

Research on the Contemporary Education Value of Fair Competition in Sports¹

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Abstract: Fair competition is the fundamental requirement of competitive sports and also the hot issue of social concern. "Fair competition in sports refers to the competition in which the subject takes his own physical condition as the basis condition and rules the same rules as the standard under the premise of fair rules, within the scope of permitted technology application, including the stipulation of three levels: rule fairness, operation fairness and fair compensation". Most domestic researches on fair competition focus on the definition of fair competition, the connotation of fair competition in sports, and fair behavior in sports competitions. Most scholars believe that fair competition is an important part of the Olympic spirit and the core value of competitive sports. In this paper, Through the method of literature analysis, logical analysis of sports fair competition to explore the sports fair competition in contemporary education value. Conclusion: It has the value of competitive education, cultural education and moral education under the background of contemporary physical education.

Keywords: Fair competition; Competitive sports; Value of education

1. Preface

There are many research perspectives on fair competition at home and abroad, but relatively few studies on the educational value of fair competition in sports. Most studies on the educational value of fair competition in sports are discussed in the Olympic spirit and sportsmanship. For example, some scholars point out that fair competition is the fundamental requirement of competitive sports, and sports competition is a form of competition with "rules first". It sets up a realistic benchmark for the trend of competition, and its model should be the reference for other social competition, and has important inspiration and reference for other fields of competition.^[1]In recent years, the development of sports is particularly rapid. Since the 18th National Congress of the Communist Party of China, the central leadership has attached great importance to the work of sports and raised the power of sports to the national strategic level. The school physical education work is being paid more and more attention in our country. At the national level, the study of physical education work is regarded as "the future of the nation, as well as the education project for moral education". At present, the social consciousness of fairness is insufficient, and fair competition in sports is an important fair education resource, so it is very necessary to explore the educational value of fair competition in sports from the perspective of fair competition in sports.

2. Sports fair competition contemporary education value

Sports fair competition education can promote individuals to form the consciousness of rules, consciousness of fairness, and then become a complete person. Through the review of the development of fair competition in sports, the article finds that the purpose of the Olympic movement was to educate and develop people when it was just founded. For example, Dong Hongwei pointed out that when the modern Olympic Movement just emerged, it combined sports with culture and sports with education to strengthen people's will and hone their spirit through physical exercise^[2]. The Olympic movement and the western athletic thought were introduced into our country to make our athletic sports have rapid development. Combined with the back-

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ground of physical education in contemporary China, to highlight the comprehensive education value of labor education in the new era, we should deeply understand the value purport of labor education, and really carry out labor education in the practice of education. We should start from the needs of real life, on the basis of returning to life practice, adhere to the core concept of people-oriented, guide the educatees from passive acceptance to positive experience, and make the comprehensive education value of labor education full of vitality.

2.1 Value of competitive education

The prerequisite for fair competition in sports is the existence of competition. As a universal phenomenon, competition exists in both biological and human society. Competition itself can promote the development of human beings. Ludwig Wilhelm Erhard pointed out that only with competition can human society make progress, without which human society would be stagnant^[3]. Fair play in sports as a form of competition can also promote human development.

Sports competition can promote human activity ability: Because of the existence of competition in the sports arena, athletes need to constantly improve their physical fitness, skills, tactical ability and sports intelligence to improve their competitive ability and obtain better sports results. In physical education teaching, students constantly improve their athletic skill level in order to obtain better results, and the practice of skills improves students' physical activity ability.

Sports competition can promote people's intelligence level: Sports competition is not only a contest of physical strength and skills, but also a contest of players' intelligence. For example, in sports such as football, volleyball and boxing, the situation of the field cannot be completely predicted and athletes need to make accurate decisions in a short time. Thinking in sports improves the intelligence of athletes. The effect on intelligence is more obvious; The learning and practice of motor skills is also a thinking process, which promotes the intellectual improvement of practitioners.

Sports competition can promote the improvement of people's mental ability: in sports competition, mental ability has an important impact on the result of the game. Some studies have pointed out that in table tennis, the change of the score is closely related to the athletes' mental state.^[4] In order to play a stable competitive level, it is necessary to have stable psychological control ability. Long-term participation in sports competition can promote the improvement of psychological stability. Therefore, the educational function of competition is embodied in physical activity ability and mental ability, Intellectual capacity.

2.2 Cultural and educational value

To study the value of sports culture and education, we should first explain what is the culture of fair competition in sports. As the basic form of sports activities, fair competition in sports has a very important impact on human life and thinking. Meanwhile, fair competition in sports is also an important social and cultural activity. For the connotation of sports competition culture, Zhang Chunyan explained: Sports competition originates from the production and life of human society, and is symbiotic and harmonious with the politics, social economy and social culture of human society. Meanwhile, as a deep-seated cultural competition, its connotation goes beyond general politics, economy, culture and military. In terms of fair sports competition, it is more harmonious than political competition, stronger than cultural competition and more elegant than military competition. Therefore, fair competition in sports is called the model of fair competition in today's society, and this kind of competition culture has transcendence.^[5] Sports competition is of great significance to modern times. LAN Yaozu pointed out that once human beings lack competition and fair competition, there will be no future. Competitive culture is a kind of forward, dynamic, full of vitality of the culture.

The influence of cultural education on the competitive consciousness and behavior of athletes and the public is mainly reflected in the sense of achievement brought by sports after people participate in sports, or after watching intense sports competitions on TV or on the spot. Wonderful competitions and energetic athletes can make us fully accept the edifying of sports beauty, thus relieving the pressure from all aspects, soothing the inner anxiety, sublimating the exchange of thoughts and emotions, and making the values of justice in sports widely accepted and spread in front of the public.

2.3 Value of moral education

Sports fair competition contains very rich moral education thought, from the origin of sports moral education, the founding of the modern Olympic movement pointed out that Mr. Coubertin put forward the moral connotation of the Olympic movement, most Chinese sports scholars describe the concept of the Olympic movement as: the Olympic movement is the carrier of sports, education as the core of the international cultural movement. Moral education also attaches great importance to our country. In 2014, The document "Opinions of the Ministry of education on Comprehensively Deepening Curriculum Reform and Implementing the Fundamental Task to foster virtue through education" by the Ministry of Education takes the lead in clar-

ifying the deepening curriculum reform and implementing the fundamental Task to foster virtue through Education in the new era The significance of the fundamental task of education. Zhang Qi also put forward that physical education, as an independent discipline, should shoulder the glorious mission of "to foster virtue through education" under the background of the new era. Through the embodiment of the moral education in the fair competition in sports, the fair reflection of the moral education is conducive to shaping the correct outlook on life and world outlook: the fair competition in sports is conducive to the formation of the correct concept of competition and the correct concept of winning and losing. Yang Gangshan points out that the rules of fair competition in sports play an important role in the concept of social development and the harmonious development of human beings. Some foreign scholars have proved that participation in fair competition is conducive to the formation of correct concept of fairness by comparing the opinions of students who often participate in sports competitions with those who often participate in sports competitions. For example, Ludwiczak and Mateusz investigated the prosocial behavior and fair play of adolescents who participated in sports and those who did not participate in sports at all in the context of sports and sports (PES). The proportion of those who regularly participated in sports that sports fairness applied to daily life was significantly higher than that of those who did not regularly. And Cecchini, Jose A. examined the effects of the Delphos program on physical education values, fair play behavior, and self-control in young students. In the experimental group, significant progress was made in terms of personal feedback, reward delay, self-control standards, and opinions related to enjoyment. And Madden, P pointed out that the spirit of unity, friendship and fair competition formed in sports competition will be applied by people in other scenarios. A reduction in the variables associated with the pursuit of victory was also observed. No significant changes were found in the control group. Only in a fair competition environment can the existence of winners and losers be meaningful. Only in this way can competitors adopt an agreed attitude towards the results of competition and strive to improve themselves in the hope of winning the competition.

3. Conclusion

The holding of the Winter Olympic Games brings a new opportunity for the development of our country sports, The 14th Five-Year Plan beginning year, sports as a means of education need to play more and more important role. The fair competition reflected in sports competition brings new thinking for sports education. The athletes' spirit of fighting bravely and bravely in the competition field shows the Olympic spirit incisively and vividly. The Olympic spirit of fair competition, the athletes' fair competition in the competition field and the awareness of sports rules become an important part of education and training. It has injected new vitality into sports education.

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