

# Analysis of the Alienations from the “People-oriented” Concept in Primary and Secondary Schools’ Physical Education

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**ABSTRACT.** *By using literature review and logical analysis, the paper focuses on some phenomena alienated from the “people-oriented” concept in physical education in primary and secondary schools, such as the alienation from the main function of PE, the “only student-oriented” idea, the change of teaching content, the over-emphasis of safety PE, and the neglect of sporting techniques, etc. If the alienations from the “people-oriented” concept are not shifted to the proper way, the consequences will be serious. The PE course as well as the teachers will be marginalized, and the physical conditions of the students will even be undermined. Many reasons contribute to this: the misunderstanding of the “people-oriented” concept, the imperfect PE law, the uncomplicated insurance mechanism, the indifference of the teaching responsibility, and the distortion of safety education. Accordingly, some suggestions are provided at the end of the paper: to deepen the understanding about the “people-oriented” concept; to perfect the PE law and the relevant insurance mechanism; to strengthen the awareness of teaching responsibility, and to redefine safety in physical education. The society and schools should know that the injuries in PE classes sometimes are inevitable, but we should not give up some necessary teaching activities. With the improvement of the PE law and the insurance mechanism, the PE teachers should rationally treat some high, difficult and dangerous sports events benefiting the students both physically and mentally.*

**KEYWORDS:** *physical education; the “people-oriented” concept; alienation*

## 1. Introduction

At present, the “people-oriented” concept has been widely used in social enterprise management, school education and many other aspects. “People (students)-oriented” teaching has been an important standard to judge an excellent P.E class in primary and secondary school physical education. There is no doubt that the concept makes the physical education a big step forward. However, the

"people-oriented" concept in the current primary and secondary physical education has been seriously "alienated". The "people-oriented" concept originally refers to all the policies for people's all-round development, and all for "human" itself [1]. "Alienation" refers that the part split out or separated from the whole gets out of the control of the main body and grows after independence, and in turn, it controls, dominates, or distorts the main body. That is the alienation from the main body, and the strengthening of the "margins" [2]. According to the two definitions, the alienation of the "people-oriented" concept in primary and secondary schools' Physical Education can be understood that the "people-oriented" concept for students' comprehensive and long-term development in primary and secondary PE has been weakened, but "entertainment sports", "interest sports" derived from the concept have been strengthened. In today's emphasis on people-oriented physical education, and on account of the manifestations of the alienations from the "people-oriented" concept in primary and secondary schools' physical education, the causes of the alienation are particularly necessary for analysis.

## **2. The Alienations from the "People-oriented" Teaching in Primary and Secondary PE**

### ***2.1 The Alienation from PE Functions***

People-oriented physical education in schools should develop people and educate people to enable students to carry on and transmit the Chinese culture with healthy physical conditions, so as to cultivate students into comprehensive people having high moralities, good intelligence and healthy bodies[3]. Students can achieve strong physical, mental, and emotional experiences and teamwork in PE classes which are incomparable by other subjects. But, the current physical education in primary and secondary schools has become an "auxiliary" subject. As a part of school education, PE in school is relaxed and marginalized, and only is to the sports service. The Arrangements of PE is to meet the requirement to complete a national compulsory subject at school level. The phenomenon is relatively common that the educational function of PE is not paid attention to, and it is only used as a kind of physical activity, rather than into the educational awareness.

### ***2.2 The Alienation of the "Only Students"-based Policy***

Focusing on today's "people-oriented" teaching in primary and secondary schools, which emphasizes students as the teaching subject, schools satisfy and yield to students unconditionally [4]. When PE teachers organize some physical exercises such as: long-distance running, ligament exercises, etc., which are not really completed by students, some of them frequently pretend to be ill or unable to accomplish because of laziness or being afraid of hardships. Secondly, some teachers over care about students' interests, wills and natures, without taking the limitation of students' thinking and autonomy into account. For example, many students' physical fitness, coordination and flexibility are relatively poor, but they

do not like to participate in the relevant physical exercises to improve the capacities. Meanwhile, the PE teachers will change the teaching content or simply let students play freely when they see students complaining of hardships. For primary and secondary students in this age, they will not deeply realize the physical and mental benefits of sports. Further, some sports need students to try hard to complicate. Without teachers' supervision, guidance or encouragement, the students will easily give up in sports. The "only students"-based phenomenon will neglect, reduce or deny the PE teachers' status and function in teaching, which is likely to result in the complete liberalization of classroom teaching or a disorder state, and undermine the integrity of classroom teaching. As some teachers indulge students again and again, the disorder state will occur frequently in the PE class, so that the teachers will lose the teaching status, guiding role and educating prestige, and the whole PE class tends to be so-called "shepherd-style" without the necessary guidance.

### ***2.3 The Alienation from the Physical Education Content***

Athletics is an indispensable part of school physical education, and plays an important role in students' all-round development[5]. The past school PE mainly focused on athletics, but in today's comprehensive education, some think sporting techniques, skills, and knowledge boring, but also with certain security risks. As a result, many schools cut the events such as the single bar and parallel bars, vault and other high risking gymnastics. A lot of sports equipment, such as the single bar, parallel bars, hurdle, javelin, discus and others, which is likely to cause dangers, is missing on today's playground [6]. Lots of schools no longer organize the stamina testing and long-distance running. Athletics have been phased out of sight school sports. In fact, for the average primary and secondary students the intensity of sports, increased amount of exercise and difficulty can not only improve people's sports skills, but also deepen their understanding of sport to foster a stronger sense of competition, sporting consciousness and hard-working spirit. The course of school PE losing the base of sports skills and knowledge will be excluded by other subjects, be deprived of complementary status with other courses and gradually be marginalized. Eventually, the profession of physical education will be replaced, even disappear also due to the lack of professional features. It must be said that the alienation from physical education content will have caused the serious consequences.

### ***2.4 The Alienation as a Result of Over-emphasized security***

For the characteristics of PE classes, physical injuries are unavoidable. Moreover, most Chinese primary and secondary students are the only child in their own family. Once the students hurt in PE class, their parents will be strongly upset. For fearing of bearing the responsibility for the security incidents, schools do not dare to set up large amount of exercise, difficult and dangerous sport events. Also, teachers fear of accidents and loosen the requirements for students to relax. Thus, the act based on the sacrifice of students' competitive and bravery spirit in exchange for the "School

Safety" is undoubtedly negative and unworthy. It is not only a direct result of the decline in students' physical quality, in the long run, will result in weakening the national spirit. This potential hazard will be far greater than the harm itself, and will be more serious.

### ***2.5 The Alienation from Sporting Techniques***

Teaching sports technologies is one of the main teaching forms of physical education, which enables the students to master a certain sports technology, so that they can apply the technology and experience the "optimization" of the special technology. The "optimization" of the special technology can not only provide the viewers with a chance to appreciate, but also make the users of the technology feel a sense of achievement. Take the one-hand-above-shoulder shot of basketball as an example, which is a kind of "optimal" shooting technique recognized by people after more than 100 years of basketball's spread in the world. It has many outstanding advantages such as high shooting point, high shooting percentage and efficiency, reasonable and graceful movements, and it is easy to be grasped. The technology has been widely used in teaching and training in many countries. Through the standardized and repeated practice of the technology, students will gradually master the technology to improve their hit, enhance their confidence in shooting, constantly sense the success in playing the game, and then love the sport more. This is also the main reason why the teaching of sports technologies must be the main teaching form in physical education. But at the same time, we should also recognize that the "optimization" of the specific technology must be repeated many times to form a "muscle memory", so that it can be used skillfully in the game. Therefore, the study of specific techniques is closely related to the boring exercises repeated many times. In other words, the repeatedly boring practice of the special technology helps the practitioners be familiar with the technology, and the efficient and reasonable use of the technology will bring them victory, which will arouse the participants' life-long preference and love for the sport. This is not only the ultimate purpose of physical education, but also the manifestation of the people-oriented teaching.

However, in the current reform of physical education, there is a trend of "weakening the teaching of sports technologies ".It can be seen in the teaching content whose difficulty and intensity have been dropped lower and lower. The students no longer worry about failing in 50 meters race, injury in turning around bars, collapsing in long-distance running. Now, primary and secondary school physical education is basically a "shepherd-style" [7]. Students' physical quality and sporting spirit are gradually alienated in the satisfaction of both teachers and students.

### ***2.6 Alienation of physical education environment***

The physical education environment generally refers to the hardware and software environments of physical education. The hardware environment refers to the teaching physical conditions such as sites, equipment, facilities, temperature and

sunshine; the Software environment refers to the psychological atmosphere created by teachers and students, like teachers' praise and criticism in public, peers' applauses, music backgrounds and so on. With the rapid development of China's economic strength, the hardware conditions of physical education in schools have been changed a lot. The slag track is replaced by the plastic track, and the cement basketball court is replaced with the plastic court. Even most primary and secondary schools in many developed cities have their own indoor stadiums and are equipped with air conditioners. Generally speaking, the improvement of hardware conditions in schools will play an important role in promoting physical education. But from another perspective of view, it deprives students of the opportunity to experience in the natural environment. As a special practical education course to enhance students' physique and temper their volitional quality, physical education should enable students to properly take exercise in the natural environment and accept the challenges of nature. Of course, it is necessary to move the teaching sites indoors or even open air conditioning when in some extremely rainy, snowy, and hot weather. However, teachers and students should not stay in indoor stadiums for a long time for the sake of environmental comfort. In the aspect of teaching software environment, many teachers are taking students' self-esteem into consideration too much. When students violate disciplines and harm the interests of other students in class, teachers do not stop them immediately, but compromise or even ignore them. The way of dealing with the problem actually encourages the students to form bad habits and behaviors, which will also have a bad influence on other students. It is detrimental to students' long-term development.

### **3. Analysis of the Reasons for the Alienations from the "People-oriented" Concept in Primary and Secondary Schools' Physical Education**

#### ***3.1 The Misunderstanding of the "People-oriented" Policy***

The people-oriented policy should aim at the people's long-term development, but not be "only students-oriented" or "students' short-term interest-oriented" as many PE teachers understand [8]. The present educational system regards the people-oriented concept as the guideline, over respects the students' interests, wills and natures and neglects the students' limitation of thinking, understanding and self-control, so as to weaken the PE teachers' guiding role, so that the "people-oriented" teaching philosophy can not really play.

#### ***3.2 The Imperfect Sports Law and Uncomplicated Insurance Mechanism***

The injuries in PE classes sometimes are inevitable. However, once the unexpected injuries happened, schools and teachers are often caught under mental and an economical pressures. At present, the damage is hard to compensate according to the relevant laws and regulations. At the same time, the relevant sports insurance covers a small part; its forms are limited. So the sporting insurance can

not meet the insurance needs, because its system is not complicated, the operation is not standard and the human resources are in need [9].

### ***3.3 Some PE Teachers' Indifferent Awareness of Responsibilities***

Because of the school entrance exams, PE is not as important as other subjects, so the PE teachers' position is relatively lower than other teachers. Thus, the income distribution, job promotion, benefits treatment are sometimes unfair. Many PE teachers have a complaining and negative feeling. They are unwilling to fulfil their responsibilities, or prepare the class roughly. Those teachers often use "people-oriented" policy as an excuse for "shepherd-style" teaching neither managing students nor encouraging students to try.

### ***3.4 The Distortion of Safety Education***

PE is a physical activity-based learning process. The predictability of primary and secondary students on dangers is lower than adults, and they are likely to experience the unexpected injuries. So the safety problems in physical education are particularly prominent [10]. Currently, some school teachers in order to avoid incidents, some negative measures are taken in teaching, such as reducing material difficulty or cutting the challenging teaching content. This not only affects the implementation of the PE curriculum, hinders the development of physical education, but also has a great impact on the development of the physical and mental health of the students.

### ***3.5 Misunderstanding of the teaching of sports technologies***

Teaching Sports technologies has always been a major way of physical education. Through the repeated practice of sports technologies, students can not only strengthen their physical qualities, but also improve their sports skills. The improvement of sports skills will make students feel successful in the competition, which further deepens their love for the sport. Therefore, the study of sports technology plays an important role in the formation of students' consciousness of "lifelong sports". However, with the wide spread of the idea of "happy sports" in Japan, there has been a tendency of "weakening the teaching of sports technologies" in China's physical education. Instead, sports games are often used to replace sports technology teaching in PE classes in primary and secondary schools. Of course, it is necessary for this kind of "game class" in primary schools as a means to stimulate students' interest in sports participation and enhance their physical fitness. But it is inappropriate to teach physical education through games in junior middle school or even high school. With the growth of the middle school students, they have entered the adolescence. At this stage, the recognition of peers and the sense of adulthood are the main psychological needs of this period. The acquisition of such psychological needs is an important guarantee for the healthy development of young students' physical and mental health. In the process of participating in competitive

sports, young students can easily obtain such psychological needs. This is also the main reason why some young students at this stage have a passion for some challenging sports including basketball, football, taekwondo and the like, to show their strong personalities and the power of performance. Therefore, the ideology of “the game class” of physical education that emphasizes “happy sports” in PE teaching is obviously against the law of physical and mental development of students at this stage of middle school. Educators and PE teachers should be aware of the truth.

#### 4. Conclusion

(1) The alienated "people-oriented" concept in secondary physical education has changed the main PE functions, alienated the “only students-oriented idea”, simplified the teaching content, over emphasized the safety problems and weakened the learning of sporting knowledge.

(2) According to the analysis, the reasons for the alienated "people-oriented" concept in primary and secondary physical education include the misunderstanding of the original meaning, the imperfect sports law, the uncomplicated relevant insurance mechanism, and some PE teachers' indifferent awareness of responsibilities.

(3) If the alienations from the "people-oriented" concept can not be corrected, the prospect of PE will be dim, and the students' physical conditions will be undermined. Therefore, the PE teachers should improve their professional pride as well as awareness of responsibilities; for both schools and educational department, they should guide people to understand the “people-oriented” concept correctly. All the society and schools should fully understand that injuries in Physical Education are an objective reality. Along with the completion of sports laws and regulations and the improvement of the insurance mechanism, PE teachers should rationally treat some high, hard, and dangerous sports, so as to promote both the physical and mental development of the students.

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