

# The Lack of College Students' Sports Spirit and The Responsibility of Public Physical Education Teachers

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## Abstract

As a social activity of human beings, sports are produced and evolved in people's social production and life. It is closely related to social politics, economy, science, culture, education and military affairs. It aims at the all-round development of people, strengthens people's physique through physical exercise, and promotes social development and civilization progress through social practice of sports. The sports culture that constantly produces and precipitates in sports and regulates human behavior and thoughts is the guiding ideology and soul of sports work and an important part of the construction of socialist spiritual civilization. It plays a very important role in improving people's moral quality and social civilization. The spirit of sports refers to the valuable ideological style and consciousness that are contained in sports and have an enlightening and influential effect on human development. The spirit of sports is an ideology nurtured by sports. It goes beyond the sport itself and is internalized into a belief and pursuit in human hearts. Sports spirit plays a guiding role in sports practice and regulates the choice of sports culture mode. As a kind of active consciousness, sports spirit is the motive source of sports behavior and a psychological resource. As a normative force, it is also embodied in sports appearance, sports style, sports mentality, sports expectations, etc. Sports spirit is the spirit of "healthy and upward". Sports can often reflect a person's spirit of unremitting struggle, and can also change his or her fate. At present, many problems existing in college students are closely related to the lack of sports spirit. In order to solve these problems and overcome the deficiencies in talent training in colleges and universities caused by these problems, we must strengthen the education and training of students' sports spirit. In order to fully complete this work, public physical education teachers bear an important responsibility.

## Keywords

College students' lack of sports spirit and the responsibility of public physical education teachers.

## 1. PREFACE

The lack of college students' sportsmanship is a common phenomenon that accompanies the continuous decline of their physique. Due to the laws of life, eating habits, study and employment pressure, college students' physical fitness has declined significantly. According to relevant data, 15% to 35% of college students in this special group have physical and mental health problems of varying degrees, and the physical health index of college students is decreasing by 0.8%. In colleges and universities across the country, the number of college students who are forced to drop out of school due to physical problems, mental illness and

psychological barriers is increasing every year. It leads to problems such as low spirits, lack of enterprising spirit and team awareness. The lack of sportsmanship not only leads to the decline of college students' vitality, but also seriously affects the realization of talent training objectives. In order to change this situation, in addition to changing the students' lifestyle, eating habits and reducing the pressure on their study and employment, on the one hand, we should have the school's inclination to cultivate students' sportsmanship, on the other hand, we must strengthen the responsibility of public physical education teachers.

## **2. THE IMPORTANCE OF SPORTS SPIRIT AND COLLEGE STUDENTS' SPORTS SPIRIT**

### **2.1. Sports spirit**

The so-called sports spirit refers to "the value system that is generated in the process of organized and rules-guided competitive physical activities, and constantly enriched and extended in the practice of various sports activities." The sports spirit refers to the valuable ideological style and consciousness that is contained in sports and has an enlightening and influential effect on human development. The spirit of sports is an ideology nurtured by sports. It goes beyond the sport itself and is internalized into a belief and pursuit in human hearts. That is to say, sportsmanship is generated and developed in the process of sports, but it is also reflected in all aspects of work and life, so that people can form the rich connotation of striving and enterprising, cooperative and competitive spirit, agile thinking ability and the pursuit of higher, faster and farther goals, and play a role in a wide range of life and reflect value.

### **2.2. The importance of college students' sports spirit**

As the key period of life development, the cultivation of sports spirit has special significance. On the one hand, the university period is an important period for mental growth, and the understanding and understanding of the world gradually become clear from obscurity and mature from ignorance. During this period, the school and society trained students' correct world outlook and values through various education and publicity methods, so that they could become people who meet the needs of social development. At the same time, this period is also a dangerous period prone to bias, and it is easy to accept the influence of some unhealthy habits, ideas, moral aspirations. On the other hand, university is the golden period for laying the foundation for life to go to society. The foundation of this period determines the direction of life, and is the best period for the development of memory, cognition, thinking and creativity. This period is the most conducive to the formation of sports spirit, and it is also the most necessary period for the formation of sports spirit. This is closely related to the future-oriented education orientation. For college students, facing the future, one is to face the real society and adapt to the requirements of competition and frustration, cooperation and autonomy in a complex society. The second is to implement the educational concept of lifelong learning and lifelong sports, and continue this concept in a customary way, so that the whole life can enjoy the significance of sports spirit.

## **3. THE CURRENT SITUATION OF COLLEGE STUDENTS' LACK OF SPORTS SPIRIT**

Sports spirit is of great significance to the growth of college students. However, the lack of college students' sports spirit is a relatively common phenomenon, which is reflected in the following aspects.

### **3.1. Social impetuosity leads to students' lack of perseverance**

The university campus is a barometer of social trends, and the impetuosity of society directly affects students' learning and living conditions. Many students follow the wind, lack clear learning goals, lack learning motivation, lack the ability to explore knowledge, and even muddle through their studies. They lack the perseverance to find the root of things and the passion to strive for higher, faster and farther. It can be said that social impetuosity has directly or indirectly interfered with students to a large extent, and coerced students to approach "impetuosity".

### **3.2. Self-closure leads to lack of team and cooperation awareness**

Self-isolation leads to the indifference of the spirit of cooperation. Self-isolation has two tendencies, namely blind self-confidence and blind inferiority. Blind self-confidence means that you can do anything, and blind inferiority means that you can't do anything. The two have a relationship of mutual conversion, but both self-confidence and inferiority are to close themselves in a small circle of individuals and not have relations with others. The spirit of cooperation and mutual encouragement in sports is insufficient, and the sense of teamwork is lacking.

### **3.3. The pursuit of pleasure leads to poor ability to endure hardship and stress**

At present, most of college students are only children. The special growth environment makes many of them develop the concept and lifestyle of pursuing pleasure. They lack the spirit of hard work. When encountering difficulties, we can't face them and solve them, but dodge and avoid them. When encountering setbacks, we are often discouraged, which leads to the lack of the spirit of hard work in sports spirit.

The above three aspects are not the whole content of college students' lack of sportsmanship, but only the representatives of several aspects corresponding to sportsmanship. The weaknesses caused by the lack of sportsmanship are more reflected in the details of their specific study and life.

## **4. RESPONSIBILITIES AND STRATEGIES OF PUBLIC PHYSICAL EDUCATION TEACHERS**

### **4.1. Responsibility and mission of public physical education teachers**

Sports spirit is composed of comprehensive factors. Therefore, in order to cultivate the sports spirit of college students, we must also take comprehensive measures, including the norms of school system, the guidance of school culture construction, and the infiltration of education and teaching. Public physical education is the main channel to cultivate students' sports spirit. The so-called public physical education class is the public physical education class. It is a physical education course attended by all college students. It includes compulsory public sports courses and optional public sports courses. The pursuit of its education is to strengthen the physique, strengthen students' awareness of fair competition, cultivate students' spirit of teamwork, hone students' will, and strive to form a state of mind that is not surprised by honor or disgrace. That is, public physical education directly corresponds to the cultivation of sports spirit. However, in the actual teaching of public physical education, these pursuits have not been fully implemented. In addition to the general lack of school sports facilities and the single and outdated curriculum, the reasons for public physical education teachers themselves are also obvious. Although the Guidelines for the Teaching of Physical Education Courses in National Colleges and Universities requires that school physical education should be changed from "extensive" to "intensive", and "full-time specialized" or "two specialized and versatile" teachers should be the main body of school public physical education courses, there are still a large number of public physical

education teachers who are not specialized and lack special skills. In addition, they often lag behind in their concepts and outdated teaching methods, resulting in their inability to fully and effectively complete the mission entrusted to them by public physical education classes.

## **4.2. Strategies for teachers of public physical education**

### **4.2.1 Define training objectives and overall design training links**

From the overall situation, the teaching objectives of public physical education have five aspects: (1) actively participate in sports activities, form exercise habits, basically form lifelong sports awareness, and have a certain ability to appreciate sports culture. (2) Master the basic methods and skills of more than two sports; Master some treatment methods of sports trauma. (3) Master the knowledge and methods of improving physical fitness and developing physical fitness; Develop good habits and lifestyle; Have a healthy body. (4) They can improve their psychological state and develop an optimistic attitude towards life through sports activities. (5) Develop good sports ethics and cooperation spirit; Be able to correctly handle the relationship between competition and cooperation. Teachers of public physical education should deeply understand and grasp the teaching objectives, and carry out overall design according to the laws of sports and the formation of sports spirit, and carry out planned training through step-by-step arrangements.

### **4.2.2 Pay equal attention to teaching knowledge and skills**

Sports spirit needs the support of sports knowledge and sports skills, and the task of public sports class is to teach sports knowledge and sports skills. For this reason, public physical education teachers should not simply talk about knowledge and train skills on skills, but should promote sports knowledge and sports skills in the direction of sports culture, so that sports spirit and sports skills can be strengthened and formed into habits in the continuous practice. Through continuous perception and experience, it becomes a kind of consciousness of life, and becomes a normative and guiding content for human behavior "coagulated in and separated from material". At the same time, public physical education teachers must fully possess sports spirit, not only have rich sports knowledge, but also have excellent sports technology, rich sports experience, keen sports feeling, and profound sports understanding, and thus form a profound accumulation of sports culture. It is a unique way of inheriting sports spirit to make students accept and internalize it by setting an example in teaching and training.

### **4.2.3 Pay attention to the development of students' physical quality**

The cultivation and inheritance of sports spirit also depends on strengthening the training of students and improving their physical fitness. Students' participation in sports and physical fitness are the material basis for accepting and internalizing sports spirit. One of the direct reasons for students' lack of sports spirit is their poor participation in sports, and they can't understand the connotation and essence of sports in their own place, which leads to the lack of physical fitness. Therefore, training should be carried out in strict accordance with the Physical Health Standard for College Students and the National Physical Health Standard for Students (2014 Revision), so that college students can meet the standard in six aspects: height, weight, vital capacity, step test, standing long jump (50 meters run), grip strength (male), and supine sitting (female). Fourth, according to the principle of teaching according to people, the cultivation and inheritance of sports spirit should be targeted according to different situations. The so-called "different situations" refer to the different situations and different professional situations of the lack of sportsmanship, and the "targeted training" refers to different ways of sports training. The former, such as those with insufficient team spirit and weak sense of cooperation, carry out collective sports such as basketball, football and volleyball. Although the latter has no direct correspondence, the relationship between different personalities formed by

different majors and different sports is still different. Wen, Li, Gong and Art have different ways of thinking and practical abilities, so there should be differences in the selection of sports items.

#### 4.2.4 Actively promote the teaching reform of "curriculum ideological and political"

Public physical education is a process in which students understand sports, contact sports, and deeply understand the charm of sports and feel the beauty of sports through learning and mastering knowledge and skills. The direct ways that can bring students personal feelings include hands-on practice and detailed explanation of real cases. Among them, in the course of teaching, in view of the fact that the students' sports spirit is real, teachers actively use powerful curriculum ideological and political resources and elements, highlight the value guidance of ideological and political objectives, and combine public physical education with ideological and political education by digging and sorting out real cases. We should strive to reverse the attitude change of students who lack sports spirit and promote the improvement of students' sports spirit through the "curriculum ideological and political" teaching reform of the same direction and cooperation in educating people, so as to finally achieve the actual effect of public sports curriculum education.

The lack of sportsmanship in universities is obvious, which has a serious impact on the realization of training objectives and the development of students. We should pay high attention to it, establish a complete sportsmanship training system, and implement it in all specific work. The final result, to a large extent, depends on the exertion of teachers' responsibilities in public physical education.

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