A STUDY OF THE CORRELATION BETWEEN BOUNDARY AND WILL OF FITNESS OF BEIJING NATIONAL FITNESS ROUTES IN THE CONTEXT OF PREVENTION AND CONTROL OF COVID-19

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China "National Fitness Route"

Most Popular Fitness Space in Enclosed Communities - Forgotten, Ignored, Misused

As China experiences rapid urbanization, the focus on fitness and sport in enclosed communities has become more prominent. However, COVID-19 has changed the lifestyle of people. The "work from home" mode gradually became popular, and enclosed communities have become the minimum isolation life circle formed. With the emergence of COVID-19, these enclosed communities have become the main form of mass habitation. With its clear boundary, a self-sufficiency community in the big cities of China, which can hardly be found in modern urban life, has recently become the most popular space for mass movement.

The "National Fitness Route" was conceived in the Outline of National Fitness Routes, a special kind of fitness space inside the community, exercises. More than this, gyms, fitness centers, and other kinds of fitness infrastructure have been temporarily closed or reduced, which has led to the need for fitness in enclosed communities. However, due to the difference in construction techniques, the quality of fitness spaces varies across the country. Some spaces are designed, designed, and designed, while others are designed, designed, and designed.

Our study focuses on the public space of the new fitness routes through field research and questionnaires. We classify fitness spaces according to different boundary modes and their proportion. For example, wall boundary, green boundary, solid wall boundary, clear fence boundary, seat structure boundary.

We use questionnaires to get the detailed boundary data of each fitness route, the evaluation has two phases. First, we conduct a general experience survey, where we include all the information about the boundary and the will of fitness. Unlike all the physical information above, the will of fitness is a subjective evaluation that cannot be measured or scored. Therefore, as for the will of fitness of each fitness route, the evaluation has two phases. First, we use questionnaires to get the detailed boundary data of each fitness route, the evaluation has two phases. First, we conduct a general experience survey, where we include all the information about the boundary and the will of fitness.