

# The Construction of Characteristic of Sports Humanistic Education and Harmonious Campus for Colleges and Universities

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## Abstract

This article through the methods of statistic, expert interview, survey and so on. It is with improving the students' humane accomplishment as the goal and enhancing the humanistic value of the characteristics of sports. Exploring the effective new approach of the sports humanistic education: Suiting the local condition to conduct the humanistic education of sports which has regional characteristic; Making use of the advantage of the multidisciplinary knowledge and encourage to excavate the humanities sports market; Trying to play a maximum of sports humanistic education value, magnifying the sports humanities education function, making the campus environment more harmonious.

**Keywords:** colleges and universities, characteristics of sports, humanistic education, harmonious campus

## 1. Introduction

The university students in the new era pursuit for the emerging sports are ever-growing, theirs yearn are more intense for the unique humanistic connotation and the spirit. Therefore, we should suit local conditions to analysis the present situation and case of the present humanistic education in characteristic sports, according to each area unique geographical environment. We excavate its humanistic connotation, emphasizing its humanistic value, constructing the harmonious campus together.

## 2. The Connotation of Characteristic Sports Humanistic Education and Harmonious Campus for Colleges and Universities

### 2.1 The Connotation of Characteristic Sports Humanistic Education in Colleges and Universities

The modern pedagogy thought, the essence of humanity education is human nature education, its core is to cultivate of humanistic spirit. The physical education is an indispensable part of the humanistic education in colleges and universities. Its special value of humanity education is worthy of mining and thinking. The author thinks that, the characteristic sports humanistic education in colleges and universities makes the new generation of young people predicate their mind, insight into the life, establish the correct value, stimulate their personality, potential and creativity. It is through its unique humanistic spirit to infect of contemporary college student, making its Physical and mental realize their own value and getting the spirit of experience and pleasure, feeling the sports ultimate care for people.

### 2.2 The Connotation of Harmonious Campus

With the development of the time, the definition of the Harmonious Campus for people is not limited to have several high teaching building and national level laboratory in campus, these are the hard strength performance for colleges and universities. It is like the sports curriculum, it is not limited to teach the students to run、jump and throw, it is also not limited that the standard and outstanding ratio is high or low. At present, the main emphasis of our research is that it could bring the knowledge inheritance for the students, get the aesthetic pleasure and spiritual connotation promotion. The connotation of harmonious campus is also so. We not only make the students study the scientific and cultural knowledge, but also heritage the national cultural spirit, making the several factors mutual harmony and progress, making the students' integrated humanity accomplishment improve.

### **3. The Significance and Application Value of Characteristic Sports Humanistic Education in Colleges and Universities**

3.1 We passed on the deeply and perfect of characteristics of sports humanities education to make up for the inadequacy of the original physical education curriculum. The more humane care will reflect during the sports teaching practice. It will improve the culture atmosphere of the system of college sports curriculum. It will also satisfy the wide needs of sports and cultural knowledge of students. And so that, the construction of a harmonious campus is more effective.

3.2 It can promote their cultural level and business ability, for the sports teachers in Colleges and Universities groups. The physical education teachers in colleges and universities discuss with students learning, experiencing the pleasure of the humanities sports practice. In the process of sports teaching of humanities, it reflects a kind of democracy, equality of two-way healthy relationships between teachers and students.

3.3 We put the characteristic humanistic concept of physical education into the popular feeling. It also presents more humanistic management. It makes relationships more harmonious, the managers will be more easily to manage, and it also makes the organization of the work more harmonious and orderly.

3.4 We pass on the characteristic humanities of sports knowledge to edify and influence the students. The university students' humanities quality and the sports humanistic spirit will be cultivation and improvement, and the students' humanistic way of thinking, behavior and way of life will also be got training. So, the harmonious environment of campus cultural will be formed.

### **4. Constructing the New Period Harmonious Campus under the Characteristic of Sports Humanistic Education for Colleges and Universities, Case Analysis**

China is territory and abundant resources since the ancient time, the Humanities and geographical environment are complex. Therefore, the each area Characteristics of sports are very rich and colorful. In the traditional sports meeting and sports teaching for colleges and universities, people pursuit more speed and strength etc, which is more noticeable movement form to teaching and match. But they often ignore the sports value of humane education.

The 2008 Beijing humanistic Olympics spirit bighted the new inspiration and thinking space for the researchers, it rekindled their attention for the sports humanistic education. It lets the researchers the further thinking, because of the Beijing winter Olympic Games in 2022. Since then, colleges and universities strengthen excavating the local characteristics sports.

After the thorough interview and investigation, analyses are as follows:

#### *4.1 According to the School's Resources, Developing the Characteristic of Sports Humanistic Teaching*

Firstly, in the art college, we could introduce the dance into the characteristic sports teaching in Tianjin Music College and Tianjin academy of fine arts, etc, and combine with aerobics or yoga. So, it could improve students' music and dance accomplishment, improving their aesthetic ability. Because, the love witch is modern college students for the music and dance makes them will to accept such an educational sports teaching form. In addition to, the art colleges don't lack of dance professional teacher which could make them complete the characteristic sports teaching better, ensuring the teaching quality. It also enhances the students' sports humanities cultivated manners.

Secondly, in the technology colleges and universities, we could make full use of the school and student's own resources, becoming the sport curriculum more informational and electronic in university of science and technology.

For example, In Qingdao University of science and technology, the students take the aircraft model which is developed by them, and the aircraft model flies freely in the hillside lawn. They also could watch the basketball animation design together with their teacher in the electronic classroom and so on. It fully reflects the interest, novelty of the sports humanities education, widening its teaching space.

In addition, we could use themselves technology professional characteristics of colleges and universities. We are going to put the electronic information technology and the humanities sports education fuses together, and then to proceed the practice of sports science.

Finally, in the medical University or have medical professional Colleges and Universities. We could open the sports health care, sports injury, rehabilitation therapy, health care massage, exercise prescription and others course in medical professional college.

The students who have healthy body and some disabled and unable to participate in the sports could accept humanistic care. At the same time, they also teach the sports health knowledge, letting them feel the warmth and love. At the same time, the students also could learn from a lot of self-care knowledge and practical skill, strengthening them the deeply humanities sports cognition and recognition.

#### *4.2 Suiting the Local Condition, Conducting the Humanistic Education of Sports which has Regional Characteristic*

Firstly, it is in the northwest area.

The colleges could introduce the minority traditional sports into the sports teaching, For example, the martial arts project such as split the hexagrams、fanziquan、bajiquan、tantui etc has gone into the teaching of the Northwest Normal University and Lanzhou Traffic University. These traditional sports have profound cultural background. Teachers use their knowledge in the teaching process to inherit the morality education, adding the humanistic care. It will make the students deep feeling and benefit.

In addition, the innovative art sports, for example the Uygur dance. It not only widens the construction of the characteristic physical education curriculum platform, but also it is conducive to the inheritance of the minority national sports culture. The curriculum reform will help us to improve sports art students' cultivation of music and dancing.

Secondly, it is in the north area.

(1) It is in the northeast area.

There is one - third of snow in one year. We could make use of the natural snow resources to serve the teaching. Therefore, they had introduced the skiing and skating into the characteristic sports teaching in Northeast Normal University, Shenyang Sports College, Harbin Industrial University and other Colleges and Universities. And these teaching forms especially train coordinate ability brave spirit and aesthetic ability for students who loving them. Learn from this experience, we could allow students to experience the joy of the ice and snow in the conditional on skiing and skating area.

In 2022, Beijing's bid to host the winter Olympic success. Therefore, state general administration of sports has aspiration, which is letting 300 million people take part in the ice and snow.

In November 2015, the education commission of Haidian district of Beijing has issued 2015-2018 three year plan of sports work, which is demanding them to open ice and snow classes in university, Middle school, elementary school. Beijing is the first to bring characteristic sports such as skiing, skating, ice hockey, curling sport in the campus physical education curriculum. Therefore, the snow and ice projects of our country will become characteristic sports project into university, Middle school, elementary school, in recent years. It would make more students feel fun of the snow and ice.

(2) Letting the shake diabolo and tai chi soft power ball go back to the campus sports from the public.

The shake diabolo is one of unique han nationality sports in our country, it is especially prevailing in Beijing, Tianjin. The nationality sports collected fitness nature, entertaining, performing together. The crowd of different ages could attend it. So, we should promote and develop. At the present, The Beijing Sports University and Beijing Normal University and other colleges and universities have opened this course. It was deeply loved by college students. So, we should let this traditional shaking diabolo go back to the campus.

Thirdly, it is in Shan Dong area.

(1) We could introduce Wushu class project into the humanistic education. After many years of accumulation, it has informed Wushu class project of teaching team which was led by professor in Shandong Normal University. The humanistic sports forms include martial art、free combat、taekwondo、taijiquan、tajifan、wuqinxi、Muscle-bone strengthening exercise est. And, the teachers could integrate into their humanistic quality in teaching, adding the invisible humanistic care and inheriting the traditional culture. Therefore, the comprehensive ability of the students certainly will improve and upgrade, the relationship between the teachers and students will be more harmonious.

(2) We could open unique sailing. It could let the normal students personally feel the happiness which is brought from sailing boat. Sailing is a concentration of athletics, entertainment, ornamental and exploration in the integration of sports, and it was deeply loved by people, is also an important means of communicating Marine culture to all over the world.

Qingdao is located in the sea coast of the city which has richly endowed of sea resources. In addition, Qingdao is also a "mountain city" which benefits to develop and popularize the new project. Also, in recent years, excellent

talents from around the country have poured into Qingdao which expands the overall strength of the sports teachers and lays a solid foundation for the effective development of the characteristic sports.

The Qingdao University and the University of Science and Technology are characteristic sailing school. The students could be led to the Olympic sailing base training or competing by professional teachers. They also feel the sea, sunshine, the training hard and the struck with fright of the match. These could improve students the team cooperation ability, cohesion and ability to resist risks.

(3) We could introduce the new sport – the crutch walking. It is originated in Finland. It is long distance cross-country movement which is used of two canes, and it is very good aerobic exercise. Qingdao University of Science and Technology opened this option class in 2013 which was deeply loved by students. It is a good form exercise especially for girls who don't love sport. The scientific research has proven that: The crutch walking which is compared with normal walking is better. Its heart rate increases 5-17 times per minute; the average energy consumption increases by 46%; the fitness effect is more obvious, which could be increased by 40%. This sport is suitable for long time exercise and all kinds of people; it has very good fitness and rehabilitation. It is good fitness form for juniors and seniors who don't take part in the sports class. Especially for teachers, it is also good choice. We should have a wide range of popularization.

(4) Carrying out and promoting the "Volkswagen golf" – the woodball sports

The woodball is one of our traditional sports of ethnic minorities – hui. Later, it was designed and improved the cue by the Minghui Weng, and it evolved "Volkswagen golf". The woodball is a culture of sports, it attracts thousands of fans involved. According to the interview and investigation, The Sports College of Linyi University took the lead in 2008 to introduce the woodball courses. They had taken part in the 2012 World Cup in Malaysia wood game on behalf of our country, and had won the men's team fourth and men's doubles fourth excellent result. It not only makes students understand the history and culture of the woodball sports, and it is a movement project which is promoting physical and mental health, is worth popularizing widely. It has a strong humanistic education potential.

## 5. Conclusions and Recommendations

5.1 According to the studies of recent years show that: although colleges and universities also introduce several movements which the students like more, for example sports dance, directional cross-country, sailing, dragon boat, yoga, the movement of expand, but the humanistic education in the teaching has not fully reflected. And, the sports teaching form and concept of colleges is still in the relatively backward level, we should constantly update and charge. Therefore, the teaching researchers should constantly sum up the collages experience, learn from others' strong points and make up our own weaknesses. We should improve the sports teaching humanistic environment, updating the teaching methods and concepts. According to the local condition and the time and according to the school's condition, we should seek the characteristic sports education which is suitable for our own. Making the students study human knowledge, feel the humanistic care, and making the campus environment more harmony.

5.2 We should make use of the advantage of the multidisciplinary knowledge and encourage to excavate the humanities sports market, making the humanities sports more information. For example, electronic sport is emerging extracurricular sports activities in recent years. E-sports is an electronic and characteristic sport project, it gathers physical features and technological and interesting together. It implements the knowledge of cross between disciplines, and it provides a platform for training of scientific and technological innovation ability and the team spirit.

According to investigation, in the Sports Institute of Qingdao University of Science and Technology, theirs dean is beginning the cooperation with other colleges, for example, School Information Science and Technology, College of Electromechanical Engineering, School of Communication and Animation.

5.3 In the context of building a harmonious campus, we should try to play a maximum of sports humanistic education value, magnifying the sports humanities education function, making the campus environment more harmonious.

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