

# The Cultivation and Research of College Students Moral Character in College Physical Education

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**ABSTRACT.** *College physical education is no longer a pure physical exercise, but an important way to cultivate and improve the moral quality of college students. College physical education plays an important role in cultivating college students' moral quality. In physical education, the correct guidance of teachers and good communication between teachers and students can better help college students improve and improve their own moral quality, and play a decisive role in their future work.*

**KEYWORDS:** *College physical education, College students, Morality*

## 1. Introduction

The moral character we call exists in a special social form. Moral quality is the sum of the rules and norms that people use good and evil as the standard, rely on their own beliefs and strong will, public opinion and traditional ideas to evaluate external behavior, and regulate the relationship between individuals and others and society. It is a comprehensive manifestation of people standing in society, knowing and doing. China has a long history of 5,000 years. In this big country, it has inherited many excellent moral qualities. For example: loyalty, filial piety, good and evil, right and wrong, etc. These moral qualities have always affected our lives. College students are the main force of the new generation. They use the knowledge they have learned to transform society, and the moral quality reflected is the key to their survival in the society. Only with good morals and professional skills can we better benefit society. It can be seen that the status of moral character in today's society

## 2. Characteristics of College Sports

Sports is a form of culture. It can not only meet people's physical health needs, but also meet people's spiritual needs. At the same time, it is also a social and cultural need; sports is a way to strengthen the body and enjoy the body and mind. It is a cultural phenomenon and an influence of social development. College physical education classroom teaching and ordinary course teaching are like the relationship between ancient literature and martial arts, and the relationship between the two cannot be simply defined. Modern university sports have the following characteristics:

### ***2.1 The Main Content of Physical Education is to Teach Sports Skills***

fitness and entertainment, and its fundamental purpose is to enhance the physical fitness of students. The main form of physical education is physical practice classes, that is, the openness of physical education. College sports facilities are relatively complete, and there are many types of physical education classes, such as football, basketball, aerobics, martial arts, etc. College students have strong ability to accept skills, but the ultimate goal of students accepting these skills is to enhance physical fitness and improve physical function. The main means to achieve this goal is to develop and research various sports items so that students can develop good exercise habits. In other words, sports is based on practice and practice. Compared with various cultural subjects in universities, the atmosphere of physical education is obviously active. As far as sports skills and knowledge are concerned, the former will far exceed theoretical knowledge in terms of teaching content.[1] In colleges and universities, most of the arrangements are for learning cultural knowledge. Students will apply these cultural knowledge to production practice, transform society and serve society. Physical education classes are technical teaching, more of physical education practice. There will be a sharp contrast between the two.

### ***2.2 The Characteristic of Physical Education is to Personally Participate in Organizing Activities and Teaching.***

Except for irresistible factors, sports are almost all carried out outdoors. Contemporary college students are in their youth and are in a critical period of physical and mental development. They are usually energetic, proactive, and curious. In addition, the classmates come from all over the country, and men and women have very different personalities. Ideas, physical fitness and ability to participate in activities are different. Coupled with the interference of external factors (sites, facilities, etc.), these many factors determine the diversity and complexity of sports organizations. The teaching of cultural courses is mainly through teaching and thinking to flexibly master the existing scientific knowledge system. Almost all students are doing a kind of mental exercise, even if the interaction in the classroom is just a little bit of embellishment. Physical education requires students not only to use their brain thinking skills, but also to have a relationship between

### **3. Physical Education and College students' Moral Quality Physical Education is an Important Carrier for Cultivating College Students' Moral Quality.**

Since childhood, sports have been with us to grow up. It can be said that from elementary school to university, physical education is the only subject that exists. With the diversified development of the world and society, from the initial physical fitness to the current entertainment education, we have obtained physical and mental benefits from physical education. Except for resistance factors, physical education classes are conducted outdoors. For example, in the 800-meter program of public courses in colleges and universities, some students will find various reasons not to run, or find substitutes in exams, laziness, etc., showing the students' immoral behavior quality. At this time, the physical education classroom not only has the effect of enhancing physical fitness. Teachers must educate students about this immoral behavior. If this happens, students will develop a bad habit of opportunism. It also embodies the moral quality of fairness and justice. These are the effects that ordinary culture courses cannot teach.[2]

Physical education is a stage to show the moral qualities of college students. Leave the tedious classroom, breathe fresh air, and feel the beauty of the external environment. This is another kind of enjoyment that sports bring to students. The physical and moral qualities of every college student are different, which can be well reflected in physical education. For example, the "Tai Chi soft ball" in college public physical education is a relatively simple exercise for boys and girls. In classroom learning, teachers can tell at a glance whether they are serious. In a simple game, the positive attitude of the students directly reflects their preference for the course. In the competition, whether students can unite and cooperate to achieve "friendship first, competition second" is also an intuitive reflection. Moral character of college students. College students will have to face society in the future. It is impossible for society to let you do things selectively according to your preferences. Unity and cooperation is an indispensable moral behavior for our college students. Victory without arrogance and failure is also our life. Attitude.

Sports practice is an important guarantee for improving the moral quality of college students. Sports itself is a kind of sports practice activity. On the one hand, sports practice is the source of knowledge and motivation for cognitive development. Only by personally experiencing and understanding the power of morality in sports practice can individuals gradually improve their moral awareness and then control their own moral behavior in other aspects. Sports practice is the purpose of understanding and the prerequisite for the formation and development of moral quality. Whether the cognition of moral quality is correct or not depends on the physical test. Through vivid and concrete sports practice, moral knowledge can be gradually improved into a relatively stable moral behavior. Achieve the unity of knowledge and practice

### **4. Ways to Cultivate College Students' Moral Quality in Physical Education**

*4.1 According to the characteristics of different sports, cultivate the moral quality of college students.* With the development of society, sports have changed from basketball, football, volleyball, aerobics, martial arts, and table tennis to recreational aerobics. Tennis, badminton, tai chi, swimming, track and field and other events have been expanding. Due to the different content of different sports, the ideological content and educational significance of its performance are incompatible. This provides excellent conditions for the targeted implementation of physical education and the cultivation of students' moral quality. [3]For example, ball events have the characteristics of collective, mass, confrontation and entertainment. In physical education, we should pay attention to cultivating students' collaboration ability, collaboration awareness and team spirit. In martial arts teaching, due to the offensive characteristics of martial arts, in martial arts teaching, we can focus on cultivating moral qualities such as perseverance, mutual communication, and kindness to others. Leisure aerobics has the function of body shape, posture, strengthening physical fitness and cultivating sentiment. Cultivate students' pursuit of beauty and healthy emotions in teaching, and then promote correct values, views of good and evil, and

views of right and wrong.

#### ***4.1 Give Full Play to the Educational Function of Teachers and Cultivate the Moral Quality of College Students.***

College students in the new era have keen insight. Every action of the teacher will attract the attention and thinking of the students. Therefore, in physical education, whether teachers can truly “teach and educate people” mainly depends on teachers' good moral quality, setting an example, and playing the role of role model and role model. To be a good example to others, at least they must be consistent with their words and deeds. The personality of the teacher affects the mind of the student, which cannot be replaced by any admonition, any reward and punishment system, and any educational science. As a physical education teacher, role models are very persuasive and attractive to college students. It not only affects students' skills and learning level, but also cultivates students' emotions and produces great power from the heart. Therefore, physical education teachers must establish a correct outlook on life and world, as well as a high degree of professionalism and responsibility.[4] As a physical education teacher, you should know that you are not only an architect who shapes the physique of the nation, but also an engineer who shapes the human soul. In the teaching process, physical education teachers must not only teach and educate people, but also educate people. Only by clarifying this point can we better promote the cultivation of college students' good moral character. To improve their self-cultivation, physical education teachers must not only master what they teach, but also learn about pedagogy, psychology, and sociology. The teaching level must be continuously improved. In the relaxed and happy teaching, we will fully mobilize students' interest in learning, activate the classroom atmosphere, and cultivate students' moral qualities of being strong, courageous, and willing to help others. [5]

#### ***4.2 Emotional Dedication. Teachers Must Love and Understand Students.***

The noble love of teachers subtly permeates the love and hope of elderly parents. College students come from all over the country. They left their warm family and loved their parents came here to study. They need the care of each of our teachers. Especially in physical education, it is not only a process of imparting sports knowledge and enhancing sports skills, but also a process of showing the emotions, soul communication, and thought exchange of teachers and students. In teaching, we must encourage, praise, and encourage students to have confidence in themselves and the determination to overcome difficulties and resistance.[6] In teaching, it is necessary to adopt the teaching concept of equality, so that students can feel and understand the good qualities of equality, humility and harmony

#### ***4.3 To Be a Real Teacher, for Physical Education Teachers, Dress, Manners, and Behavior Are What Students Imitate.***

Therefore, as a teacher, you must check yourself, dress generously and neatly, teach correct movements, coordinate body movements, and avoid frivolous behaviors and loose movements. In the classroom, we must cultivate students' vigorous style and awareness of law-abiding, and overcome the habit of procrastination. This is of great benefit to students entering the workplace in the future and complying with professional ethics[7]

### **5. .Concluding Remarks**

In the new scientific and technological revolution, while providing development opportunities, countries also encounter new challenges. my country is in the period of socialist construction, and there is still a certain gap between China and a powerful country. Although science and technology continue to advance, the key to a prosperous and powerful country is outstanding talents. Colleges and universities are not only places for college students to learn advanced technical skills, but college physical education is an important way to cultivate and improve college students' moral quality and enhance their physical fitness. Sports can no longer be satisfied with our original sports concept. Training high-quality college students with good moral quality in physical education is the soul of my country's physical education. We have achieved the best results in sports practice in the new era. If a country does not have good morals, then the country will be chaotic. The moral quality of college students is particularly important. The future is in the hands of college students. The destiny of a country depends not only on scientific and technological strength, but also on serving the country with good moral character.

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