

The value, misunderstanding and Enlightenment of liberal education to the reform of school physical education in China

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Abstract: at present, the status of school sports specialization in China is too prominent, which leads to one-sided development of people. Liberal education aims to make up for the narrow knowledge and limitations caused by excessive specialization. Through the practical value of liberal education to the reform of school physical education in China, this paper analyzes the misunderstanding of school physical education reform, and gets the enlightenment, which sets an effective benchmark for the reform of school physical education in China.

Key words: liberal education; School physical education; Value; reform

Liberal education is also translated as liberal education and liberal education. It is an educational idea and the value goal of education. "Erudition" is erudite and talented, emphasizing the all-round development of human beings; "Elegance" is a noble and elegant spiritual realm. The rise of liberal education provides ideas and directions for the reform of school physical education in contemporary China.

1. Liberal education highlights the practical value of school physical education reform

From the perspective of school physical education reform, liberal education has very important practical significance for the theoretical innovation and reform and development of school physical education in China.

1.1 Liberal education points out the right direction for school physical education reform

The essential feature of Liberal education school sports is culture, which is the soul of school sports. It opposes over specialization in sports training, and ignores the comprehensive development of students' knowledge, emotion, will and behavior in order to avoid paying too much attention to the single training of skills; It emphasizes the combination of Humanities and science, fitness and competition, interest and entertainment, elegance and erudition. Fundamentally speaking, "the overall education and value of physical education is not only a general health or competitive issue, but also a cultural philosophy issue. It is an ontological issue related to the realm of life, the quality of life and the prospect of development." therefore, how to carry forward the sports culture in school physical education and acquire knowledge and skills through physical education learning, It will be the direction of school physical education to develop the habit of pursuing the beauty of respect, the unity of noble spirit and body, the spirit of criticism and reflection, the attitude of correct life, the vision of foresight, and the pursuit of perfect personality.

1.2 Liberal education is the foundation of School Physical Education

Liberal education regards people as the main purpose of education. It pays more attention to people's physical and mental development, rather than just regards sports as a tool and means to train people to master certain skills. It tries to promote the development of personality and students' active learning through the training of personality. It focuses on guiding the educated to learn actively, mastering and applying the methods accumulated by human beings, encouraging and promoting their intellectual, moral, physical and overall quality growth from the initial root, so that their direction will be fundamentally changed and they will become educated people; In this way, they have different trends, just as the source of rivers finally flows into the sea. In this way, the improvement of students' cognitive fields of length, width and height can not only stimulate the emotional input of the educated, but also transform knowledge into personal internal cultivation and spiritual temperament. On this basis, what school physical education can do is to cultivate wisdom, make the educated accustomed to truth and sincerity, follow the guidance of reason, and reflect on their behavior as much as possible, Predict, establish morality and conduct, be a free and healthy person, and be a free and healthy person who establishes morality, voice and conduct.

1.3 Liberal education provides the most important measurement standard for school physical education

Liberal education believes that school physical education should pay attention to cultivating students' Sports literacy, promoting mental health and all-round development, and should not regard specific technology, achievement, score or task as the measurement standard of school physical education. These goals are only part of physical education. Paying attention to cultivating students' Sports literacy and promoting mental health and all-round development are the core values of school sports. At present, many schools regard the indicators such as entering a higher school, examination, reaching the standard and ranking as the ultimate goal of school sports, which seriously hinders the healthy development of school sports. The idea of liberal arts education is to focus on students' all-round and free development, not just their immediate personal interests and short-term interests. It focuses on cultivating students' quality of sustainable development. These qualities will accompany students' growth all their life and be imperceptibly internalized into their cultivation and temperament. This educational idea can help students achieve real growth and development, Realize the value and significance of your life.

2. The misunderstanding of liberal education on the reform of school physical education in China

There are various alienation phenomena in the reform of school physical education, which are reflected in the current reform of school physical education in China. Specifically, there are the following misunderstandings:

2.1 Misunderstanding of the goal concept of school physical education reform: overemphasizing some functions and single goals of Physical Education

What is the goal of school physical education reform? Is it health, competition or entertainment? These concepts are some important sports concepts put forward in different periods. When athletics prevailed, school sports appeared competitive phenomenon; In our pursuit of happy sports, school physical education has become a sport class; When our school physical education reform advocates "health first", school physical education has become a misunderstanding of health only theory. At present, in our school sports, there are still competitive sports, namely sports and hip-hop sports. In a word, if the concept of physical education overemphasizes some functions of sports and a certain aspect of personal development, the reform of school physical education will be narrow and extreme, and will fall into the misunderstanding of utilitarianism, lose the humanistic spirit and humanistic care, and make people become a tool for sports training and a carrier to realize a certain function or skill of sports. No matter whether physical education is for health, happiness or education, these are just some intermediate values and goals of school physical education, all of which are to realize the comprehensive and harmonious development of people and make people become a complete person.

2.2 Misunderstanding of the orientation of school physical education teaching content: the coexistence of specialization and formalization

For a long time, the teaching content of school physical education lies in sports teaching and sports skills training. In the minds of students, it is necessary to go through difficult training to achieve exquisite sports skills. Even if there is no such value orientation in the teaching content of school physical education, it is basically arranged according to sports competition. This is an obvious professional tendency, which can be regarded as a survival skill from a professional perspective. But for middle school sports, too much training and exercise can only bring up human beings with developed limbs. Therefore, many students are afraid of physical education, sports and training, so that "talking about competition" turns pale. Athletics is the basic feature of sports, which seems to have become a special skill. On the one hand, the popularization of competitive sports has become the content of school sports; On the other hand, school physical education has defined the boundaries of school physical education, mass sports and competitive sports. Although not every student is suitable for sports professional training, the spirit of struggle and enterprising value embodied in competitive sports is the soul of school physical education. Therefore, the school physical education teaching content should not only provide more professional training projects, but also enable students to experience the core values and charm of sports.

2.3 The organizational misunderstanding of school physical education teaching form: Teacher centered and obedient learning

At present, in school physical education teaching, teachers organize classes and assign training tasks. Students passively accept sports and exercise. The educated are in an indoctrinated position. Obviously, there is a teacher centered authority in this physical education teaching order, which can not arouse students' initiative at all. In school physical education, middle school students are often interested in new movements, new forms of physical education teaching, beautiful things, and some star athletes... And this interest is the key to cultivate students' consciousness. A lively, lively and interesting classroom can stimulate students' confidence in learning and improve their enthusiasm for learning, Consciousness has a positive role in promoting; And consciousness, autonomy and voluntariness are indispensable important provisions of the free subject. Therefore, in school physical education teaching, paying attention to cooperation and mutual participation, mutual evaluation of classroom effect, and exchange of classroom feelings may improve students' autonomy and enthusiasm, and internalize training and understanding into their own self-cultivation.

3. Enlightenment of liberal education on school physical education reform in China

The reform of school physical education should preserve the idea of liberal education, cultivate "complete people" as the purpose, and establish a new concept of physical education; Taking "learning to choose" as the guidance, build a scientific physical education curriculum system; Focus on "teacher-student cooperation" and pursue effective physical education teaching mode.

3.1 To set up a brand-new concept of physical education with the purpose of "integrity"

Under the background of different periods, social economy, culture and history, sports has formed a variety of different modes and ways in the process of developing and cultivating "complete people". There are some drawbacks in the current school physical education mode, such as paying too much attention to the study of subject knowledge and ignoring the accumulation of humanistic knowledge; Too much emphasis on the teaching of classroom knowledge, and less involved in the teaching of sports practice and sports experience; Have certain scientific knowledge, but ignore the cultivation of personal quality. This kind of education mode reduces the quality of school sports talent training and weakens our competitive fortress. In order to improve the quality of personnel training, the first is the reform of the concept of school physical education, paying attention to the cultivation of students' comprehensive quality, humanistic quality, practical ability and moral cultivation, so as to achieve the goal of students' all-round development and lifelong learning. Second, school physical education is not only the life education in the universal sense, but also the ultimate educational goal of "sports participation, sports skills, physical health, mental health, social adaptation" for students in sports practice, so as to promote the comprehensive and healthy development of students.

3.2 Constructing a scientific physical education curriculum system guided by "learning to choose"

How to build a scientific school physical education curriculum system, so that students can truly master sports skills, improve physical quality, have a healthy lifestyle, and form the habit of "lifelong sports" is an urgent problem to be solved in current school education. First, the construction of a scientific school physical education curriculum system is guided by "learning to choose", paying attention to students' autonomous choice and autonomous learning. Students can choose their favorite sports and fitness methods, so as to enhance their

initiative and enthusiasm, and improve their interest and effect in learning. Second, the school physical education curriculum system should be based on the multiple functions of education, mental health, entertainment, culture and aesthetics, and scientifically design the school physical education curriculum. The third is to adopt the method of teaching students in accordance with their aptitude to meet the needs and differences of different students, so that sports practice can develop normally and healthily in a natural state, and promote the combination of school physical education and the concept of “people-oriented”, so as to better meet the needs of students’ all-round development.

3.3 Focus on "cooperation between teachers and students" and pursue effective physical education teaching mode

The design, teaching implementation mode, content, evaluation and assessment methods of school physical education curriculum should avoid falling into the shackles of fixed forms and should follow certain principles. In the traditional school physical education mode, teachers are usually regarded as knowledge imparters, while students are regarded as knowledge recipients. This one-way teaching mode has been eliminated. On the contrary, liberal education encourages mutual communication and interaction between teachers and students in order to jointly create new knowledge. First, teachers’ design of physical education problems not only directly affects the effectiveness of physical education teaching, but also affects students’ Physical Education Learning harvest and lifelong sports thinking orientation. The design of physical education curriculum teaching should focus on “teacher-student cooperation”, pursue effective physical education teaching mode, and let students experience the characteristics and functions of various sports through certain interaction, Let students learn to study independently through discussion, observation and cooperation. Second, in physical education teaching, teachers should cultivate students’ good learning habits through repeated training, so as to improve students’ various learning abilities. The assessment of students’ sports performance is reflected in the way of practical operation and growth and progress. Therefore, in the practice of physical education teaching, teachers should give priority to role models and guidance, and flexibly use appropriate “rewards and punishments” to motivate students, and encourage students to look at problems with skeptical eyes in physical education teaching projects. Third, in the process of physical education teaching, physical education learning should be gradual, providing a gradual physical education learning platform for teachers and students, in order to cultivate students’ analysis, debate and reflection ability, and promote their effective communication ability, which requires physical education teachers to think and reflect on the real purpose and methods of school physical education.

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