

A Probe into the Educational Significance of Returning to the Spirit of Games in Physical Education Courses in Colleges and Universities

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Abstract: Under the guidance of quality education thinking, physical education is one of the important contents of many college professional courses compulsory and elective courses. However, due to the emergence of problems such as single teaching method and boring content, the actual effect of physical education teaching is unsatisfactory; Based on this, this article uses literature method, expert interview method, observation method and other research methods to deeply explore the value meaning of game spirit, and analyze the value of college physical education incorporating game spirit.

Keywords: College sports; Game spirit; Educational significance

1. Research results and analysis

1.1 Value meaning of game spirit

Clarifying the concept of games is the basic premise for better grasping the spiritual connotation of games in school physical education. In essence, game spirit and sportsmanship have a lot of resonance. In English, games can be expressed as “game” and “play”. The interpretation of the game in “Cihai” is that the main purpose of the game is to obtain pleasure directly, and the main body must participate in interactive activities. Chinese and Western ideologies and concepts have their own views on the understanding of games. From the perspective of the unity of human sensibility and rationality, Shearer maintains that the primary connotation of the spirit of the game is the spirit of freedom; Huizinha examines the spirit of the game from a sociological perspective and believes that the spirit of Order is an effective guarantee for the existence of the spirit of the game, creating a free and pleasant atmosphere of self-expression, and ensuring that players can play freely in the context of the game world. From the perspective of ontology, the spirit of experience is the golden key to unlock the spiritual world of games, presenting all-encompassing games to the players. On the other hand, Chinese ancient Confucianism, Mohism and other thoughts interpreted the game spirit from the perspective of enlightenment function, and believed that pure school sports activities should reflect the non-utilitarian spirit of games. The pursuit of the spirit of freedom of the game is the most important essence of the spirit of the game, because the players actively participate in the game to abandon all external influences, release themselves to the maximum extent, and develop their potential. For example, gymnastics is a sporting event with a certain level of art through the completion of individual movements, combined movements or sets of movements of different types and difficulties through bare hands, holding light equipment or on the equipment, which fully demonstrates the human body's control ability.^[1] In the past, my country's sports development was affected by test-oriented education, overemphasizing the athleticism of movements while ignoring the fun and practicality of gymnastics itself, causing students to become tired of learning and greatly reducing the value and effectiveness of the gymnastics curriculum itself.^[2]

1.2 Probe into the value of integrating sports curriculum into game spirit

1.2.1 Adapt to the value concept of higher education

In the past, the development of sports in China was dominated by the concept of partial competition, and its knowledge structure also tended to be singular. The competitive connotation of the concept of gymnastics tends to increase, and gymnastics teaching has gradually developed into competitive sports teaching. The content and scope are getting narrower and single^[3]. It further exposes the disadvantages such as lack of desire for performance in the physical education classroom, lack of cooperation, lack of self-confidence and even weak willpower. Therefore, based on the development goals of physical education in ordinary colleges and universities in my country, the current situation of college students' learning is the starting point, the development of various sports events is the characteristic, and the original artistic charm of sports is awakened under the concept of quality education. The only way for the modernization of college education.

1.2.2 Promote the rationalization of physical education in colleges and universities, and realize humanized education

It is not easy to promote the integration and development of physical education to promote the rationalization of the purpose of physical education, so as to realize humanized education. At the same time, due to the utilitarian tendency of sports skills, school physical education cannot meet the needs of students for all-round development due to the lack of internal dimensions. The innovative spirit and autonomous spirit contained in sports games are the soul core of the spirit of the game, which makes teachers and students

Get rid of all kinds of shackles, while showing, expressing and realizing oneself in sports games, it also promotes the development of school gymnastics education goals and methods in a humanized direction.

1.2.3 Help physical education teachers create and experience the professional beauty of the game classroom

Due to the loss of the sports value orientation of many school physical education teachers nowadays, the school physical education work has many colors such as instrumental and utilitarian, which seriously hinders the development of school physical education work. The spirit of play is the inner need of people and the spiritual element of teacher-student activity exchange. The rationalization of the spirit of play adds a “promoting agent” to the professional development of school physical education teachers, making it possible to compensate for the lack of humanistic spirit of physical education teachers. It is of great significance to promote the return of the value standard of school physical education work. Therefore, school physical education teachers should have game thinking and methods in order to teach students sports concepts, game spirit and other precepts and deeds. If school physical education teachers do not have the game spirit, they will only follow the syllabus and plan day after day and follow the same rules. It is impossible to find the match point between the spirit of play and school sports, and it is impossible to guide students to conduct “game experience-like” physical education classes. Secondly, school physical education teachers should also have the spirit of play, and actively promote the spirit of play in physical education classes, strive to let every student experience the fun of sports, and actively and spontaneously participate in sports, so that physical education teachers and students can play games.

1.2.4 Helps to promote the formation of the “equality interaction, understanding interaction, and law-study interaction” relationship between teachers and students

The famous educator Tolstoy believed: “The only norm of education is freedom.” The traditional teacher-student relationship is affected by the concept of duality, which regards the two parties in communication as the subject and the object, and overemphasizes the opposition between the two, resulting in the separation and estrangement between the teacher and the student. Sports activities themselves have surpassed the players and become the main body. While getting rid of all utilitarianism, players can enjoy the freedom of mind and body and a relaxed state of mind brought by the noisy games. It can be seen that in the physical education activities involving the spirit of the game, the leading teachers and the students in the leading position are integrated with the game activity itself, placing themselves in a free, open, equal and pleasant sports game with equal personality and complete humanity. In the learning atmosphere, in the passionate game activities, teachers and students understand each other the key to teaching and learning, experience the harmonious relationship between teachers and students under the two-way interaction of technology and emotion, and feel the artistic charm of sports skills.

2. Concluding remarks

In summary, the education return of game spirit plays an important role in the professional development of college physical education teachers and the cultivation of students’ core literacy, to promote the return of the value standard of college physical education work. And the humanized development of school physical education goals and methods is of great significance. Therefore, on the premise of returning to the ideology of education, contemporary physical education teachers are strengthening their own game literacy cultivation and practical ability, while changing the concept of physical education, improving physical education teaching methods, enriching their teaching content, and enhancing the fun of sports game classrooms. To enhance the intensity of classroom evaluation of the spirit of the game is the only way to pay attention to the overall development of students and establish the concept of lifelong sports.

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