

# Research on the Enlightenment of Sports Literacy to Graduate Education and Training

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**Abstract:** Graduate education is the key stage of high quality talent cultivation. However, based on the characteristics of graduate students, the work itself has its particularity and importance. This paper focuses on postgraduate education, from the beginning of sports literacy, putting forward the question whether sports literacy would produce irreplaceable influence in the process of graduate education and training. Finally this paper make a reasonable response. At the same time, it gives some enlightening strategies for sports literacy to graduate education, in order to cultivate all-round development of innovative high-quality talents to increase efficiency and expand ideas.

**Keywords:** Sports Literacy; Graduate student; Education; Training; Enlightenment

## 1. Introduction

Colleges and universities are important positions for the transportation of high-quality talents for society. Graduate education and training is an important and final link for colleges and universities to cultivate high-quality talents with both integrity and ability as well as innovation and creation ability. the graduate education model continues to change, this work is getting more attention in the policy and the research field is also expanding the boundaries, and has obtained rich and diversified research results. After the experience of undergraduate students, their ideas and value system become more mature. This group has obvious characteristics, they have strong self-consciousness, study and employment pressure, lack of moral education, love and marriage, scattered form, difficult extreme events happen from time to time<sup>[1]</sup>. Accordingly, the problems of graduate education training and management and the significance of the work itself are becoming more and more prominent.

## 2. The introduction and value content of sports literacy

In the process of serving as a graduate counselor with a physical education background, the author obviously felt the differences between students with a physical education background and ordinary students, and realized that a certain degree of physical education literacy is one of the most significant characteristics of physical education graduate students. College talent training attaches great to promoting students' all-round development of "morality, intelligence, body, beauty and labor", but actual "body" is "more than consensus but insufficient exploration". Especially, the degree of emphasis on "body" of graduate students shows a lack.

Sports literacy is the foundation of physical education and the goal of school physical education. It a kind of comprehensive literacy with multi-dimensional attributes including sports participation motivation, sports consciousness, physical health level, sports knowledge and ability and moral cognition<sup>[2]</sup>. Physical literacy is very prominent in the training of physical education graduate students, which has a beneficial and positive influence on students in all aspects.

It can be said that sports literacy plays an irreplaceable role and influence on the thinking, habits, mental state, especially the state of mind and other aspects of young people, especially college Domestic research on sports literacy was initiated in the 1990s. Sports literacy is regarded as the individual's quality, self-cultivation and self-cultivation in sports, which is the combination of physical activity and active lifestyle, beyond the physical value <sup>[3]</sup>. To put it simply, it can be understood as people's concept and ability in sports cognition, sports behavior, sports consciousness and other

Sports cognition is the individual's knowledge of sports health and sports activities and the value judgment of sports activities, which is a prerequisite for the development of sports literacy; Sports behavior is the behavior process of the individual in the practice and appreciation of sports activities,

which lays the foundation for their communication and interaction with others in youth activities; Sports consciousness is embodied in the individual's attention to and participation in sports, as well as their consciousness and sense of identity in sports, that is a prerequisite for promoting youth to take the initiative to engage in sports activities and obtain satisfaction and pleasure from them.

### **3. Problems existing in postgraduate education and training**

Although graduate students are more mature than undergraduates in terms of ideological cognition, emotional establishment and behavioral judgment, they have higher requirements and expectations for future life due to their higher educational level, and may produce uncertain and insecure psychological factors in terms of age anxiety, emotional distress and academic and employment pressure. In the face of this relatively independent group of people with full behavioral ability, the education and training management of graduate students in colleges and universities should pay attention to the ways and methods, and pay attention to the flexibility, openness and practicability of the work. The following problems still exist in the current graduate education and training management.

#### ***3.1 Old management concepts and traditional methods***

On the one hand, due to the influence of traditional educational thought, our graduate education management lacks of immersion way of understanding, which is easy to cause students' aversion and conflict. At the same time, they lack a deep understanding of "taking sports person as a person", and most of the sports and sports activities held by graduate students are the completion indicators, which cannot play a significant effect of "taking sports person as a person and transforming them into a person". On the other hand, there is a serious shortage of manpower due to the imbalance between the number of graduate students and the number of counselors. Many graduate counselors wear multiple hats, and the standards and demands of their jobs are constantly rising. The ratio of mentors is also insufficient, which reduces the quality of talent training to some extent.

#### ***3.2 The training mode is not comprehensive enough***

Postgraduates pay more attention to the influence and guidance of tutors when they study at school. Tutors' ability and sense of responsibility largely determine the quality of talent cultivation. At present, it seems that many tutors are busy with affairs and professional research, and pay more attention to the role that students can play in their own scientific research and academic field, and rarely pay attention to and lead students' growth from the perspective of students' self-development, comprehensive quality, innovation ability, ideology and ethics.

At the same time, the single training mode leads to the assessment and evaluation of graduate students in colleges and universities only depending on whether they have completed the training program requirements, and rarely comprehensive evaluation of students from the perspectives of morality, intelligence, physical fitness, labor, self-management ability and so on. This kind of imperfect and incomplete training mode is easy to produce some "lame students" and "problem students", which brings great pressure to the management of graduate students.

#### ***3.3 Psychological education problems are prominent***

In recent years, the mental health problems of graduate students have gradually become prominent. Multiple practical problems often lead to the psychological imbalance of students. Some students will have insomnia, anxiety and other negative emotions, as well as autism, dryness and depression. At present, the focus of psychological education in schools remains at the level of monitoring, and the lack of early initiative education.

### **4. The necessity of introducing sports literacy into graduate education**

Although physical education plays an increasingly important role in university education under the influence of the national will, the positive and recessive effects of physical literacy on talent training are rarely mentioned in the academic field and practical work, especially in the lack of professional and systematic physical education among the postgraduate group.

#### ***4.1 The stimulating effect of sports cognition on the growth of graduate students***

Sports literacy, guided by psychological cognition, focuses on the relationship between physical activity and active life. Through the learning of sports knowledge, the mastering of sports skills, and the stimulation of exercise motivation, it can have a favorable impact on the physical, psychological, ideological, living conditions, learning results and other aspects of individuals<sup>[4]</sup>. By comparing the graduate students with the ordinary students, it is found that the students with more sports cognition are more open in physical and mental state, thinking mode and attitude towards sports. They can release pressure and relieve psychological stress in sports activities, and have a more open-minded attitude towards problems.

#### ***4.2 Sports behavior is the basic guarantee of healthy body of graduate students***

Students who have strong interest in sports, sports skills and knowledge, and sports appreciation ability are important prerequisites for individuals to engage in sports daily activities. It has the most direct positive correlation with students' physical health. Good physical fitness is the guarantee to promote individuals to learn more efficiently and intensively, which is of great benefit to improving learning efficiency and increasing output, and is conducive to the development of scientific research and study. Continuous sports behavior is also the motivation and foundation of establishing lifelong sports concept.

#### ***4.3 Sports consciousness promotes the formation of moral consciousness and rule consciousness of graduate students***

Individual's sense of identity to sports behavior can guide him to participate in sports practice more scientifically and in a standard way. Out of respect for sports behavior, it is easier for him to form a good moral consciousness and rule consciousness in sports competition. This consciousness can be extended beyond sports activities and permeate into all aspects of his life and social interaction. It can be said that the concept of sports literacy not only conforms to the characteristics of the development of graduate students in the new era, but also plays a complementary and perfect role in the management of graduate education and training, which is an effective element to better promote the development of graduate education and education.

### **5. The strategy of integrating sports literacy into graduate education training**

#### ***5.1 Build a "sports literacy plus" management system***

Educational decision-makers should update the idea of postgraduate education management, integrate the idea of physical education into the decision-making of postgraduate education management, and build a "sports literacy +" management system. For example, the establishment of a benign sports participation mechanism, encouraging the "sports literacy +" idea into the construction of guidance team, the establishment of innovation fund projects combined with sports literacy, etc. By means of target-oriented command method, innovative supervision and incentive mechanism, it provides a prerequisite field for sports literacy to release chemical reaction in the process of graduate talent cultivation.

#### ***5.2 Implement sports literacy evaluation indicators***

The form of "lifelong sports" should be "moisten things silently" and "omnipresent" in the postgraduate stage. First of all, to make postgraduates "fall in love with sports", they must carefully select sports items that better match the interest and maturity of the group, take the initiative to pay attention to the popular and favorite sports items among postgraduates, and provide soil for development, such as setting up sports associations with strong social nature related to sports items, and setting up relevant theoretical courses and practical courses. Provide convenient sports peripheral environment, inter-school sports meeting fellowship. Secondly, the combination of guidance and reinforcement takes sports literacy as an elastic evaluation index. For example, the degree of sports participation or understanding is taken as the scale to measure the personal sports literacy of colleges or students. This is because only by mobilizing students to participate in and be willing to participate in sports and feel the charm and happiness of sports in person can it be possible for them to maintain a

vibrant life style throughout their life and make sports literacy play a role in a wider audience of graduate students.

### ***5.3 Relying on the cultivation of sports literacy, improve the basic task of moral cultivation of postgraduates***

British scholar Whitehead once proposed that sports literacy is a synthesis of motivation, self-confidence, athletic ability, cognition and understanding to maintain lifelong physical activity. This statement not only makes the important position of sports literacy more prominent in sports education, but also makes the fact that it has an impact on the development of ideology, morality and personality in the process of three full education gradually paid attention to. Affected by the long-term exam-oriented education, most of the postgraduates have formed a state of "weakened physical development", which leads to the harmonious development of physical and mental health<sup>[5]</sup>. The cultivation of sports literacy can improve people's full understanding of physical education, establish a sports literacy cultivation system that takes into account the needs of personality and the harmonious development of body and mind, and improve a high-quality and all-round development of personnel training system.

### ***5.4 Try to adopt the way of "sports" to solve the psychological problems of graduate students***

The process of guiding students to participate in sports activities is also the process of promoting their socialization and openness. When graduate students suffer from anxiety or even psychological problems, it is often difficult to adjust their emotions independently. For a long time, they will also form the psychology of avoiding the external environment. At this time, the effect of simple psychological counseling or speech healing is very limited. By strengthening sports companionship and improving sports literacy, individuals can naturally gradually break down the psychological barrier and integrate into the "society" in which they live<sup>[6]</sup>. This can achieve ideological and moral self-education, improve the effect of psychological quality, effectively curb the vicious circle of psychological problems.

## **6. Conclusion**

Introducing the concept of sports literacy into the thinking of graduate education has enriched the thinking and connotation of graduate education management to a certain extent. The physical education drives the improvement of students' physical literacy, and deeply promotes the quality of all-round development of talents in the process of comprehensive improvement of physical literacy, which not only conforms to the national strategy of talent development, but also conforms to the goal and requirement of colleges and universities in the new era to carry out the fundamental task of cultivating virtues and talents. We should actively discover and attach importance to the irreplaceable role of sports literacy in graduate education and training, and combine with our own actual situation, graduate management workers in colleges and universities can timely join the sports literacy training strategy, in order to achieve twice the result with half the effort in training innovative high-quality talents with all-round development.

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