

The Cultivation Path of Sports Spirit in Schools Physical Education

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Abstract: Under the contemporary education background of comprehensively promoting quality education, college physical education is an essential part of it. Physical education in colleges and universities is an organic combination of the teaching of basic sports skills, basic skills and basic knowledge and the cultivation of sports spirit. It can effectively promote the overall development of students. The current college physical education teaching model still largely follows the traditional teaching model. Physical education in colleges and universities is the final stage of school physical education and has the characteristics of being connected with society. Physical education in colleges and universities should make full use of this approach of physical education to complete the cultivation of sportsmanship and personality of students, so that students can do a good job in their spiritual will. Prepare to complete the role conversion of natural persons to social persons and enter society smoothly. This article mainly uses the literature method, combined with the objective laws and characteristics of the formation and development of sportsmanship itself, to study the current situation of sportsmanship training in college physical education, in order to promote the overall physical and mental development of college students and promote sports itself rich.

Keywords: Physical education, Colleges and universities, Sports spirit

1. Introduction

The contradiction between the needs of college students for all-round physical and mental development and the traditional, one-sided and unbalanced college physical education teaching model has become increasingly prominent. The "National General College Physical Education Curriculum Teaching Guidelines" clearly defines the nature of college curriculum teaching as "an important way to implement quality education and cultivate all-round development of talents" [1]. In recent years, with the continuous development of college physical education reform, the school has paid more attention to promoting the healthy development of sports, strengthening the cultivation of youth competition, cooperation and patriotism, and promoting the extensive use of sportsmanship in physical education in innovative ways communication has become an important part of college curriculum teaching. Therefore, only by studying the educational value of sportsmanship and exploring the ways and methods of sportsmanship education can we better promote the formation of adolescents' healthy personality. This article analyzes the current situation of physical education in physical education in colleges and universities, and draws related causes and conclusions, so as to provide theoretical basis and reference value for promoting the adjustment of its work thinking, in order to promote a further leap in college physical education.

2. Overview of the connotation of college sports spirit and its training significance

2.1 The meaning of college sports spirit

2.1.1 The connotation and content of sports spirit

Sports spirit is a subjective ideology and the highest product of sports practice activities. It is a kind of positive, hardworking, enterprising, unity and mutual help, and the will quality of surpassing oneself in the process of sports practice activities. It is specifically expressed in endurance, courage, willpower, consciousness, etc., at the same time it guides the selection and conduct of sports practice activities [2]. Sports spirit is the sublimation and concentration of the physical practice activity process. It takes the

main body's physical fitness exercise as the carrier, and at the same time it plays an active counter-effect to the physical fitness exercise activity. The main content of the sports spirit is: (1) the spirit of hard work; (2) the spirit of hard work and enterprising; (3) the spirit of collectivism; (4) the spirit of fair competition; (5) the spirit of abiding by laws and regulations; (6) the spirit of openness and innovation.

(1) The spirit of hard struggle: We should keep pace with the times to understand the spirit of hard struggle in the new era, that is, face difficulties and rise to difficulties, adhere to our ideals and not give up easily. The degree of contemporary fierce social competition requires contemporary college students to have a firm spirit of hard work to adapt to the needs of social development.

(2) Striving and enterprising spirit: it is the core of sportsmanship. Compared with any discipline and activity, the shock and impact that competitive sports brings to contemporary college students are the most direct, effective and lasting. Either as a participant in competitive sports, or as a viewer of competitive sports, they will arouse the inner power of progress through intuitive feelings, and this kind of feeling will invisibly inspire people to work hard, strive and forge ahead.

(3) The spirit of collectivism: Looking back at New China from striving for national independence to pursuing national prosperity, standing among the nations of the world, all shining with collectivism. In the field of sports, no matter how great achievements are made, they are the crystallization of collective efforts, ranging from the support and support of national policies to the support and encouragement of teammates and coaches and the general public; in collective sports, more It is embodied incisively and vividly.

(4) Fair competition spirit: Competitiveness is the most essential characteristic of sports activities. If competition is lost, the promotion of sports spirit will lose vitality and meaning. In college sports activities, various forms of competitions, class evaluations, tests, and quality development activities after class all enable college students to deepen their understanding and awareness of fair competition. This lays a good ideological foundation for college students to enter the society, and helps to realize the "seamless connection" of the transition from campus to society.

(5) Compliance with laws and regulations: Rules and systems are important guarantees to ensure the efficient and orderly progress of various sports competitions. As event participants, they must follow its rules and requirements, which invisibly cultivates the awareness of abiding by the rules of college students, and then gradually rises to the spirit of abiding by the law. Compared with any other disciplines, physical education activities are more direct and effective in shaping and strengthening this spirit.

(6) The spirit of openness and innovation: Modern sports is an open system, and always insisting on openness and innovation is the vitality guarantee for the healthy and sustainable development of sports. With its non-political characteristics, sports has crossed the restrictions of race, region, etc., and has achieved wide spread and communication throughout the world. This inevitably requires sports to embrace the world with a more open attitude, and continue to innovate and enrich Its own connotation makes the sports system continue to be enriched and fuller.

2.1.2 Colleges and universities sports spirit and its cultivation

Colleges and universities sports spirit refers to an ideology that teachers and students use physical education activities as the medium and carrier to shape and reflect the value orientation and spiritual pursuit of college students [3]. Promoting the integrity and mental integrity of college students through the spirit of health and happiness, compliance with regulations, solidarity and cooperation is an important part of college students' will and integrity, and it is also an inherent requirement of college physical education practice activities. The cultivation of sports spirit in colleges and universities refers to the process by which educators use physical quality education as a medium to cultivate and shape the spirit of the educated, so that the educated can form sports awareness, sports thinking, sports values and value orientations, and smoothly enter the society, lay a good spiritual foundation to realize the value of life [4].

2.2 The practical significance of cultivating sports spirit in college physical education

The entry of sportsmanship into university campuses as an educational culture is mainly determined by the actual demand for sportsmanship and the characteristics of sportsmanship itself. The so-called education culture is the integration of academic consciousness and humanistic spirit into culture. After long-term precipitation and continuous enrichment, a cultural identity with a high degree of consensus

has gradually formed [5]. Colleges and universities pay attention to the construction of sports culture, and consciously strengthen the cultivation of sports spirit in regular sports teaching activities, which will help physical education to realize its essential value, let students feel the deeper spiritual connotation of sports, and improve students' sports style.

2.2.1 The need to transform traditional Chinese educational thinking

The traditional Chinese educational philosophy focuses on the development of intellectual education, while relatively despising the development of sports. Many parents have such an attitude, and the majority of educators cannot get out of this circle. It will take time to change the deep-rooted traditional educational concepts, and the direction of today's talent training is the all-round development of morality, intelligence and physical fitness. This contradiction is an insurmountable challenge in future college education practice activities.

2.2.2 Effective measures to solve the grim reality of the general decline in physical fitness of contemporary college students

The reality of the general decline in the physical fitness of contemporary college students cannot be denied. According to the "Analysis of the Constitution and Health of Chinese Adolescents--Based on the Four National Physical Health Monitoring Data from 2000 to 2014", the research found that the endurance, speed, explosiveness, The strength quality continues to decline, and some indicators are even inferior to that of middle school students. The physical fitness of college students has become a bottleneck restricting the improvement of the national physical fitness [6].

2.2.3 The need to change the talent training model in Universities

Strengthening the cultivation of sportsmanship has a positive effect on transforming the current university education model. At present, the training plans for students in various universities are formulated and implemented in close accordance with the actual needs of the society. Students are also actively involved in various grades and examinations that are conducive to future employment. There is quite a kind of "profit-only" teaching, and learn the taste [7]. "The way of the university is in Ming Mingde", the teaching activities of universities should be to allow students to comprehensively cultivate their comprehensive quality under the situation that a certain field is particularly prominent. Any knowledge and technology will gradually become backward with the development of the times. With the formation of a comprehensively developed learning ability and personal qualities, they can flexibly advance with the times and develop together with the progress of society and the times, and will never be abandoned by the society and the times. "Teaching them to fish is worse than teaching them to fish" methods are always more effective than real objects.

2.2.4 The basis for promoting the formation of healthy personality of college students

Colleges and universities actively carry out sports activities and cultivate sportsmanship has an irreplaceable role in shaping the healthy personality of college students. Sportsmanship has shown the color of healthy development and overall progress from all aspects. A healthy personality should be proactive, obey the rules, be honest and trustworthy, be able to view and recognize things objectively and practically no matter when and where, be able to correctly resolve and release the pressure from all parties, and face life with a positive attitude frustration in work and study, perseverance, and never give up the yearning and pursuit of a better life. Only college students with such a personality can adapt to the needs of social development and realize their own value in life [8-9].

3. The current situation and problems of the cultivation of sports spirit in college physical education

3.1 The status quo of the cultivation of sports spirit in current college physical education

Since the 1970s, my country has implemented a family planning policy, and the proportion of only-children in the adolescent population has reached 65%-95% [10]. Changes in national policies and the continuous improvement of the level of social and economic development will prompt families to rethink the issue of how to train their next generation, which will lead to changes in the character and morality of our youth. How to complete the character shaping and sportsmanship training of the only child who currently has a considerable proportion in our country in the process of college physical education is particularly important. The current physical education in colleges and universities is basically still based on traditional physical quality education, with outstanding model characteristics

[11]. Although the relevant departments have relevant system regulations and guiding ideologies, in the specific implementation process, due to the limitations of teaching conditions and the insufficient attention of university leaders and teachers, the training of sportsmanship can only be a formality, and it seems pale. It cannot make a leap forward in college physical education in a real sense.

3.2 Problems in the implementation process of cultivating sportsmanship

3.2.1 University leaders pay insufficient attention to the cultivation of sports spirit

Faced with the grim reality of the decline in physical fitness that is common among college students, college leaders have realized the urgency of strengthening physical education activities and after-school physical exercise activities, and have also added them to daily physical education activities and various sports competitions. The tilt and support strength. However, the vast majority of leaders have ignored the cultivation of sportsmanship to varying degrees. The leaders of colleges and universities are the makers or influencers of the instructional documents for physical education activities. The college physical education workers carry out their own physical education under the guidance of relevant documents. Therefore, the teaching results will reflect the characteristics of the instructional documents. In addition, leaders do not pay enough attention to the construction activities of sportsmanship on campus, such as insufficient sports and cultural facilities, lack of after-school sports competition activities, etc., will affect the training effect of students' sportsmanship.

3.2.2 Lack of cultivation of college students' sports spirit in the process of physical education

There are three levels of physical education. The first level is to teach physical education knowledge and skills to enable students to master the habit of exercising; the second level is to enable students to understand their own physical conditions, adopt correct methods, and persevere to achieve physical fitness purpose; the third level is to carry out sportsmanship education, the three are indispensable [12]. In actual physical education activities, the vast majority of teachers only pay attention to the first two levels of teaching, and to a certain extent ignore the third level of teaching. In ordinary physical education, as long as students can participate in the process of physical education, they will consciously and invisibly form their own sportsmanship under the imperceptible leadership of teachers, but teachers have no further guidance in depth. Therefore, students' sportsmanship The degree of formation is also very superficial.

3.2.3 Insufficient innovation of teachers' teaching methods and inadequate implementation of the principles of teaching students in accordance with their aptitude

The guarantee to ensure that the entire curriculum is organized in an orderly manner and to achieve the teaching goals on schedule is the teacher's teaching organization method. An efficient class requires teachers to skillfully use different teaching methods, effectively identify them, and innovate teaching methods in a timely manner to keep pace with the times [13]. When facing different teaching objects, teachers should pay attention to the individual differences of the objects, carry out targeted teaching, teach students in accordance with their aptitude, and promote the development of students' personality [14-15]. The current college physical education teachers lack these two points. In the teaching process, they still use traditional teaching methods with little innovation. This also makes students reduce their enthusiasm for physical education and sports activities, let alone correct cultivation of sportsmanship. Different sports activities will reflect different sportsmanship content. For example, volleyball focuses on the spirit of collectivism, and sports dance focuses on the spirit of openness and innovation. Such characteristics require that physical education workers cannot apply the same teaching method to many physical education content, and should actively change their thinking and update methods in a timely manner.

3.2.4 The evaluation standard of physical education teaching effect is not sound enough

At present, the evaluation standard of physical education teaching in ordinary universities is mainly for the evaluation standard of sports skills, and there is no complete evaluation system and specific implementable standards for sportsmanship [16]. All physical education activities are carried out under certain goals and frameworks. The vacancy of the evaluation system will inevitably affect the training activities of sportsmanship and the full development of sportsmanship. Therefore, the physical education activities of universities in the future should include sports. The spiritual training rules are incorporated into the physical education evaluation standards, so that the evaluation standards of college physical education effects become three-dimensional and full, with both a "body" and a "soul".

4. Conclusions and recommendations

4.1 Conclusion

(1) Sportsmanship plays an irreplaceable role in the overall physical and mental development of college students because of its unique manifestation.

(2) The current physical education activities in colleges and universities mainly carry the colors of the traditional "three bases" teaching mode, and ignore the cultivation of sports spirit.

(3) Teachers who play a leading role in physical education activities are the most important factor in the formation of students' sports spirit.

(4) The current teachers' physical education methods are lacking in innovation, and their understanding of sportsmanship is insufficient, and they cannot flexibly link each sportsmanship with the corresponding specific sports content.

(5) At present, the evaluation standard of physical education in ordinary colleges and universities is mainly for the evaluation standard of sports skills. There is no complete evaluation system and specific implementable standards for sportsmanship.

4.2 Recommendation

(1) The construction of college campus sports culture is combined with the construction of college campus sports management system.

(2) Physical education educators in colleges and universities should change their educational concepts in time, use physical quality teaching as the carrier, and sports spirit as the soul, so that physical education activities become "flesh and soul".

(3) College physical education workers should improve their professional level and professional quality, actively innovate teaching methods and teaching methods, and organically combine physical quality teaching and sports spirit cultivation.

(4) Further improve the evaluation standard of physical education teaching effect, and incorporate sportsmanship into the evaluation standard framework.

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