, and to undertake capital institute of physical education. The congress is entertainment world leisure sports education association of

the second international academic conference, from 22 countries and regions, more than 60 experts attending colleges and universities. Assembly with "global change, sports leisure opportunities and development" as the theme, around the "sports leisure and health" "sports leisure and tourism" "sports leisure and city development" "sports leisure and sports industry" "sports leisure and ecology civilization" "sports leisure and cultural education" and so on six big projects, academic exchanges and seminars.

Under the power of time, Chinese society begin to pay close attention to the leisure sports and health, tourism, the deep relationship between sports industry and cultural education, scholars have tried to achieve in all areas of comprehensive, sustained, deep, accelerate the development of public leisure together. Book collection of the height of the scholars place sport leisure culture, leisure sports culture basic characteristics and spirit of integrity and prospective of the development of leisure sports; Scholars stand in height, and to promote the development of world sports undertakings prosperity in culture under the background of pay attention to the ideal and the reality of the eastern and western sports culture; Scholars from a point or a particular phenomenon, discusses the leisure sports development, focusing on leisure sports to carry out the practical problems in the process of the solution.

Book scholar thought is open, wider viewpoint, this paper expounds the sports, tourism, leisure and health research achievements of ecological civilization, rich in content and readable, the leisure sports fans and researchers of valuable reference books, but also can be used as resources of institutions of higher learning courses related to leisure sports.

Due to the limited level, time hasty, we try to avoid the flaw in the book, invite the reader to comment, thanks.

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