

Analysis on the Educational Function and Realization Strategy of College Sports Culture

Zhi Xing, Juan Wang

College of Physical Education and Health, Zhaoqing University, Zhaoqing 526061, China.

Abstract: Under the background of the new curriculum reform, colleges and universities should take "what kind of culture to educate people", "what aspects to educate people", "how to educate people" and other issues as the focal point, summed up the fitness and heart-strengthening function of college sports culture, incentive oriented function, moral education function. Taking material, spirit and system culture as the basis of practice education, from the construction of sports material culture, the promotion of sports spirit culture and the perfection of sports system culture to realize the education function of sports culture.

Keywords: College Physical Education; Cultural Education; Actual Function; Implementation Strategy

Introduction

China has long shifted from elite education to mass education. The core of university work is to educate people, and it is to cultivate talents in an all-round way in virtue, intelligence, body, beauty and labor. Under the influence of traditional educational thoughts, teachers do not attach great importance to physical education, and naturally ignore the construction of physical culture and the realization of the function of physical culture education. However, with the implementation of curriculum reform and quality-oriented education, teachers need to correct their own thoughts and attitudes, establish a new concept of education, based on "what kind of people to cultivate", "why to cultivate people" and other issues, highlight the education function of college sports culture, and specifically realize the education function of sports culture [1].

1. The educational function of college sports culture

1.1 Fitness strong heart function

1.1.1 Fitness function

Life lies in sports. After investigation, it is found that the education function of college sports culture includes physical fitness. The biggest function of sports is to promote the growth and development of human organs and beautify human body shape. The reason for this function is that sports allows all organs of the body to participate in sports, and the organizational structure and function of organs are strengthened to a certain extent under the stimulation of sports. A certain amount of physical exercise can change people's nervous system, skeletal muscles, skin viscera in morphology and function, especially can promote bone and muscle development through exercise, beautify body shape. Secondly, physical exercise can strengthen the organ function of the body, coordinate and unify all aspects of the development of the body, and ensure the normal operation of the body. The maintenance of physical health includes promoting the growth and development of organs. Only when each organ performs its own function, can the health of the body be ensured under the condition of coordinated development of the body. It can also ensure the mental work of students through sports, and coordinate the movement of various tissues and organs. To a certain extent, students can carry out physical exercise training of hands and eyes, gain the sense of movement in various sports training, and strengthen the hand-eye coordination and balance ability. In addition,

sports can play a role in people's health and work efficiency. Only a healthy body can coordinate the function of various organ systems, improve blood circulation, stimulate the central nervous system and promote human metabolism^[2]. Only by regulating the operation of the endocrine system can we improve the respiratory function, delay the degeneration of the structure and function of human tissues and organs, and delay the aging of human beings. College students need to use their brains a lot on weekdays. If they do not increase the amount of exercise, they will enter a sub-health state, which is not conducive to their long-term growth and development.

2. Strong heart function

College sports culture can not only ensure students' physical health, but also ensure their mental health. According to research, people in the state of intense exercise will produce a large number of substances, most of these substances are dopamine, adrenaline, norepinephrine, etc., have the role of enhancing the sense of excitement, security and happiness. Under this effect, can be appropriate to reduce negative emotions, such as anxiety, depression, tension. From this point of view, moderate physical exercise can reduce students' life and study pressure, reduce students' negative emotions, so that students have a healthy psychology. Secondly, moderate physical exercise can help students adapt to the natural environment better and faster and keep a good mood. Physical activity is the best time for people's bodies to come into close contact with nature, especially outdoor physical activity, but also can breathe fresh air, enjoy the beauty of nature. These lively, healthy and civilized sports culture derived from sports can bring students good aesthetic pleasure, reduce negative emotions and maintain a good mood. Secondly, sports activities can help students strengthen their will, cure their psychology and shape their social personality^[3].

3. Incentive oriented function

3.1 Incentive function

First of all, because college sports is competitive, it will motivate students to surpass themselves, surpass their opponents, break through the limits, etc., so this culture has the function of stimulating students to study actively and generate life motivation, which can tap students' potential and make them set lofty goals. Secondly, college P.E. respects every team member and opponent and encourages students to participate in sports. After participating in sports, students will feel the fun of sports. Some sports need students to cooperate with each other, and the cooperation between them can experience the happiness of team help. Therefore, college sports culture has the function of respecting students' participation in sports, and can cultivate students' team consciousness and mutual help spirit. Then, college sports advocates fairness, fairness and openness, and requires the construction of a fair competition environment. Students participate in fair competition on the way, respect each other and abide by the rules. Therefore, college sports culture has the characteristics of rules, and the rules respect students to motivate students. In addition, college sports can usually stimulate the strength of students, students in a time of sports and sports competition spontaneously out of a sense of accomplishment, respect and belonging. Some students even train hard in these senses, go abroad and participate in worldwide sports competitions. From this point of view, college sports culture has the function of inspiring students to establish patriotic feelings^[4]. It can make students develop a strong sense of collective honor and patriotism, and invest in the construction of the great rejuvenation of the Chinese nation in the unremitting self-improvement and perseverance.

3.2 Guiding function

College sports culture pays attention to the world outlook of participation, positive and enterprising values, harmonious physical and mental outlook on life, which can let students establish a good spirit of consciousness, form a healthy value accomplishment, and produce a healthy civilization feelings. In fact, college students have not fully developed their own body and mind, because the degree of socialization is not high, even if they have strong plasticity, they are easy to be affected and interfered by external factors. At this time, the organization of sports, the construction of sports culture, can play the education function of sports culture, correctly guide students, actively encourage students, so that students with the

correct world outlook, outlook on life and values cognition of sports, firm ideals and beliefs, establish the spirit of unity and cooperation, condense patriotism and family quality. Under the function of sports culture education, the direction of life is clear, with specific life orientation, strive to make progress, assume responsibility, struggle bravely, and participate in the construction of the characteristic socialism.

3.3 Standardize the function of moral education

The normative function is an important educational function of college sports culture, which is derived from rules and norms, and from Fan Sheng de. The normative function means that students in the campus environment are infected by the culture of this environment and form normative ideas, value judgments and moral behaviors. The basic principles of college sports culture are to abide by rules, respect opponents, play fairly and form a spirit of fair competition^[5]. Secondly, the normative function can instruct students to abide by the rules, respect the legal system, constrain individual behavior, observe the moral principles and standards through moral education and legal education, strengthen moral cognition and enrich moral emotion. In addition, college P.E. culture also has the function of moral education. Each sports project in college sports has its own unique sports rules, which virtually strengthen the moral education of students, such as fair competition, open and aboveboard, indomitable struggle, indomitable, seek legitimate interests by legitimate means, cultivate students' good professional ethics, make them form sports team spirit.

4. The realization path of the educational function of college sports culture

4.1 Formulate the objectives of physical culture education in colleges and universities

For sports culture education function is the premise of making college physical culture education target, sports as the core, strengthen the guide of students, make its correct understanding of sports, in the whole process to carry out sports culture concept and value of positive experience sports, sports, form the sports habits and mental quality. In the formulation of the goal of education of sports culture in colleges and universities, the first is to make clear what kind of culture to educate people, the second is to determine what kind of people to cultivate, the third is to analyze what aspects of training people, and the fourth is to explore the relationship between sports and people. To solve the problems on the premise of the actual situation of the development of physical education in our universities. In physical education teaching, we should educate people with advanced sports culture with national characteristics, which is "facing the public, the world and the future"; It is necessary to cultivate all the people in colleges and universities with sports culture; It is necessary to cultivate various aspects of people and realize all-round education, including physical, psychological, ability, spirit, personality, quality and social function^[6]. In the education of physical culture in colleges and universities, physical education serves for education, promotes the physical and mental development of students, and makes them brave to surpass themselves and others. Through a series of sports education activities, in order to highlight the sports culture to achieve comprehensive training of students, so that they can enhance their ability, improve their quality and develop their personality with a pleasant body and mind.

4.2 Promote the sports spirit culture in colleges and universities

The core soul of college sports culture education is spiritual culture, which determines whether college sports culture can play the function of education, whether it can lead the development direction of sports culture education, whether it can formulate and improve the ultimate goal of sports culture education. The construction of the spirit culture of sports in colleges and universities requires teachers to correctly understand physical education. Physical education is not only a subject, but also an important part of life, leisure and entertainment, daily consumption, is a competitive activity, is an important way to build a strong body and personality. Good physical exercise can let students study and live in a healthy, civilized and scientific way, but also can let students get a good physical and mental development concept, healthy development of body and mind. On this basis, physical education teachers in colleges and universities need to enhance

students' physical awareness, establish lifelong sports concept for students with condensed sportsmanship, cultivate students' good sportsmanship quality, and optimize students' sports behavior habits. Let students actively in carry forward the spirit of sports culture in sports, explore each contains the accomplishment of the spirit of sports, the Olympic spirit, women's volleyball team spirit, team spirit of "small strong" incentives to guide and standardize the moral education function, with sports heart formation of patriotism and national spirit, dedication, competitive spirit, a spirit of tolerance, To ensure the cultural quality of sports^[7].

4.3 Building physical culture in colleges and universities

Material culture is the material basis of college sports culture education, is the direct carrier of sports culture and can be directly perceived as an important part of sports culture, fundamentally guarantees the development of sports culture education function. Many things in the campus of colleges and universities can reflect the values and will sentiment of college students, mainly sports buildings and facilities, such as basketball court, table tennis table; In the small aspect, there are textbooks of physical education courses. These are materials that reflect the material culture of sports, which can build material culture, promote students to integrate into the learning of sports projects, and form cultural literacy in the process of feeling sports culture. Specifically, physical education teachers in colleges and universities should apply to increase the investment of physical education teaching funds, and use all sports materials to create the material and cultural environment of the campus with affinity. Secondly, we should increase the allocation of sports facilities and equipment, improve the utilization rate of sports material facilities and equipment, and ensure the integrity, level, nationality and popularity of sports material facilities construction. Secondly, colleges and universities should repair stadiums and arenas to ensure the integrity of stadiums and arenas. It is necessary to create a good material and cultural atmosphere, reflect certain cultural deposits, and take care of students' level. Under the construction of material culture, students should be actively involved in sports activities, exercise their bodies with strong sports enthusiasm and momentum, play the role of sports to strengthen their bodies, so that they can maintain healthy psychology.

4.4 Improve the institutional culture of physical education in colleges and universities

The education function of college sports culture needs a guarantee, because this guarantee is established on the basis of the relevant system, so we should improve the sports system culture. The so-called institutional culture is the bridge connecting physical culture and spiritual culture, improving institutional culture and giving play to the educational function of institutional culture. Let the students participate in sports under the clear sports system, exercise their skills and improve their physical quality. Sports system construction is a long-term, the exploratory and creative work, based on the institutional culture can effective combination of material culture and spiritual culture, school sports activities and teachers need to change the implementation and management concept, update means, as far as possible under the rule of law sports work, standardization activities, procedural sports process, and the maximum guarantee the implementation of sports laws and regulations. The construction of the system should pay attention to not only include sports knowledge and exercise skills, but also into the construction and management of sports facilities and equipment, the arrangement and management of sports personnel, the determination and implementation of the process of sports activities and competitions, and the actual publicity and management of sports culture. It is necessary to coordinate the construction and management of other sports affairs as much as possible, and systematize the sports system and culture. When necessary, we should set up sports clubs and sports project interest societies to build sports culture festivals in colleges and universities. Only in this way can the educational function of college sports culture be brought into play, so that students can better enjoy the benefits and functions brought by institutional culture, enjoy both cultures after connecting material culture and spiritual culture, abide by the rules, enjoy themselves, protect physical and mental health, improve moral cultivation, and truly return to the society.

Conclusion

Since the 1990s, it has been popular to study the education of college sports culture. Even in the past ten or twenty years, even longer, the research on the education of college sports culture is still a hot topic. Nowadays, the rapid development of society determines that college teachers should pay attention to the presentation of theoretical knowledge, but also pay attention to the training of skills; They should focus on the construction of sports culture, and also pay attention to the realization of the education function of sports culture. In this regard, according to the results of the investigation, the teachers of colleges and universities summarized the educational functions of college sports culture, such as strengthening the heart of fitness, motivating and guiding, standardizing moral education and so on. After clarifying the goals, they realized the educational function of sports culture by means of material culture construction, system culture improvement and spiritual culture promotion.

References

- [1] Li ML. Study on the Education Function and Realization path of college Sports Culture [J]. Contemporary Sports Science and Technology, 2022,12(1):145-148.
- [2] Fu ZM, Zeng SX. The education function and practice path of college Sports Culture from the perspective of virtue and Shuren [J]. Contemporary Sports Science and Technology, 2021,11(33):220-223.
- [3] Gao RM, Yu KW, Jiang L. From a New perspective: An Analysis of the Educational Function of "Internet + Sports Culture" in Colleges and universities [J]. Sports Science and Technology,2021,42(2):109-110.
- [4] He XY, Zhang TW. Exploring the education function of College Sports culture under the background of network era [J]. Science and Education Guide - Electronic edition (late),2020(9):254-255.
- [5] Jia JG. Exploring the educational function of college sports culture in the new era [J]. Charm of China,2020(30):69.
- [6] Gao XP, Cui CQ. Study on the Education function and construction path of college Sports culture [J]. Jiangsu Higher Education,2019(10):97-101.
- [7] Lu WZ, Chen J. Lu WZ, Chen J. On the education function and realization path of college sports culture [J]. Intelligence, 2019(25):85.