

Research on the Value and Implementation Strategy of Sports in Colleges and Universities in the Field of Five Education

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Abstract: This study is guided by the five education ideas to explore the value and implementation strategy of college sports. Through the analysis of the status quo of sports education in colleges and universities, combined with the connotation of the five education and thinking, proposed the educating value of college sports in terms of moral education, intellectual education, sports, aesthetic education, and labor education, and proposed corresponding problems in the implementation process. Implementation Strategy.

Keywords: Five education; Universities sports; Education value; Implementation strategy

1. Introduction

“Five education” is the core concept of the development of modern education in my country, emphasizing the promotion of the development of virtue, wisdom, physical, beautiful, and labor -faced development of college students. As one of the five education, physical education is to implement the foundation of other education.

Carry out a scientific, reasonable and lively and interesting physical education course, cultivate the healthy physique and sound mind of college students, so that college students can gain health and happiness in physical exercise. Therefore, the study of educating people in colleges and universities under the field of five education and the implementation strategy of universities has important practical significance.

2. The value of educating people in colleges and universities

Under the guidance of the “Five Education” concept, better guiding the development of university sports has become an innovative measure. The development of college physical education teaching under the concept of “five education” is a way to gradually explore the personalized education suitable for college students, And then achieve the individual development goals. The following discusses the value of educating people in colleges and universities.

Moral education practice: By cultivating students ‘team spirit and hard work, university sports establish correct values and moral concepts, and improve students’ moral quality and social responsibility. Sports projects usually need tacit cooperation between students to complete them smoothly. This requires students to communicate and communicate smoothly with players and teachers. This process not only exercises the communication ability of college students, and has cultivated the teamwork spirit of college students.

Intelligent education expansion: By training students ‘thinking ability, innovation awareness and creativity, college sports promotes the learning and development of other disciplines, and improves students’ intelligence level. Through certain sports, you can actively think about it, stimulate students’ awareness of innovation, and then maintain the curiosity of new things, which is conducive to promoting the learning of other disciplines , To expand the level of intellectual education of college students.

Sports and fitness: By guiding students to participate in sports training and extracurricular exercise, college sports enhance physical fitness and physical level, and improve students’ healthy level and quality of life. Sports and intensity in sports teaching in colleges and universities are very helpful for improving the physical strength and energy of college students. In the process of learning

and training, the negative emotions that have been in the backlog of learning and life in life can be soothable and released.

Aesthetic cultivation: By guiding students to appreciate the beautiful movements, rhythm and rhythm in sports, to cultivate students' aesthetic and artistic appreciation ability, and improve students' aesthetic literacy. Incorporating aesthetic education in colleges and universities, cultivating students' capture and observation of beauty, so that students can consciously change their own body beauty and psychological beauty, which has a very important role in college students' future development.

Labor education: By organizing students to participate in the labor service activities of the sports team, college sports cultivate students' labor awareness and labor habits, and improve students' practical ability. In the teaching of colleges and universities, some sports service knowledge can be popularized, such as sports meetings, cheerleaders, volunteer services and other knowledge, help students to establish awareness of labor and service.

3. University sports implementation strategies

In the practice of physical education teaching in colleges and universities, we must always carry out students as the core to carry out sports teaching in an orderly manner. Good colleges and universities' physical education work makes students develop into high-quality talents for the comprehensive development of moral, intellectual, physical and labor.

Moral education penetration: Pay attention to the guidance of values in physical education, promote the patriotic spirit, and cultivate students' sense of social responsibility and dedication. In college physical education teaching, we must always pay attention to the growth of moral education in students. Persist in moral tree people and constantly update the concept of sports teaching. In order to implement the teaching concept of "five education", while improving the quality and level of colleges and universities, we must pay attention to the development of student morality.

Diversified teaching: adopt a diversified teaching method, pay attention to students' personality differences and hobbies, and improve the enthusiasm and initiative of students to participate in sports activities. In order to improve the teaching effect of college physical education courses, it is necessary to strengthen the refined management of sports courses in colleges and universities, enrich the content of teaching, and allow students to obtain sports knowledge and methods through various channels.

Resource optimization: Optimize sports facilities and teachers, improve teaching quality and efficiency, and provide students with a better sports education environment. According to the learning interest of college students, you can carry out various sports activities, such as Latin dance, yoga, etc., optimizing the corresponding sports supporting facilities and stimulating the interest of college students to participate in sports. In addition, in order to improve the core literacy of physical education teachers, this will affect students' physical and mental health and learning effects.

Health education: Strengthen health education, teach students' health knowledge, exercise skills and exercise methods, and improve students' health level and quality of life. Health and safety education is a safety guarantee for students in colleges and universities, and it is also an important way to cultivate college students' health and safety awareness. Teach the correct and scientific sports skills and methods to students to ensure the physical safety and mental health of middle school students.

Expansion of Aesthetic Education: Through courses such as sports competition appreciation and sports aesthetics, students' aesthetic taste and art appreciation ability are cultivated, and students' aesthetic literacy is improved. Teachers should consciously set up cooperation groups and issue cooperative learning tasks. They can improve students' aesthetic ability and enrich the content of teaching through clothing performances and art works exhibitions.

4. The problems encountered during the implementation and solving the strategy

Curriculum settings are unreasonable: In the course settings, you should pay more attention to diversification and personalization to meet the needs of different students. Paying attention to the combination of theoretical and practical in sports teaching, we must ensure the rich diversity and close life of physical education courses. For example, teachers can teach sports knowledge and skills in a combination of online and offline, mobilize college students' learning interest and enthusiasm.

Insufficient resources: In response to the problem of insufficient resources, we should actively strive for government and social support, increase investment, and optimize facilities and teacher resource allocation. College physical education teaching should establish an institutionalized and systematic training framework for teachers, open a curriculum system to improve the core literacy of colleges and universities, and optimize the means of sports teaching.

Low students' participation: By enriching the content of curriculum, innovative teaching methods, and improvement of teaching quality, students will improve their enthusiasm and initiative to participate in sports activities. For example, when telling sports culture to students, change the previously used oral statements, and use multimedia to display sports information and culture to make sports information more vivid. You can also integrate game teaching methods into physical education to create an atmosphere of educational

sports.

Insufficient health education: Professor who strengthen health education, focus on exercise skills and exercise methods, and improve students' health level and quality of life. In order to improve the health awareness of the teacher team, only by improving the perception of safety teachers in sports teachers can we pay more attention to the development of students' health and safety education. We must use the combination of theory and practice to explain health and safety knowledge, so that students can more intuitively recognize the importance of health and safety.

Lack of Aesthetic Education: Actively offer courses and activities of Aesthetic education, guide students to appreciate the beautiful movements, rhythm and rhythm in sports, and cultivate students' aesthetic interest and art appreciation ability. In the process of physical education, the teaching content of each course has comprehensive characteristics, with both technical, skills and tactics. Teachers should set scientific aesthetic goals based on specific teaching content to experience beauty and appreciation of beauty as the core of aesthetic education.

5. Conclusion

In the field of five education, universities have unique educating value in colleges and universities, and can cultivate students' morality, wisdom, physical, aesthetic, and labor -integrated development. During the implementation process, the work should be paid attention to moral education penetration, diversified teaching, resource optimization, health education, and expanding aesthetic education. In response to the problems encountered in implementation, effective strategies should be actively solved to ensure the healthy development of sports education in universities.

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