

# *Discussion on the reshaping of sports humanistic spirit transmission path in ordinary colleges in the new era*

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**Abstract:** The humanistic spirit of college sports is the core of college sports humanistic education and the soul of college sports culture. It is an important driving force for the sustainable and all-round development of college students. However, due to the traditional sports system and certain historical factors, the development of sports in Chinese colleges has been lacking the corresponding humanistic spirit to this day. In order to humanize and rationalize college sports, it is necessary to return to the concept of humanistic spirit and reconstruct the value of modern sports. Based on previous research, this paper discusses how to re-explore the effective communication path of sports humanism in the new era and reshape the value of college sports courses in the context of the current problems in the dissemination of sports humanistic spirit in colleges.

## 1. Introduction

Physical education is one of the essential subjects in school education, the purpose of which is to enhance the physical fitness of students, but the humanistic spirit contained in sports is often overlooked. In 2019, the Ministry of Education issued the Implementation Opinions on the Construction of First-class Undergraduate Courses, which pointed out that colleges should take the effectiveness of cultivating morality as the standard for testing work, and deeply explore the moral education elements in various courses, and the same is true for physical education courses<sup>[1]</sup>. Physical education classes can not only stop at the past to simply exercise the body, we must know that sports have great significance for cultivating personality and shaping spirit, and we must pay attention to the relationship between sports and humanistic spirit in the context of the new era.

## 2. A Basic Overview of the Humanistic Spirit of Sports

### 2.1 The Connotation of Humanistic Spirit and Sportsmanship

The humanistic spirit is the pursuit and defense of dignity, ideals and destiny expressed by human beings, and is a universal self-care of human beings. The spirit of humanism is an important cultural resource that needs to be studied and utilized in depth to establish the spirit of modern humanism. With the continuous development and progress of society, the concept of humanistic spirit has been continuously integrated with new connotations and gradually become more meaningful. Initially, the

humanistic spirit proposed by Confucianism gradually integrated the essence of other cultures in the process of development, emphasizing the need to achieve "benevolence" and "simultaneous love", and finally achieve harmony and unity. Today's humanistic spirit has richer connotations, respect for people themselves, continuous pursuit of life ideals, and a scientific way of thinking and values.

Sportsmanship is an ideology created by sports, the pillar and soul of sports, which transcends sports itself and is the belief and desire of human beings for sportsmanship. Sportsmanship can reflect human perseverance and upward struggle, can also change the future path of human beings. Sportsmanship is an inherent characteristic of human beings, and is the mental and physical tempering, to achieve a high-level perception sublimation <sup>[2]</sup>.

## **2.2 The Connotation of the Humanistic Spirit of Sports**

Sports humanistic spirit is the combination of humanistic spirit and sports activities, is the core spirit of sports culture, it is created by people in social practice, the core pursuit is truth, goodness, beauty, its ultimate purpose is for the healthy development of human beings, is the spirit of caring for people's life and health and freedom. From a realistic point of view, the humanistic spirit of sports means to correctly treat all events that occur in sports activities and seek truth from facts. China's sports humanistic spirit is produced in a special and complex environment, abandoning the narrow analysis of past development. The meaning of humanistic spirit is diverse and complex, emphasizing both harmonious symbiosis and overall coordination, but also emphasizing the philosophical pursuit of self-realization, cultivating students' positive attitude to life, with educational and promotional significance.

On the one hand, students should be the center in physical education courses, promote the healthy development of students, respect the needs of each student, and teach students according to their aptitude; On the other hand, in the teaching process, we should pay attention to the physical health of students, and teachers should design scientific teaching programs to improve students' physical fitness, so that students can understand the connotation of sports humanistic spirit, so that college students can form a healthy body and good psychological quality.

## **3. The Problems Existing in Colleges in Spreading the Humanistic Spirit of Sports**

### **3.1 Physical Education Courses are not Attractive**

At present, the physical education courses carried out by many colleges do not pay attention to students' preferences and actual needs, and the content and form of the courses are boring and boring, and it is difficult to attract students' attention. Physical education courses for boys in ordinary colleges are mainly basketball, football and volleyball, while physical education courses for girls are mainly aerobics, physical fitness and yoga. These courses no longer meet the needs of today's college students, and students choose sports courses that interest them according to their own interests, which are more conducive to spreading the humanistic spirit of sports. Therefore, according to the different majors contained in different colleges, it is necessary to add different physical education courses, so as to attract students to participate in more sports activities, so as to better spread the humanistic spirit of sports <sup>[3]</sup>.

### **3.2 The Assessment System for Physical Education Courses is Relatively One-sided**

Under the influence of the traditional education system, most teachers in China adopt the evaluation standards of the traditional education system, while ignoring the cultivation of students' comprehensive quality. Teachers' evaluation criteria are mostly based on fixed criteria, theories and

skills to evaluate students' sports performance, which means that the evaluation of student performance only focuses on results, not process. This one-sided physical education evaluation system leads teachers to neglect the cultivation of students' humanistic qualities, and at the same time does not pay attention to students' personality development.

Today, most physical education courses in ordinary colleges are still taught with the aim of meeting set sports standards, and do not pay attention to the individual development of students. For example, for some college students with poor physical fitness, long-distance running is a very difficult thing, but during the physical education test, the physical education teacher only pays attention to whether the student runs the long-distance run within the specified time, which is a matter of insufficient strength for students with poor physical strength. This kind of result-oriented teaching has led physical education teachers to overemphasize physical education theory knowledge and skills, so that teachers' teaching lacks innovation, does not carry out personalized education for different students, hinders students' personal development, and does not cultivate students' sports humanistic spirit.

### **3.3 The Mode of Transmission is Relatively Single**

In order to deepen the reform of undergraduate education, the Ministry of Education emphasizes that students should be the main body in the teaching process, pay attention to students' individualization, and adopt a variety of teaching modes, such as "brainstorming", "group cooperation" and "flipped classroom" and other teaching methods to attract students' interest and promote students' independent learning and inquiry learning. However, in the actual process of college physical education, it is still a traditional teacher-centered classroom, and teachers often ignore the feelings of students. Physical education courses in many ordinary colleges are mainly theoretical courses, and the way of teaching and the content taught are relatively mechanized, and students have few opportunities to practice in person. It can be seen that the transmission mode of sports humanistic spirit is relatively single, and students cannot practice according to the theoretical knowledge they have learned, resulting in the deviation between teaching goals and reality, which is not conducive to the dissemination of sports humanistic spirit.

## **4. The Path to Reshape the Humanistic Spirit of College Sports**

### **4.1 Increase Courses Full of Sports Humanistic Spirit**

In college physical education, most of them are taught in classes, and the content and methods of teaching are not diverse and do not conform to the personality of students. Colleges can offer innovative sports courses that some students like, such as taekwondo, wrestling, women's self-defense, roller skating, marathons, rock climbing, skateboarding and other courses. These courses can successfully attract students' interest and have a certain degree of difficulty, which is in line with the characteristics of contemporary college students who are brave to pursue challenges and are not afraid of difficulties. Before choosing the sports to be opened, the person in charge can adopt anonymous voting to let students choose their favorite physical education courses, determine the courses to be opened, break the teaching organization form of the previous class teaching system, adopt open classrooms, let students choose the courses they love, fully improve students' interest in learning, and play the role of sports humanistic spirit transmission.

When opening new sports theory courses in ordinary colleges, we can learn from the ideas of music courses or art courses, and add sports humanities elective courses to spread the humanistic spirit of sports and improve the college physical education teaching system. For example, by opening a course "Sports Aesthetics", teachers can popularize the humanistic spirit of sports to students in the

course of class, let college students take the initiative to understand the spirit of sports culture, scientifically infiltrate the humanistic spirit of sports in teaching, and enable students to truly understand the connotation of sports culture. In addition, the establishment of physical education culture courses can also promote physical education teachers to improve their teaching standards, thereby improving the quality of physical education teaching in colleges.

#### **4.2 Improve the Assessment System for Physical Education Courses**

Although China's colleges are constantly exploring physical education, the teaching content and teaching philosophy are also gradually updated, and each change reflects humanistic care. However, due to the influence of the traditional examination result-oriented education system, the scoring system of physical education course assessment lacks rationality and comprehensiveness, and this unscientific evaluation system has caused a unified evaluation standard for physical education disciplines, resulting in teachers lacking innovation and personality in the teaching process, ignoring the differences between different students, and not considering the personality of students to teach them according to their aptitude. As a result, students' motivation and initiative in learning sports are seriously affected. Therefore, China should improve the evaluation system of physical education courses in colleges as soon as possible, and should improve the scoring system of school physical education, so that students' morality, ethics, willpower and values are reflected in the achievements, so as to promote the healthy development and effective management of physical education.

For example, when the teacher is conducting the assessment of the course "badminton", the student's usual performance plus the test results can be taken to comprehensively examine the student's performance in this semester, including whether the student goes to class on time, whether the classroom performance is serious, whether there is a phenomenon of bumping against the teacher, etc., and the test results are combined with the results of the two examinations of the primary and secondary school examination and the final examination. Moreover, when evaluating the comprehensive performance of students, physical education teachers should consider students' will, moral character, value tendency, etc., and take the goal pursuit containing humanistic spirit as the fundamental scale to improve the assessment system of ordinary college physical education courses and ensure the healthy development of college sports.

#### **4.3 Expand the Channels for the Dissemination of the Humanistic Spirit of Sports**

To better spread the humanistic spirit of sports, you can use the electronic display screen of the college gymnasium. Every day, students will go to the gymnasium for physical education classes, and the electronic display screen can always play content related to the humanistic spirit of sports, and can also hang the corresponding sports introduction in the place where students often exercise to subtly edify students. For example, hanging up the matters that need to be paid attention to when playing basketball and the rules of playing basketball on the basketball court, and matching different positive energy sports stars, can attract students' interest, enable students to improve the humanistic spirit of sports, and also have a positive impact on their personality.

Today, with the rapid development of Internet technology, the humanistic spirit of sports can also be spread through new network media. The Internet has brought humans closer together, and people can see a variety of live broadcasts on the Internet, so live broadcasting on the Internet is also one of the ways to spread the humanistic spirit of sports. For example, physical education teachers in various colleges broadcast the content of daily classes in the smart classroom, introduce some sports-related content, give students popular science knowledge that is not easy to contact in daily life, and infiltrate the humanistic spirit of sports in online live broadcasts. In addition, colleges can also organize some sports lectures, sports-related activities, sports knowledge competitions, etc., so that students can

experience the humanistic spirit of sports in practice.

## 5. Conclusions

In the context of the new era, the connotation of the humanistic spirit of sports is becoming richer and richer, and the integration of humanistic spirit and physical education is of great significance for building a harmonious and friendly college environment. However, as an important part of college education, college physical education has always lacked the humanistic spirit that should be had. We can reshape the humanistic spirit of sports in college education, to promote students' active learning, cultivate college students to have correct values and cognitive attitudes. We can spread the humanistic spirit of sports to the society and promote more harmonious and beautiful social development.

## References

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