

The Reality and Necessity of Youth Sports Core Literacy Deficiency based on Complex System Theory

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ABSTRACT. Youth sports core literacy is one of the current hot issues in the field of physical education. This article uses literature research methods and logical analysis research methods to start the theory from the important levels that constitute the core literacy content of sports from the perspective of complex systems theory. Interpretation and research suggest that the Chinese youth theory generally has insufficient knowledge of sports morality, weak awareness of sports, weak foundation of sports skills, and self-enclosed physical entertainment are the actual situation of lack of core sports literacy. The proposed construction path is: through deconstruction and reconstruction. There is a physical education model to form a scientific and perfect system; strictly follow the actual status of physical education, summarize scientific and mature evaluation methods; always follow the theoretical basis of sports core literacy, and establish a youth-oriented sports concept.

KEYWORDS: complex system theory, sports core literacy, youth

1. Introduction

In the process of the deepening and continuous innovation of the national physical education curriculum, the content, system, goal, evaluation and other aspects of physical education at all levels and types of schools have received more and more attention and attention from academic circles and the society. In recent years, as an important carrier and concrete embodiment that is closer to and influencing the connotation and extension of the physical education discipline, the core literacy of physical education is subtly permeating into many aspects and aspects of physical education, especially the important educational value of the physical education discipline. Under the circumstances, the formation of excellent sportsmanship, noble sports sentiment and sound personality charm of Chinese youth in physical education has practical and key value, especially it will make the reform of physical education curriculum more clear and perfect.

At present, core literacy has become the focus and hotspot of Chinese subject teaching and curriculum reform research. In particular, the educational concept of core literacy as the top-level design has aroused resonance and active discussion in the academic community [1]. The state clearly pointed out: The core literacy of youth development mainly refers to the necessary characters and key abilities that students should have and can meet the needs of lifelong development and social development. Humanistic heritage, scientific spirit, learning to learn, healthy living, responsibility, and practical innovation are the six core qualities of youth development. Obviously, the definition of the connotation of core literacy more presents a diversified comprehensive composition level and contains the interactive integration of multiple disciplines. Sports literacy is defined as a process of cultural shaping and formation in academia. Its cultivation and development process can be summarized as: mastering basic sports knowledge-cultivating sports awareness-forming sports skills-developing sports personality-developing sports morality-shaping sports behavior-promoting physical fitness. It is not difficult to see that physical literacy is more focused and inclined to the integrity and integrity of the physical education discipline itself, and the comprehensive physical ability of young people is the object of attention and research. The core physical literacy is based on physical literacy, focusing more on the physical development status of individual youth and the key literacy required by social life. Sports core literacy is not only the deepening and refinement of sports literacy, but also an important part of core literacy.

Although the physical education subject has its own particularity and teaching characteristics, and through long-term accumulation and accumulation, it has formed its own rigorous and complete subject knowledge structure and skill system, which has strong logic and extensibility, and the core literacy of sports is more important. The specific law and internal driving carrier that meet and meet the requirements of the physical education discipline. In the future, the important position and goal orientation of physical education in the reform and innovation of physical education curriculum will not be fundamentally changed. In recent years, many domestic experts and scholars in China have expressed their unique opinions on sports-related literacy [2]. However, the relevant research on the core literacy of Chinese students' sports is still in its infancy, and it is more about learning and referring to the relevant theories and research results of core literacy, especially the research results on how to cultivate the core literacy of youth sports in the physical education curriculum. It is even harder to find. For a long time, the academic circles have generally believed that the establishment and cultivation of the core literacy of youth sports has been in a missing and ambiguous situation. So, what is the actual situation? How should it be constructed? Academia often finds it difficult to express clearly and explain in detail, forming a realistic dilemma where the benevolent sees benevolent and the wise sees wisdom. Descartes, the founder of modern western philosophy, believes that if anything is too complicated to be solved directly, then it can be broken down into simple and small enough problems, analyzed separately, and then combined together. Gradually rise to a complete and accurate understanding of complex things. Complex system theory is very helpful to scientifically and dialectically clarify concepts and comprehensive understanding of things that are abstract, profound, and

difficult to express, so as to clarify objective reality and approach true knowledge to the greatest extent. Obviously, when we apply the knowledge of complex system theory, we should first clarify the connotation of sports core literacy, and then conduct in-depth analysis and careful exploration of the important levels that constitute the core literacy connotation, so as to summarize and summarize the clear construction path.

2. The actual situation of youth sports core literacy

2.1 The lack of understanding of sports morality is the fundamental reason why it is difficult for teenagers to form their sports core quality

For a long time, sports morality is not only the solid foundation and essence standard to guide the educational thoughts and ideas of physical education in China, but also the primary goal and development path for schools at all levels to implement and implement the requirements of "cultivating morality and cultivating people" in physical education in the new period. At the same time, sports morality fully expresses that national school education is irreplaceable for physical education the important role of the generation reflects the guidance and refinement of the top-level design thinking of "Building morality and cultivating people" in the field of physical education. For a long time, school physical education has been relatively ignored the cultivation and development of youth sports morality. The formation and education process of young people's good sports morality should closely reflect the national talent training standards and the educational requirements of sports discipline. It is specifically manifested in the important evaluation index system such as excellent moral will quality, good sports spirit, sound personal personality cultivation, healthy psychological quality standard and so on. Its ultimate goal is to pass the discipline the rigorous process of physical education promotes the formation of high-quality sports morality in line with the standards and requirements of "moral education". However, young people's understanding of sports morality is generally insufficient, which will seriously affect the cultivation of sports core literacy. The important foundation of the core quality of physical education lies in the continuous cultivation and teaching of young people through physical education, and gradually form a good sports morality. It is particularly necessary for school sports workers to constantly tap the important educational value of physical education in school education.

2.2 Weak sports awareness is the main reason for the difficulty in forming the core literacy of youth sports

Sports consciousness is the product of a variety of social consciousnesses. It is affected by people's consciousness of survival, health, education, economics, and culture. When people's other aspects of consciousness change, sports consciousness will follow the change. Obviously, the formation, perfection and maturity of youth sports consciousness need to pass the accumulation of quantity to be qualitatively

improved. It relies on the independence and differences of individual adolescents and the specific physical learning environment and physical education process of adolescents. Affected by traditional Chinese education concepts, physical education has long been a disadvantaged subject, and teenagers generally do not pay attention to physical education courses [4]. In fact, the establishment of a good sports awareness among young people is how to make young people actively participate in sports activities inside and outside of class, teach them how to form correct sports values and sports ethics through physical education, so that they can face life more actively and healthily and learning, while continuously satisfying the needs of their own physical and mental experience development. Although many scholars at home and abroad have clearly stated that sports is not only an indispensable and important part of education, but also sports has a wide range of extended functions, especially for the overall development of people and a healthy personality. However, for many years young people are always very confused about the awareness of sports, and they often equate sports awareness with physical education. Excellent sports awareness not only helps young people to have a new understanding and understanding of the essence of physical education and the connotation of physical education, and ultimately form a strong interest in sports and a useful fitness method, but also can continuously improve their own sports core literacy practice ability. In the future, better adaptation to society will have a profound and positive impact on young people's lives.

2.3 The weak foundation of sports skills is a key factor in the formation of the core literacy of youth sports

The physical education subject itself has the characteristics of sportiness and competition, and the proficiency of the young people's motor skills also reflects their own learning attitude and effort in physical education. At a macro level, motor skills are a holistic interpretation and multi-dimensional interpretation of the rich content of the physical education discipline itself. In the process of contact, learning, internalization and gradual mastery of young people, young people need to be supported by their tenacious will and quality. Cooperate with your body to develop and improve your basic physical qualities such as strength, endurance, speed, flexibility, and agility, and finally form the skills, tactics and psychological qualities required for the overall learning process of motor skills, so as to continuously enrich and improve your perseverance, bravery, excellent sportsmanship and athletic character such as healthy, optimistic, confident, and not afraid of danger [5]. The weak foundation of young people's sports skills is also the key to the difficulty in improving their core sports literacy. Skilled sports skills can enable young people to deeply appreciate the enjoyment and joy that exercise brings to themselves and the infinite charm of sports during the learning process. After overcoming various physical and psychological difficulties in physical education and learning, young people finally gain excellent results. Sports quality and firm will. In recent years, it has been found through field investigations and exchanges that a considerable number of young people tend to have varying degrees of fear and fear of difficulty in the learning of motor skills, and most of them are reluctant to actively learn and

understand. In a vicious circle, it is very unfavorable to the formation and improvement of one's own sports core literacy.

2.4 Physical entertainment and self-enclosure are the essential factors that make it difficult to form the core literacy of youth sports

The self-enclosed physical entertainment of adolescents usually shows that individuals rarely pay attention to and care about sports activities and events inside and outside the school, including important sports events at home and abroad, let alone actively appreciating sports events, especially high-level sports competitions. The root cause of this problem is directly related to young people passively learning and accepting teaching content in physical education for many years, and even coping with exams [6]. This negative attitude towards sports learning is obviously contrary to the practical formation, consolidation and development of the core literacy of the young people's own sports, especially for some young people with average and poor sports foundation, they may be more closed. The competitive and competitive nature of sports often makes these young people unwilling to participate, which is also verified from field investigations and exchanges. The process of individual participation in sports is precisely an important experience stage for young people through their own unremitting efforts, hard work, aggressiveness, and overcoming difficulties. This is not only important but necessary for the cultivation of young people's sports core qualities. Then, how to correctly guide and guide young people to actively pay attention to and participate in sports activities? This has triggered thinking about how to seek new development and breakthroughs in my country's physical education reform in the new historical development stage. Another important reason is that once the key points and difficulties are encountered in the learning process of adolescent physical education curriculum, a considerable number of teachers often lack the necessary guidance and explanations and patiently and meticulously guide the students. Teenagers often have a certain degree of fear. Psychology and fear of difficulties, if things go on like this, it will be particularly unfavorable for them to form a core physical education suitable for their own development through physical education. In the end, some young people will be afraid of learning more and less want to learn.

3. The expected construction of the core literacy of youth sports

3.1 Form a scientific and perfect institutional system through deconstruction and reconstruction of the existing physical education model

Physical education is a physical education and an integral part of education. It must conform to the goals and tasks of education and be integrated into the education system in terms of ideology, theory, and value. Questions, controversies, and discussions on physical education have been around for a long time, but some practical difficulties have been difficult to truly solve for many years [7]. Objectively speaking, although my country's physical education has made great

progress and development, it is still in the process of continuous exploration and reform. Especially for a long time, the academic circle has been relatively lagging behind new educational concepts and concepts, such as sports the formulation and in-depth study of the concept of core literacy is still in its infancy, and it is more about drawing on the relevant theories and methods of core literacy, and the relationship with sports literacy is also more confused. Then, by deconstructing and reconstructing the existing physical education model, truly deepening the concept and connotation of sports core literacy into it, it is urgent to form a scientific and perfect system for teenagers to learn sports as soon as possible. Sports workers must continuously summarize the practical links and specific implementation content of the new paths, new methods and new methods in which the core literacy of sports is integrated, and pay special attention to the promotion and optimization of the beneficial results, and finally through continuous exploration form a scientific and perfect system with practice to achieve the ultimate goal of improving the core literacy of youth sports as a whole. We believe that the current research results on the core literacy of physical education will bring important enlightenment and reference to the deepening reform of physical education curriculum and physical education, and will be more conducive to the important educational value of physical education functions are continuously extended and displayed in school education.

3.2 Strictly follow the actual status of physical education and summarize scientific and mature evaluation methods

The physical education subject has its own characteristics and special features. When designing and formulating key links such as the practical evaluation content, evaluation method, evaluation target, evaluation basis and so on of the core literacy of sports for young people, the actual situation of physical education must be strictly followed. status quo. At present, the important basis for evaluating the core literacy of physical education in China is centered on "problem or task drive". The basic idea is to imply the evaluation of the core in the achievement of youth sports learning tasks. Teachers and young people continue to propose new learning tasks and the problem is transformed into the corresponding ability training for young people through teaching, so as to realize the improvement of the core knowledge and skill level, emotional experience and physical literacy of the physical education subject. The teachers are based on the core literacy of the physical education subject based on the corresponding domestic research results. Evaluation and design capabilities can also be greatly improved in this process [8]. We draw lessons from the evaluation of the core literacy of youth sports, from which we can continue to organize, integrate, improve and summarize the scientific and mature evaluation methods in the sports discipline, and even transplant the perfect and efficient evaluation methods that have been tested in other disciplines. Use tools to sort out, innovate, and optimize. As a manifestation of sports core literacy that is more in line with the educational concept of the new era and the requirements of the current physical education curriculum reform, it is also in the process of continuous improvement, continuous development, and continuous surpassing [9]. In other

words, the evaluation process of physical education is also a process of continuously exploring, discovering, and solving problems. It requires the majority of sports workers to seek truth from facts, be scientifically rigorous, down-to-earth, and not afraid of difficulties to continuously summarize efficient and practical evaluation methods and evaluation systems.

3.3 Always follow the theoretical basis of sports core literacy and establish a youth-oriented sports concept

The focus of sports core literacy is people as individuals in social development. The core sports literacy should be an extremely stable and practical sports literacy that everyone or every citizen should have [10]. These important and key physical qualities can provide a strong guarantee for the sustainable development of the individual, and at the same time serve the individual's pursuit of a healthy and active life. For example, every citizen should have the literacy of sports participation to continuously participate in physical exercise activities. Sports core literacy is an important fulcrum of core literacy. It is different from the research object of sports discipline core literacy but the pursuit of goals is the same. This is not only the theoretical basis of sports core literacy, but also actively promotes and deeply promotes the final formation and development of youth sports core literacy. Therefore, sports workers must always establish a youth-oriented sports concept and development concept. Due to the particularity of China's physical education subject and the short school system of physical education in schools, young people need more teachers' sports humanistic care and more delicate emotional communication. It is recommended that teachers use and develop modern information technology education methods, such as physical education micro-classes, flipped classrooms, video presentations, situational teaching and other methods are closer to young people, so that young people can truly feel the rich physical education resources and high-tech sports information platform, and finally realize the formation of core sports literacy, which is also important for China's core sports literacy at this stage. Intrinsic value and significance of the times.

4. Conclusion

At present, the concept and formulation of sports core literacy has increasingly become a research focus and focus in the field of sports disciplines at home and abroad, which is very enlightening for solving practical problems in physical education and physical education courses. Complex system theory is very helpful to solve the current stage of understanding dilemma and research confusion. The analysis of related knowledge using complex system theory shows that insufficient knowledge of sports morality, weak sports awareness, weak foundation of sports skills and self-enclosed physical entertainment are the core qualities of Chinese youth sports. The lack of actual conditions, the concrete path to build the core literacy of Chinese youth sports should focus on successful experiences and outstanding examples at home and abroad, and gradually establish a scientific and

complete evaluation system, summarize the evaluation methods and promote and follow the core sports literacy the concept of continuous and comprehensive development of youth sports core literacy.

Acknowledgements

This work was supported by Western Project of National Social Science Fund: Research on the Construction of Social Ecological Environment for the Cultivation of Youth Sports Core Literacy.(NO.19XTY007)

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