

On the functional value of sports spirit education in higher vocational physical education

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Abstract: Sports spirit is the active consciousness of people in sports, which has a positive role in the development of sports and sports competitive activities, and is the internal driving force to promote the development of physical education and the all-round development of students. In the spirit of sports, it contains such positive mental states and qualities as striving and enterprising, unity and cooperation, fair competition, patriotic dedication, etc. By integrating sports spirit into physical education in higher vocational colleges, students can form spiritual consciousness on the basis of correct cognition of sports spirit, and play the role of sports spirit in shaping students' personality, imparting knowledge and cultivating abilities. Based on the position of physical education in higher vocational colleges, this paper analyzes the educational function of sports spirit, and studies how to give play to the functional value of sports spirit in sports teaching.

Keywords: higher vocational sports; Sports spirit; Function; value

From the overall point of view, sports spirit is a positive spiritual activity and expression in sports phenomenon, in which a series of spiritual states show the essence of modern sports and are the lofty spirit that inspires all mankind to strive forward. In the teaching of physical education in higher vocational colleges, sports spirit plays a leading role in students' participation in sports practice and sports competitions, and promotes the development of campus sports culture. By integrating sports spirit into the whole process of physical education teaching, it can provide dynamic support for students' sports behaviors and activities, promote them to form a good sports mentality, style and appearance, and enable students to reflect their pursuit of justice, perseverance and positive character in sports. This paper analyzes the function of integrating sports spirit into sports teaching, and puts forward effective strategies to maximize the educational function and value of sports spirit.

1. The function of sports spirit

1.1 Help students to have a strong physique

In the Olympic spirit, people's rights and opportunities to participate in sports have been clearly stipulated. It is believed that people should not be discriminated against because of certain factors, and people should reflect the Olympic spirit in fair competition and mutual understanding. Through the introduction of sports spirit into physical education teaching, students can form the awareness of "participation is the most important", so that they can actively enter the track and field training ground. Although the sports quality is not outstanding, the physical quality is not strong, the technical action is not standard, or the students are not good at social interaction, and the personality is withdrawn, sports spirit can lead them to a positive direction. Under the guidance of sports spirit, no matter how well students master technology, gender and physical quality, they can all join in sports, gain spiritual satisfaction from sports and exercise, relieve fatigue, feel the goodwill and help from their peers, and experience the joy of achieving goals. Therefore, only by truly participating in sports, can we find its role in promoting physical functions, enable students to pursue the goal of "higher, faster and stronger" in their gradual progress, and have a strong physique in continuous practice.

1.2 Assist in cultivating students' sound personality

Sports are not all "one-on-one" competitive events, but also include many group sports. In sports competitions, team based competitive activities occupy an important part. By integrating sports spirit into team sports, each student can actively integrate into the team, discuss cooperation plans together, form a team effort, promote each team member to have a sense of honor and mission, and enhance the students' team cohesion. At the same time, in sports teaching and competition, students can gradually understand the sense of cooperation and spirit of cooperation, and better form the quality required in the workplace. In addition, the spirit of striving and self-improvement is reflected in the hard physical training. To achieve good results, each athlete should polish himself in repeated and boring exercises. By integrating them into the physical education teaching, students can be encouraged to take the hard working athletes as an example, so that they can take the initiative to temper their mental quality of being hardworking and hard working, and promote their sports ability to be improved and their personality to be improved.

2. Ways to cultivate sports spirit in higher vocational physical education

2.1 Explore the materials of Olympic stories and stimulate patriotism and dedication

In the teaching of physical education in higher vocational colleges, many students express their interest in sports activities, but lack interest in physical education. To this end, teachers should pass on the advanced sports spirit to students by tapping the Olympic story materials, so that students can form the noble quality of patriotic dedication on the basis of attaching importance to participation. In specific sports teaching activities, teachers should understand students' inner thoughts and hobbies. While carrying out regular teaching and practical skills training, they should also intersperse Chinese Olympic stories in teaching activities to ignite students' patriotic enthusiasm. For example, before sprinting and long-distance running, teachers can choose Liu Changchun, who is "fighting alone", Wang Junxia, the first

“Oriental Divine Deer” in the IAAF Hall of Fame in China, and Liu Xiang, who broke the world record and won the Olympic champion. These impressive achievements can not be achieved without the hard work, courage and unremitting struggle behind each athlete. For another example, before teaching team sports, teachers can choose the wonderful performance of the Chinese women’s volleyball team in Athens and Rio Olympics to explain, so that students can feel the spirit of women’s volleyball team that they will not give up and fear, and make them actively pursue the Olympic spirit of “higher, faster and stronger”. By introducing the Chinese Olympic story, we can pass on the feeling of loving and contributing to the motherland to students, so that they can have learning motivation and enthusiasm for sports classroom activities, and provide good conditions for students to participate in sports activities.

2.2 Organize team sports games to cultivate the spirit of fairness and unity

Sports and athletics can enable people to win with real sports ability and strength under the established rules, which is also an important connotation of the Olympic spirit. In the teaching of physical education in higher vocational colleges, teachers should not only teach students sports skills, but also pay attention to the cultivation of students’ sense of fairness and rules, so that students can abide by sports rules in sports training, competition and competition, and make it a sports style that advocates fairness and strictly abides by rules. At the same time, sports competition is not only to win medals, but also to compete for fitness strength and teamwork ability. In higher vocational colleges, due to the influence of growth environment, family environment, personal personality and other factors, some students pay too much attention to personal interests in learning, social interaction and life, and lack a sense of team responsibility. Therefore, physical education teachers should play the role of sports spirit in cultivating students’ sound personality, carefully design team competition activities, and integrate game elements into sports rules, so that students can develop rule awareness and team cooperation ability. For example, the “two people and three feet” interesting football competition was carried out. The students were asked to form a group in pairs. The two people tied their legs together, and then a number of groups formed red and blue interesting competition teams. The team that won the most in the first half and second half of the time limit won. In the game activities, if students fall down due to improper cooperation, teachers should pay attention to the emotional problems and trust problems in the group, guide the group students to discuss in a humorous way, and help them resolve conflicts. At the same time, students can also carry out open dialogue, coordination and communication to ease tension, so that both sides can realize the importance of cooperation. In addition, teamwork not only exists in every contestant, but also relates to students who do not directly participate in the competition. Therefore, teachers can ask students who have not participated in the competition to cheer for the competition team and enhance the team cohesion of students in the competition.

2.3 Enrich the types of sports activities and cultivate the awareness of independent struggle

In order to help students form lofty sports spirit, teachers should attach importance to the design and development of diversified sports activities, so that students can hone their willpower in sports activities and form the spirit of striving and enterprising. Therefore, in the sports class, teachers should pay attention to the sports needs of students, carefully design mixed sports activities for men and women, organize everyone to carry out basketball, long-distance running, volleyball and other activities, so that each student can play sports potential, pursue sports excellence, carry forward their fighting personality and cultivate their sports spirit in a tense atmosphere. At the same time, the school should guide students to establish sports associations according to their specialties, so that the majority of male and female students with specialties can actively participate. For example, for boys, we can guide everyone to participate in the school track and field team and football team, and encourage girls to participate in dance teams, tennis teams, volleyball teams, etc. In view of the limited number of community teams, teachers can carry out different types of sports at the same time according to the students’ specialties in the teaching class, so that students can carry out project-based training around the sports they are good at, and help, discuss and improve each other in groups. Secondly, teachers can guide students to keep the good habit of doing exercises in the morning, and they can also regularly lead everyone to do morning exercises. They should also regularly carry out special and special sports competitions, strengthen the cultivation of students’ sports spirit in the form of competitions, and give certificates and trophies to students who show outstanding performance and good sports spirit, so that students can establish a lifelong sports consciousness in their hearts. In addition, teachers should avoid verbal encouragement and praise, and should also combine the performance of students in all aspects, such as self-improvement, hard work, mutual assistance, etc., to timely criticize and praise, make records, and take them as an important indicator of the final assessment.

3. Conclusion

To sum up, integrating sports spirit into physical education in higher vocational colleges is an important way to give play to the educational function of sports spirit, optimize physical education and promote the all-round development of students. Therefore, schools and teachers should attach importance to the integration of sports spirit and sports teaching. By exploring Olympic sports materials, carrying out team competitive games, organizing diversified campus sports activities and other ways, students should truly “attach importance to participation”, inherit advanced sports spirit in participation, form a good habit of long-term physical exercise, and make them become new people of the era who are constantly striving, brave to work hard, and cooperative.

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