

Discussion on the Essence of Sports and Its Educational Values

Xiaoxin Xie¹, Wenfeng Tang^{2,*}

¹Hezhou College; 542899, Guangxi, China

²Chongqing Swell Kitchen and Bath Products Co., Ltd. 542899, Chongqing, China

Abstract

With the development of society and economy, sports undertaking has received more support, which made certain changes to the concept and connotation of sports, the parties concerned have strengthened the research on the essence of sports and its educational value, thus promoting the smooth development of teaching work of sports. By studying the essence of sports, we can accurately grasp the educational laws of sports, so as to effectively improve the teaching effect. First, this paper analyzes the essence of sports, so as to explore the educational value of sports. It is hoped that this paper can provide some references and help for the development of educational and teaching work of sports.

Keywords

Sports; Essence; Educational value.

1. Introduction

From the teaching angle of sports in schools, the essence of sports includes two kinds of debates: the theory of competition and the theory of essence, the so-called theory of essence is to tone the body, people-oriented, pursue happy sports, the so-called competitive theory is to carry out teaching of sports theory and skills on students, from the angle of school teaching needs, the existence of these debates is not conducive to improve the physical quality and teaching level of students, therefore, exploring the nature of sports is of great significance for the smooth development of educational and teaching work of school physical.

2. The Essence of Sports

With the improvement of people's living standards, people will pay more attention to the pursuit of spiritual life and healthy life, and sports is an indispensable part of healthy life. Sports belongs to a cultural form, it is to carry out continuous exercise and learning based on people's physical ability, and carries out reasonable exercise in combination with people's developmental ability, physical ability and physical condition. The purpose of sports is to improve the quality of life and enhance the coordination of the body. With the progress and development of society, sports have become an important index to measure a country's overall national strength, and it is also an important way of international communication. The types of sports include specialty, education and public, etc., and have a very wide coverage, including organization, technology, competition, education and other factors.

The stages of cognition of the essence of sports include the several aspects below; first, it changes from appearance to abstract concept through intellectual thought, and then it is changed to be concrete concept through rational thinking. In the 1980s, the cognitive viewpoints on the essence of sports included the following points, namely education theory, human naturalization theory, game behavior theory, physical activity theory, physique theory and social activity theory. The difference between social activity and physical activity lies in the cognition of physical activity and social activity, if it is a close concept, then the theory of

physical activity is more suitable, while the theory of human naturalization is derived from the theory of biological evolution, thus animals are also classified in it, which make sports become an unconscious behavior, some people believe that sports are a kind of self-protection impulse behavior of people, but this does not mean that the essence of sports is a naturalized self-protection impulse, and sports should be a conscious behavior of people. Sports cannot be separated from human attributes and social attributes, if we only explore the essence of sports from the angle of naturalization of people, it is actually a limitation of thinking. The theory of education links sports with selected education, and reflects the attributes of sports from the relationship between the two, but it cannot accurately reflect the internal connection and various stipulations of sports. Game behavior is to classify sports as an attribute of behavior, behavior and thought are interdependent and infiltrated, and can be transformed into each other under certain conditions, generally, thought guides behavior, after passing the test of behavior, new ideas will be generated, it shows that ideas are included in sports behavior. The theory of physique is the function to strengthen system physique which sports has, which is a very basic function for sports, the essence of sports is "what is sports", judging from intellectual thinking, it is an abstract generalization process of sports, it is the basis for opening the rational thinking of the essence of sports, thus forming the cognition of the essence of sports. When discussing the essence of sports, the focus should be on sports itself, rather than on the correlation between it and other things, sports are closely related with physical activity, and physical activity contains various relationships, it is an important feature of human beings, and the realization of sports needs to be based on physical activity. Specifically, the contradictions in sports can be revealed from several aspects, the first is the contradiction between the development brought by sports and the physical and mental needs, the second is the contradiction between the body and the spirit, and the changes of body and spirit have correlation with mutual transformation, the third is the contradiction between sports and society, because the influence of social factors will restrict sports, sports will also bring corresponding effect on society, the contradictions in these aspects abstractly express the essence of sports, in order to accurately grasp the essence of sports, we need to start from several aspects below, first, people's needs are in the main position in sports, no matter what level of contradiction in sports, sports will be carried out with people's needs as the core, then it is necessary to find the basis of historical materialism for people's needs, so reflect the essence of sports. Secondly, Feuerbacher proposed that the essence of human beings lies in will, consciousness, heart and love, while Marx's understanding of the essence of human beings is more specific, and he understands it through real social relations, including the social attributes, thinking attributes and natural attributes possessed by people. Synthesizing the above-mentioned sports essence theories, such as game behavior theory, human naturalization theory, non-competitive physical activity theory and physique theory, etc., it can be seen that the contents reflected by these essences include inherent freedom and perceptibility. However, the factors that determine people's values and sports behavior also include the competition and intrinsic freedom attribute, so it can be considered that the essence of sports is a physical activity that points to intrinsic freedom and competition. In sports activities, people can fully feel that they are autonomous, including self-worth, self-identity and existence experience are concentrated in the intrinsic value of the subject, the unity between choice and freedom fully reflects the quality and ability of the subject, when people choose sports, they will consciously identify the purpose of their behavior, so make plans and make decisions, and realize it via the allocation of activity spending. People realize that they are the main body of sports, and sports activities are a process of conscious activities, give full play to their own quality and ability, and more efficiently achieve the set behavioral goals. When sports bring people positive experience and meet people's requirements, people can unify their own goals and internal laws in free sports activities, so that can produce creativity, for example, some technical movements named

after athletes, it is the conditions they create in order to meet their own development, so as to achieve self-change and transcendence, they transcend themselves while transcending external things. Sports not only accompany human beings, but also take care of human beings, it can feel people's pursuit and efforts, and record human body culture and potential.

3. Research on the Educational Values of Sports

3.1. Promote Human Development

The survival of human society must actively improve their overall quality, so as to better adapt to social competition, the educational concept of sports adopted in the past regards it as a part of quality education, its main purpose is to improve students' physical quality and other overall quality, the school's sports teaching is to develop more talents with excellent overall quality. Students' physical quality can be improved through physical education, establish healthy ideas, promote students' all-round development, and lay a good foundation for them to go to work in the future. Because value cannot exist without material, it specifically points to the truth, goodness and beauty shown by people in practice, it shows that the value of physical education mainly comes from the teaching link, and will generate practical power in this process, so it can be seen that the function of educating the heart and toning the body is not only an important goal of sports teaching, but also an important practice process, so as to better promote the all-round development of students.

3.2. Sports Educate Heart

Sports is an important medium for connecting people's intrinsic spirit with external nature, which has an important influence on people's physical quality, and can effectively promote the healthy development of people's spirits. Moreover, sports are closely related to people's daily life, the competitive attributes it presents also have diverse features, including modern sports concepts and lifestyles, as well as national spirit. In the process of physical education teaching, it is necessary to guide and standardize the behaviors of students, effectively integrate sports content and moral education content, so as to help students shape correct values. The main value of physical education is to educate the heart, it can help students establish correct values, world outlook and life outlook through sports teaching, so as to guide students to establish ideals. In addition, sports teaching can also cultivate more high-quality talents, so as to achieve the effect of cultivating the heart, and promote the healthy and free development of students.

3.3. Improve the Physical Quality of Students

The school regards sports teaching as an important way to improve the physical quality of students, it fully shows the importance of sports education in quality education, and also reflects the important value of sports education in personnel training, the physical quality of students is improved through physical education. The sports teaching of school should aim to help students form a healthy body and provide assistance for students' study and work in the future. In the work of quality education, sports teaching is an important part of it, in order to improve the overall quality of students, all sports practice activities should be based on the training of overall quality talents, so as to promote the all-round development of students. In addition, it is necessary to guide students to establish correct sports concepts and carry out sports activities correctly through sports teaching, so as to promote the healthy growth of students, regular sports teaching makes students to gradually form correct physical exercise habits, consciously exercise to improve physical quality, have better endurance, make students study and live in a positive and pleasant atmosphere, so as to improve the overall health of students.

4. Conclusion

Generally speaking, there are many roles and functions contained in sports teaching, studying the nature of sports can provide correct guidance for teaching work of sports, so as to promote the reform of sports teaching. As teachers, we should fully understand the educational value and essence of sports, use modern technology in teaching to better promote the development of sports undertaking, so as to improve the teaching quality of sports and train more excellent talents for the society.

References

- [1]. Tang Liming. Value of Physical Education and Orientation of Sports Teacher in Universities and Colleges[J]. Journal of Chengdu Physical Education Institute, 2005, 31(3): 113-115.
- [2]. Liang Limin. Research on the Value of Human Life and Practice in the Education Value of Leisure Sports[J]. Journal of Guangzhou Sport University, 2013, 33(4): 54-56,74.
- [3]. Zhao Jianxin. Discussion on the Value Orientation of Physical Education in Colleges and Universities[J]. Home Drama, 2014(6):310-310.
- [4]. Cheng Wenguang. Relationship Between Subject and Object in Physical Education Value in China and Its Internal Mechanism of Interaction[J]. Journal of Shenyang Sport University, 2014,33(2):1-6,21.
- [5]. Jiao Suhua, Jiao Xianwei. Analysis of the Changing Process of the Educational Value of Sports in Modern China[J]. Journal of Harbin Sport University, 2016, 34(5): 49-55.