

Study on the interactive relationship between University Physical Education and Labor Education

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Abstract: This paper uses the literature research method, questionnaire survey method, mathematical statistics method, through theoretical analysis and empirical analysis, qualitative and quantitative analysis of the interaction between university physical education and labor education, the results show that university physical education and physical education has a strong interactive relationship. Based on this, the path of physical education and physical education, promote physical education, promote physical education from the three dimensions of labor concept, labor spirit and labor habit.

Key words: college physical education; university labor education; interactive relationship; mutual education path

In 2020, the CPC Central Committee and The State Council issued the Opinions on Comprehensively Strengthening Labor Education in Primary and Secondary Schools in the New Era, which clearly stated in the guiding ideology that “labor education should be included in the whole process of talent training” and “integrated with sports”. Tracing back to the source, sports items emerged from the labor process, and sports and labor education are consistent. In the state’s re-emphasis and re-deployment of school labor education, rediscovering the homology of college sports and labor education, exploring the interactive relationship between college sports and labor education, and promoting the path of mutual education between sports and labor education have The Times value to comprehensively strengthen college sports and labor education.

1. The basic connotation of college sports and labor education

1. College sports

Physical education course is the basic form of school physical education. In physical education teaching, it can promote the cerebral cortex activation of college students and produce adaptive metabolic response. The physical exercise and psychological activity of students can be organically combined to promote their adaptation to the new environment. College sports is an important means to promote people’s physical and mental health. Through sports courses, sports competitions and sports services, students’ sports skills and sports literacy can be cultivated. At the same time, students can form a healthy lifestyle and good living habits.

In cultivating the successors of the all-round development of morality, intelligence, physical education, the United States and labor, physical education is an important part of the “five education”, physical education has a hard-working role in educating people, students can promote labor in physical education.

2. College labor education

Labor is a unique social practice of human beings, and the quality of workers is related to the level of national economic development. College labor education is an important way to cultivate college students’ labor literacy and labor concept. Labor education can make college students deeply understand the value of labor, and can help college students form correct labor concept and labor habit. In colleges and universities, labor education can be carried out through practical activities inside and outside the school, social services and voluntary labor, which can cultivate students’ sense of social responsibility and innovation, as well as improve students’ self-management and education ability.

Labor education is an important part of the “Five education” in cultivating successors with all-round development of morality, intelligence, physical fitness, the United States and labor. Labor education has the value of cultivating a strong body, and students can promote their health through labor education.

2. The interactive relationship between college sports and labor education

From the analysis of the basic connotation of college sports and labor education, it shows that college sports and labor education are both important contents of “five education”, and there is a certain interactive relationship between them.

1. Theoretical analysis

According to the existing literature research and practical experience, college students can promote the improvement of labor consciousness, labor quality and physical fitness in the process of physical education. First, sports can promote the labor consciousness of college students. At present, many schools will labor education as an important part of the physical education curriculum, through 1-2 class hours, special arrangements for students to carry out labor education, such as through the school’s large-scale track and field sports venue layout, equipment borrowing and handling matters, so that students in sports activities in physical effort to establish a correct sports concept. Secondly, sports improve the labor quality of college students. Sports comes from labor, and many items in sports have the attribute of labor. Through sports practice, college students’ labor skills are cultivated, through sports safety education, students’ labor safety quality is improved, and students’ independent work habit is cultivated through extracurricular sports practice. Third, physical education enhances college students’ physical fitness. Sports and labor both need a certain physical fitness, the current college students, whether from the city,

or from the countryside, to participate in agricultural production, daily life housework, are few, or even lacking. The movement posture of running, jumping and throwing in sports comes from life and labor. Therefore, sports can increase the physical quality of college students.

From the existing literature research and practical experience, it is found that college students can also promote the promotion of sports spirit, sports knowledge and sports skills in labor. Firstly, labor education can promote the sportsmanship of college students. When students apply the teamwork spirit formed in the labor practice to the sports competition, they can win by cooperating with each other and cooperate with each other. This teamwork spirit can be applied to the sports practice, and they can complete the task better. Secondly, labor education can improve college students' sports knowledge. Students can learn the standard posture and movement essentials in labor practice, and then apply these knowledge in physical exercise, so as to better protect their health. Thirdly, labor education can improve college students' sports skills. The quality of will and innovative ability formed through labor practice can be better applied to students' sports activities, so as to realize their all-round development better.

2. Empirical analysis

From the theoretical qualitative analysis shows that sports can promote labor education, labor education can promote physical education, the two complement each other and promote each other, there is a certain interactive relationship between the two. In order to further analyze the interactive relationship between college students' sports and labor education, this paper analyzes the strength and merits of the interactive relationship between the two through quantitative analysis.

(1) Index setting

As for the evaluation indicators of physical education, according to the spirit of the document "Opinions on Comprehensively Strengthening and Improving School Physical education in the New Era", the state has put forward overall requirements for school physical education, requiring "to help students enjoy fun, enhance physical fitness, improve personality and temper will in physical exercise". Based on this, to enjoy the fun, enhance the physique, improve the personality, temper the will as the secondary indicators of sports evaluation, among which, the observation points of enjoying the fun index include stimulating the interest in sports, satisfying the individual needs, forming exercise habits, etc.; The observation points of enhancing physical fitness indexes include physical health, physical adaptation, etc.; The observation points of healthy personality indexes include psychological adaptation, social adaptation, etc. The observation points of tempering the will indicators are carrying forward the spirit of struggle, strengthening unity and cooperation, and abandoning arrogance and Jiao. To sum up, a sports evaluation index system with 4 secondary indexes and 10 observation points has been constructed.

As for the evaluation indicators of labor education, according to the document spirit of "Opinions on Comprehensively Strengthening Labor Education in Primary and secondary Schools in the New Era", the state has clarified new requirements for school labor education, and proposed that the overall goal of labor education is to establish labor concepts, cultivate labor spirit and form labor habits. Based on this, the labor concept, labor spirit and labor habit are the secondary indexes of labor education evaluation, and the observation points of each secondary index are set up. Among them, the observation points of labor concept index include understanding labor concept, labor glory, labor nobility, labor greatness, labor beauty, etc. The observation points of labor spirit index include: adhering to diligence and frugality, being brave in struggle, being good at innovation, and being willing to contribute; The observation points of labor habit indicators are conscious labor, love labor, good habits and so on. To sum up, a labor evaluation index system with 3 secondary indexes and 10 observation points was constructed.

(2) Index measurement

According to the index setting, the questionnaire of measurement and evaluation of college students' physical education and labor education was developed, and 20 observation points of physical education and labor education were evaluated. In the investigation, the seven-level Likert scale was used to score the performance of 7, 6, 5, 4, 3, 2 and 1 according to the seven levels of very good, good, relatively good, average, relatively poor, poor and very poor. This paper randomly investigated 300 teachers of physical education teaching department, teachers in secondary colleges, teachers in educational affairs department and teachers in student work department in 16 universities in W City. A total of 288 valid questionnaires with one answer omitted, repeated or completely selected were excluded. Reliability analysis and validity analysis were performed on valid questionnaires. Cronbach's alpha coefficient was 0.886 and KMO value was 0.854, indicating very good reliability and validity, and the survey results were of statistical value.

(3) Statistical analysis

According to the index setting, the sum of scores of each secondary index was calculated, and the sum of scores of physical education and labor education was calculated, and the interactive relationship between college physical education and labor education was analyzed by Pearson correlation coefficient.

As for the interaction between PE and its secondary indexes and Laoyu, according to Pearson correlation coefficient analysis of the primary index, there was a significant correlation between PE and Laoyu ($P=0.878$, $\text{sig}=0.009$). According to the Pearson correlation coefficient between physical education secondary index and Lao-yoing, there was a certain interaction between the goal requirement of enjoying fun and Lao-yoing ($P=0.447$, $\text{sig}=0.045$). There was a significant interactive relationship between the goal requirement of physical fitness and the Pearson education ($P=0.783$, $\text{sig}=0.002$). There was a certain interactive relationship between the goal requirements of healthy personality and Lao-yu ($P=0.137$, $\text{sig}=0.020$). The goal requirement of tempering the will has obvious interaction relationship with labor education ($P=0.438$, $\text{sig}=0.006$). To sum up, there is an interactive relationship between college sports and labor education, and the interactive relationship is stronger in enhancing physical fitness and tempering will, while the interactive relationship is weaker in enjoying fun and improving personality.

As for the interaction between labor-education and its secondary indexes and physical education, there was a significant correlation between labor-education and physical education according to Pearson correlation coefficient analysis of primary indexes ($P=0.878$, $\text{sig}=0.009$). According to the Pearson correlation coefficient analysis of the secondary index and physical education, there is a certain interaction between labor concept and physical education ($P=0.639$, $\text{sig}=0.038$). There was a significant interaction between the goal requirement of labor spirit and sports ($P=0.523$, $\text{sig}=0.008$). The goal requirement of labor habit had a significant interactive relationship with sports ($P=0.788$, $\text{sig}=0.001$). To sum up, there is an interactive relationship between labor education and physical education in colleges and universities, and the interaction relationship is strong in the aspect of labor spirit and labor habit, but relatively weak in the aspect of labor concept.

3. The paths of mutual education between college sports and labor education

1. Labor through sports

To promote physical education from four dimensions, such as enjoying fun, enhancing physique, perfecting personality and tempering will.

First, promote labor education from the dimension of enjoying fun. In the process of stimulating interest in sports, satisfying individual needs, forming exercise habits and so on, cultivate college students' labor view and improve labor consciousness.

Secondly, promote labor education from the dimension of enhancing physical fitness. Starting from the two aspects of physical health and physical adaptation, based on the consistency of physical education and labor, we should strengthen the organic integration of the two to promote the physical health of college students.

Thirdly, promote labor education from the dimension of sound personality. Starting from the mechanism of physical education psychological adaptation and social adaptation, the cultivation of physical education for sound personality is seamlessly connected to labor education, so that college students can promote mental health and social adaptability in labor education.

Fourthly, promote labor education from the dimension of tempering will. From the three aspects of carrying forward the spirit of struggle, strengthening unity and cooperation, and abandoning the arrogant and spoiled two, let students cultivate their personal will in physical education, and apply it to labor education, let students cultivate the spirit of cooperation, the spirit of struggle and modest attitude in labor education.

2. Strengthen the body through labor

Promote physical education from the three dimensions of labor concept, labor spirit and labor habits, and strengthen the body through labor.

First, promote physical education from the dimension of labor concept. Starting from cultivating college students' labor concept, guide them to know labor correctly, understand labor concept, integrate labor and sports organically, and enhance sports consciousness in labor concept consciousness; From the dimension of cultivating college students' sense of labor glory, strengthen the cultivation of college students' sense of personal honor that wins prizes in sports competitions; From the dimension of cultivating students' sense of labor nobility, the collective pride of winning prizes in college students' sports competitions is strengthened. From the dimension of cultivating college students' great sense of labor, we should strengthen the cultivation of college students' sports spirit, so as to improve the application of their sports spirit in study and work; From the dimension of cultivating college students' sense of labor beauty, we should strengthen the cultivation of college students' aesthetic sense of sports.

Second, promote physical education from the dimension of labor spirit. Starting from the dimensions of cultivating college students to insist on diligence, frugality, courage to struggle, good at innovation and willingness to contribute, we should cultivate college students' diligence, struggle, innovation and dedication in sports, sports courses, sports competitions and sports services, so as to improve the effectiveness of physical education.

Thirdly, promote physical education from the dimension of labor habit. Starting from the dimensions of cultivating college students' consciousness of labor, love of labor and good habits, we should cultivate the enthusiasm of college students' physical education courses, the initiative of physical exercise and the lifelong nature of physical fitness.

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