

Research on the Integration Path of Community Sports and School Sports Culture in Henan Province

Jianhua Zhang, Mingming Gong

Department of Physical Education, Huanghuai University, Zhumadian 463000, Henan, China.

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Abstract: Sports, as the most basic activity of human beings, contains a great cultural connotation in human civilization. The term sports culture is first defined as body culture, which is to strengthen the physical quality of people and improve the quality of life. Finally, it forms corresponding spiritual and material wealth. Its spiritual level includes social organizations and sports norms in various human thoughts, social systems and ethics and so on. Of course, with the progress of human society, there is a new cognition of sports aesthetic concept. Generally speaking, sports culture is a common social sports phenomenon. Therefore, sports should be carried out without distinction of place and purpose, and its culture should be integrated. This paper is based on the way and method of Henan community sports and school culture sports in the process of integration, aiming to form a more perfect integration of school and social sports.

Keywords: Henan Community Sports; School Sports; Cultural Integration; Path Exploration

Community sports culture is a part of community culture, and sports activities are also one of the important activities to promote the development of the community. Its purpose is to enhance the physical quality of residents and improve their happiness in life. In the current social development, the development of community sports can not only promote the development of the community itself, but also respond to the call of national sports power. School physical education is mainly limited in the school environment, and its development trend to education as the core, through the students' physical education to improve the students' corresponding physical quality, make the students' physical and mental health all-round development. In physical education, it is often necessary to strengthen the cultivation of students' humanistic cognition. At present, the cultural integration between community sports and school sports has a positive effect on the development of students and the community.

1. The significance of integrating community sports culture and school culture

We should strengthen the development of sports culture, and make use of the cultural atmosphere of sports culture, so as to produce a subtle impact on the majority of people participating in sports culture. At the same time, sports culture can enrich the existing sports content, arouse people's interest in physical exercise, and promote the healthy development of people's physical and mental health, in order to improve the quality of the whole society and promote the harmonious campus to provide help. Meanwhile, through the edification of school sports culture, the masses can acquire good quality, sports concept and aesthetic concept, to form good exercise habits.

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1.1 Promoting the construction of harmonious campus

In the context of contemporary education, harmony, as the tradition of school culture, is the direction of school development, and also the spiritual paradise of school. Harmony is not only the pursuit of harmony between students and teachers, between students and students, but also the pursuit of harmony between teachers and students and society. School sports culture guides students to carry out sports related activities through rich sports teaching. In the case of taking the development of students' physical and mental health as the basic goal, it also pays attention to the cultivation of students' sports culture and the establishment of knowledge connotation of related sports culture.

1.2 Improving the quality of residents

Community sports culture is a new concept rising in recent years, and its corresponding scope of activities is limited in the community. However, considering the different quality of community residents, it is difficult to achieve a unified concept in the specific sports culture construction. To integrate sports culture into community culture, community culture can draw lessons from the teaching methods used by school sports culture to unify relevant concepts and corresponding cultural construction standards, and carry out standardized community sports management, so as to further promote the development of sports community culture.

2. The relationship between school sports and community sports

2.1 The development of community sports depends on the promotion of school sports

In the teaching process of school physical education, scientific education is the main way to convey the significance of physical education to all teachers and students, physical and mental health are the first priority, and various personalized education means are used to enhance each student's interest in physical education. Therefore, the teaching of physical education in schools is extensive and interesting. When more community people join the school sports culture, the community people can find their own way of physical exercise in the edification of school sports culture, and return to the starting point of their own interests.

2.2 Community sports culture is the continuation of school sports culture

The original intention of the development of community sports culture is to meet the basic fitness and entertainment needs of residents, and the community groups formed spontaneously by residents. In the traditional activities of community sports, a large number of school sports teaching topics are introduced. After the follow-up students enter the society, they can still find the physical education they have received in the school in the community sports. Therefore, community sports are the existence of school sports, which is beneficial for students to continue physical exercise in the follow-up social development.

3. The influence of school physical education on the development of community physical education

3.1 The influence of school physical education on community physical education

As a public resource, school sports resources are open to the community free of charge, and the main restricting factor of the current community sports development is that there are not enough sports equipment and places to meet the daily physical exercise needs of community citizens. Therefore, while not affecting the basic physical education teaching in schools, we should open the existing physical education teaching resources in schools to the society as much as possible. To a certain extent, school physical education resources can alleviate the problem of insufficient community physical education resources, so as to promote its good development.

Secondly, in the traditional community sports activities, because there is no professional teacher to guide, community residents often carry out related activities according to their own understanding of sports. However, nowadays, a large number of teachers are used in physical education teaching. After meeting the basic teaching tasks of school physical education, they can guide the community residents to carry out corresponding physical exercise in their spare time, so that the community residents can also receive systematic physical education and training, so as to make the residents' physical exercise more efficient.

3.2 The influence of community physical education on school physical education

Through the guidance of community mass sports teaching, teachers not only improve the residents' sports teaching, but also improve their professional quality and professional level. In the future teaching link, the development of school physical education is promoted to the diversified direction. The school encourages physical education teachers to join the community sports, which not only enriches the knowledge of physical education teachers, but also exercises the corresponding activity planning and organization ability of teachers, and finally integrates it into the actual physical education teaching, which helps to implement all-round teaching for students.

4. How to combine school sports culture with community sports culture

4.1 Community based approach to integration

Firstly, after the construction of the community culture in the sports module, the corresponding management content is determined, and the corresponding scope of responsibility should be paid attention to when managing the school sports facilities. The school can divide the corresponding sports teaching resources into public resources for community residents, and determine the time of public place operation through the time of school opening. Remember, community sports activities can not affect normal physical education. Secondly, it is necessary to make clear the relevant funds, and have the right to use the public resources of the school and community for the students and residents of the individual. However, when it comes to the commercial activities, it is necessary to apply it to the community sports and the school sports resources, the corresponding event organizers should pay a certain service fee as the daily maintenance cost for the public regional equipment and update the cost to achieve a good cycle. The most important thing is to improve the corresponding regulatory mechanism. For the use of corresponding public resources, one party should not occupy for profit, thus affecting normal teaching activities and residents' physical exercise activities.

4.2 The way of school integration

Taking the middle school and primary school sports construction as the core, and the integration of community sports activities is strengthened. We should give full play to the advantages of the school for traditional sports teaching to guide students and residents to carry out corresponding sports activities. Specifically, schools as the main body often set up similar sports games and corresponding sports competitions to attract the participation of the community, designate the corresponding physical education teachers as the contact persons in the community sports activities to share the corresponding information in time, so that the bilateral activities can be effectively carried out, and the integration of community sports activities and school sports activities can be strengthened, to develop those two in a comprehensive and balanced way.

5. Conclusion

The integration of community sports and school sports culture in Henan province is conducive to the harmonious development of schools in Henan province and inner province, which is in line with the development concept of harmonious society. Whether it is the corresponding sports training venues and sports equipment, or the guidance of professional sports teacher's resources, the school can supplement the community sports resources of Henan by using its own strong physical education resources.

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