

Rethinking on the Connotation of Contemporary Sports Aesthetics Research Objects

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Abstract: This article aims to re-examine the connotation of the research object of contemporary sports aesthetics, in order to further deepen the understanding of sports aesthetics. Through the analysis of the essential characteristics, aesthetic subject and object, as well as its value and function of sports beauty, we realize that sports beauty is not only the aesthetic expression of sports, but also involves the complex interweaving of culture, society, and individual cognition. On this basis, this article advocates the need to deepen the understanding of the essence of the research object of sports aesthetics, expand the research scope and level, including a wider coverage of sports culture, social aesthetics and other fields, as well as innovative research methods and means, such as interdisciplinary research, empirical investigation, etc., in order to comprehensively grasp the connotation and development trend of contemporary sports aesthetics.

Keywords: Sports aesthetics; Research subjects; sports culture

1. Introduction

In contemporary society, sports are no longer just a form of expression, but contain rich cultural connotations and aesthetic values. With the continuous development and popularization of sports in society, research on sports aesthetics has gradually become one of the focuses of academic attention. However, the traditional understanding and cognition of the research object of sports aesthetics have limitations and cannot fully cover the complex connotations of contemporary sports aesthetics. Therefore, it is necessary to rethink the connotation of the research objects of contemporary sports aesthetics, in order to comprehensively and deeply explore the essential characteristics, aesthetic subjects and objects, as well as their values and functions of sports aesthetics, in order to promote the development of sports aesthetics research in a broader and deeper direction^{[1][2]}.

2. The necessity of rethinking the connotation of contemporary sports aesthetics research objects

The rethinking of the connotation of contemporary sports aesthetics research objects is not only an inherent requirement of disciplinary development, but also a re examination and update of sports aesthetics theory under the changing times. In the context of globalization, informatization, and technological advancement, the research field of sports aesthetics is constantly expanding, and the connotation of research objects is also becoming increasingly rich. Therefore, rethinking the connotation of contemporary sports aesthetics research objects not only helps deepen our understanding of sports aesthetics, but also provides new ideas and directions for sports aesthetics research^[3].

From the perspective of disciplinary development, the rethinking of the connotation of contemporary sports aesthetics research objects is a need for the continuous improvement of the discipline itself. Sports aesthetics, as an emerging interdisciplinary field, covers both the relevant content of sports science and the basic principles and methods of aesthetics. However, with the rapid development of the sports industry and the continuous innovation of aesthetic theories, the connotation of traditional sports aesthetics research objects is no longer able to fully adapt to new development needs. Therefore, we need to re-examine and define the research object of sports aesthetics to better reflect the characteristics of contemporary sports practice and the latest achievements of aesthetic theory. Secondly, from the perspective of the changing times, the rethinking of the connotation of the research object of contemporary sports aesthetics is a response to the spirit of the times. In today's society, sports are no longer just competitive activities, but have become an important platform for showcasing national image, promoting national spirit, and promoting cultural exchange. Meanwhile,

with the improvement of people's living standards and the diversification of aesthetic needs, sports aesthetics has gradually expanded from a single aesthetic experience to a deep interpretation and aesthetic creation of sports culture. Therefore, we need to start from a broader perspective, deeply explore the connotation and value of sports aesthetics, in order to better meet people's aesthetic needs and cultural pursuits. Furthermore, from the perspective of theoretical innovation, rethinking the connotation of contemporary sports aesthetics research objects is an important way to promote disciplinary theoretical innovation. As an emerging discipline, the theoretical system of sports aesthetics has not yet fully matured. The traditional research object of sports aesthetics is often limited to exploring the form, style, techniques, and other aspects of sports beauty, lacking deep level thinking on the essence, value, function, and other issues of sports beauty. Therefore, we need to expand the research field of sports aesthetics through rethinking, deepen our understanding and recognition of sports aesthetics, and promote the innovation and development of sports aesthetics theory^[4].

3. An Analysis of the Connotation of Contemporary Sports Aesthetics Research Objects

3.1 The essential characteristics of sports beauty

Sports beauty is manifested as a dynamic beauty. Sports itself is a dynamic process, whether it is running on the track and field, competitive sports in ball games, or flexibility and strength in gymnastics performances, all demonstrate a strong sense of dynamic beauty. This dynamic beauty is not only reflected in the flexibility and coordination of athletes' bodies, but also in the passion, vitality, and vitality they express through sports. Therefore, sports beauty is a dynamic beauty full of vitality and vitality. Secondly, sports beauty is a form of strength beauty. Sports often require athletes to possess strong physical fitness and skill levels, which can be fully demonstrated in competitions, forming a unique beauty of strength. This kind of strength beauty is not only reflected in the development of athletes' muscles and the burst of strength, but also in their indomitable and courageous spirit demonstrated through sports^[5]. Therefore, sports beauty is a power beauty that showcases human power and will. Again, sports beauty is a form of harmonious beauty. Sports pursue the harmony and unity of body and mind, which is not only reflected in the coordination and balance of athletes' bodies, but also in the harmony and unity of their minds and bodies achieved through sports. In sports, athletes gradually master the skills and laws of movement through continuous training and practice, achieving a high degree of harmony in their body and mind. This kind of harmonious beauty not only provides people with the enjoyment of beauty, but also stimulates people's longing and pursuit for a better life. In addition, sports beauty also has a transcendence^[6]. Sports often transcend the boundaries of language and culture, becoming a bridge for communication and exchange between people from different countries and regions. On the international stage, athletes have demonstrated their cultural characteristics and spiritual outlook through sports competitions, which has given sports beauty a broader and deeper significance. Meanwhile, sports can also stimulate people's potential and creativity, helping them achieve self transcendence and growth. Therefore, sports beauty is a transcendent beauty. Finally, sports beauty also has a social beauty. Sports, as an important component of social culture, not only reflect the style of society and the spirit of the times, but also play a positive role in promoting the development of society.

3.2 The Aesthetic Subject and Object of Sports Beauty

The aesthetic subject refers to the people who participate in aesthetic activities, and they perceive and understand sports beauty through sensory contact, emotional experience, and rational thinking. In sports aesthetics, the aesthetic subjects mainly include athletes, spectators, coaches, and sports aesthetics researchers. These subjects have their own unique perceptions and understandings of sports beauty due to their different roles and experiences. As the direct creators and performers of sports beauty, athletes present sports beauty in the most direct way through their exquisite skills, graceful movements, and resilient willpower. Their body language, competitive state, and team spirit are all important aspects that aesthetic subjects pay attention to. The audience, on the other hand, experiences the sports beauty displayed by the athletes through watching the competition, and their aesthetic experience is often accompanied by emotional fluctuations and spiritual resonance. As guides and cultivators of athletes, coaches not only focus on their skills and tactics, but also pay attention to cultivating their aesthetic literacy and ability. Sports aesthetics researchers, on the other hand, provide more systematic and in-depth aesthetic guidance for aesthetic subjects by conducting in-depth research and exploration of the essence and laws of sports aesthetics. The aesthetic ability and aesthetic literacy

of the aesthetic subject are crucial for the perception and understanding of sports beauty. An aesthetic subject with high aesthetic ability and literacy can have a deeper understanding and appreciation of sports beauty, thereby obtaining a richer aesthetic experience.

The aesthetic object refers to the objective object perceived and understood by the aesthetic subject. In sports aesthetics, the aesthetic object mainly includes sports competitions, sports events, and athlete performances. These objects, with their unique form and content, provide rich aesthetic materials for the aesthetic subject. As the most intuitive aesthetic object, sports competitions bring strong visual impact and emotional experience to the aesthetic subject through their tense and stimulating atmosphere, ever-changing situations, and exciting moments. Different sports projects showcase their unique sports beauty with their unique rules and characteristics. For example, team collaboration and offensive defense in football matches, speed and passion in basketball matches, flexibility and strength in gymnastics matches, all provide diverse aesthetic experiences for aesthetic subjects. The performance of athletes, as the core of aesthetic objects, is the focus of aesthetic subjects on the standardization, artistry, and innovation of their technical movements. An excellent athlete can not only master sports skills proficiently, but also present sports beauty in a more unique and vivid way through creative expression. In aesthetic activities, the subject and object of aesthetics do not exist in isolation, but interact and influence each other. The aesthetic subject perceives and understands the aesthetic object through sensory contact and emotional experience, while the aesthetic object stimulates the aesthetic emotion and thinking of the aesthetic subject through its unique form and content. This interaction makes aesthetic activities a dynamic process, constantly promoting the common development of aesthetic subjects and objects.

3.3 The Value and Function of Sports Beauty

Sports beauty has unique aesthetic value. The unique charm of sports lies in the elements of strength, speed, skills, flexibility, as well as the competitive state and team spirit of athletes displayed in sports. This kind of charm can attract the audience's attention, stimulate their emotional resonance, and enable people to obtain pleasure and satisfaction in the process of enjoying sports competitions. At the same time, sports beauty can also enhance people's aesthetic literacy, guide them to discover beauty in life, and cultivate a healthy and positive attitude towards life. Secondly, sports aesthetics have significant functions at the individual level. On the one hand, the process of participating in sports is itself a beautiful experience. Through exercise, people can feel the strength, coordination, and balance of their bodies, and experience the joy of challenging themselves and surpassing their limits. This experience not only enhances individual confidence and self-esteem, but also promotes the healthy development of both body and mind. On the other hand, sports aesthetics can also stimulate individual creativity and innovative spirit. In sports, athletes need to constantly try new movements, techniques, and tactics, and this innovative process itself is a form of beauty creation. By participating in sports, individuals can cultivate their innovative awareness and abilities, laying the foundation for future career development and social progress.

4. Rethinking on the Connotation of Contemporary Sports Aesthetics Research Objects

4.1 Deepening the Understanding of the Essence of Sports Aesthetics Research Objects

Sports aesthetics, as a branch of aesthetics, covers multiple aspects of the aesthetic characteristics, experiences, and values of sports. Through in-depth analysis of the essence of the research object of sports aesthetics, we can have a clearer understanding of the disciplinary characteristics and research scope of sports aesthetics, providing a solid foundation for the theoretical construction and practical application of the discipline. Secondly, deepening the understanding of the essence of the research object of sports aesthetics can help enhance the aesthetic value of sports. Sports, as a unique cultural phenomenon, have aesthetic values reflected in multiple aspects, such as showcasing the skills of athletes, exciting moments during the competition process, and inheriting the spirit of sports. Through in-depth exploration of the essence of the research objects in sports aesthetics, we can gain a deeper understanding of the connotations and forms of these aesthetic values, thereby enhancing people's aesthetic cognition and appreciation of sports.

Deepening the understanding of the essence of the research object of sports aesthetics is the core task of the development of sports aesthetics discipline, as well as an important prerequisite for enhancing the aesthetic value of sports and promoting comprehensive human development. It is

necessary to deeply analyze the theoretical foundation of sports aesthetics. This includes a systematic review and interpretation of the basic concepts, categories, principles, etc. of sports aesthetics. Through this process, the research object, scope, and methods of sports aesthetics can be clarified, laying a solid theoretical foundation for subsequent research work. At the same time, we also need to pay attention to the relationship between sports aesthetics and other disciplines, such as philosophy, psychology, sociology, etc., to draw nutrients from them and enrich the theoretical system of sports aesthetics. Secondly, emphasis should be placed on empirical research, in-depth observation and analysis of aesthetic phenomena in sports. Through empirical research, first-hand information can be obtained to understand the aesthetic experience and behavioral performance of participants such as athletes and spectators. On this basis, further analysis can be conducted on the aesthetic characteristics, laws, and values of sports, revealing the essence and connotation of sports aesthetics. At the same time, empirical research can also help test and revise theories, promoting the continuous deepening of sports aesthetics research.

In addition, as a comprehensive discipline, sports aesthetics needs to draw on the theories and methods of other disciplines to enrich its research content and methods. Through communication and cooperation with other disciplines, new research perspectives and ideas can be introduced to expand the research field and depth of sports aesthetics. Meanwhile, interdisciplinary cooperation can also promote the integration and innovation between disciplines, and promote the prosperity and development of sports aesthetics. Finally, it is important to combine theoretical innovation with practical application. In the process of deepening the understanding of the essence of sports aesthetics research objects, it is not only necessary to focus on theoretical research, but also to pay attention to applying theoretical achievements to practice. Through practical application, the correctness and effectiveness of the theory can be verified, while also discovering new problems and challenges, providing new directions and impetus for subsequent research work.

4.2 Expanding the scope and level of research on sports aesthetics

Sports aesthetics, as a comprehensive discipline, covers multiple aspects of sports, including the display of athlete skills, exciting moments during the competition process, and the architectural aesthetics of sports venues. However, traditional research on sports aesthetics is often limited to certain specific fields, resulting in an incomplete understanding of sports aesthetics. By expanding the scope and hierarchy of research objects, we can have a more comprehensive understanding of various aspects of sports aesthetics, thereby more accurately grasping its connotation and characteristics. Secondly, there is a close connection and intersection between sports aesthetics and other disciplines, such as philosophy, psychology, sociology, etc. By expanding the scope and hierarchy of research objects, new research perspectives and ideas can be formed by organically combining sports aesthetics with the research content and methods of other disciplines.

To break away from traditional research frameworks and have the courage to explore new research areas. Traditional sports aesthetics research is often limited to more intuitive aspects such as the physical beauty of athletes and the exquisite beauty of sports techniques, while neglecting the correlation between sports and deep-seated factors such as society, culture, and psychology. Therefore, it is necessary to break this limitation and expand the research scope of sports aesthetics to a broader field. For example, one can study how sports reflect social values, cultural characteristics, and psychological needs, or explore how sports affect people's aesthetic concepts, emotions, and experiences. Secondly, emphasis should be placed on interdisciplinary communication and cooperation. As a comprehensive discipline, the expansion of the research object of sports aesthetics needs to draw on the theories and methods of other disciplines. Through communication and cooperation with related disciplines such as philosophy, sociology, psychology, and art, the connotation of sports aesthetics can be examined from more perspectives and levels. For example, philosophy can help people think about the essence and significance of sports, sociology can reveal the relationship between sports and social structure and cultural background, psychology can analyze psychological phenomena and aesthetic psychological mechanisms in sports, and art can provide theoretical support for aesthetic judgment and creation.

In addition, modern technological means should be actively utilized to promote the innovative development of sports aesthetics research. Modern technologies such as big data, artificial intelligence, and virtual reality have provided new tools and platforms for sports aesthetics research. By utilizing these technological means, we can collect and analyze data more accurately, and delve deeper into various aspects of sports aesthetics. For example, using big data technology to analyze audience behavior, emotional reactions, etc. of sports events can reveal the aesthetic characteristics and values of

sports events; By using virtual reality technology to simulate sports scenes and processes, we can more intuitively experience the beauty and charm of sports.

4.3 Innovative research methods and tools

The traditional research methods of sports aesthetics are often limited to qualitative research such as literature analysis and theoretical interpretation, and lack quantitative analysis and empirical research on sports aesthetics phenomena. This limitation makes our understanding of the research object of sports aesthetics remain superficial and difficult to touch its essence. Therefore, innovating research methods and means, introducing diversified research methods such as quantitative analysis, case analysis, and field investigation, can enable us to have a more comprehensive and in-depth understanding of the essence and laws of sports aesthetics phenomena, thereby deepening our understanding of the connotation of sports aesthetics research objects.

We can try to use "design thinking" to lead the innovation of sports aesthetics research methods. Design thinking emphasizes starting from the needs and experiences of the audience of sports aesthetics, and optimizing the research path through continuous prototype design and testing. In sports aesthetics research, design thinking can also be used to gain a deeper understanding of the aesthetic needs and experiences of stakeholders such as the audience and athletes. Based on these needs, research plans can be designed and validated and optimized through practical research. This method can not only improve the pertinence and practicality of research, but also stimulate researchers' innovative thinking. Secondly, social network analysis can be used to study social relationships and interactions in sports aesthetics. Sports aesthetics not only focuses on individual aesthetic experiences, but also involves social interactions among audiences, athletes, media, and other parties. Through social network analysis, aesthetic phenomena and patterns in these interactive relationships can also be revealed, such as emotional resonance among audiences and competitive interaction among athletes. This method not only deepens our understanding of the social nature of sports aesthetics, but also provides new ideas for the development of the sports industry.

5. Conclusion

In summary, it is crucial to re-examine the connotation of contemporary sports aesthetics research objects in order to deepen the understanding of sports aesthetics. Through the analysis of the essential characteristics, aesthetic subject and object, as well as its value and function of sports beauty, sports beauty is not only the aesthetic expression of sports, but also a comprehensive reflection of culture, society, and individual cognition. On this basis, the importance of deepening the understanding of the essence of the research object of sports aesthetics, expanding the research scope and level, and innovating research methods and means was emphasized. Only through continuous exploration and expansion can we comprehensively grasp the connotation and development trend of contemporary sports aesthetics, and provide stronger theoretical support and practical guidance for promoting the in-depth research of sports aesthetics and the development of sports industry.

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