

# Research on the Function of the Integration of College Sports Culture into Sports Activities

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**Abstract.** With the development of society and the progress of the times, modern people pay more and more attention to sports activities, and are also very active in mining the important value and role of sports activities. In the context of the continuous implementation and deepening of quality education, physical education as a required course has also received more and more attention. In this paper, sports culture into the role of sports activities in-depth analysis and exploration.

**Keywords:** sports culture; sports activities; value function.

## 1. Introduction

In human culture, sports culture has always been an indispensable part. Different from other types of culture, sports culture is a kind of culture formed in the process of people's sports activities. This kind of culture is a unified regulation, idea and method gradually formed in the process of practice. In sports teaching activities, the intangible guiding role of sports culture cannot be underestimated. As a physical education teacher, we should fully realize the important role of physical culture in the actual teaching activities, optimize the content of physical education and improve the quality of physical education activities with the help of the power of physical culture. The following are the author's own views and suggestions on this topic based on his many years of experience in sports teaching activities.

## 2. Brief Introduction of Sports Culture

In college sports activities, the forms of sports culture will be more abundant and diversified, which are mainly reflected in school sports meeting, sports week, special sports competition or group activities with sports as the theme. With the continuous implementation of quality-oriented education, at present, the responsibility of physical education in Colleges and universities is more and more heavy, and more and more teaching tasks need to be completed. The purpose of physical education in Colleges and universities is not only to improve the physical health level of college students, so that college students have a strong and healthy body, but also to attach importance to the shaping of College Students' personality and ideological and moral education. At present, the sports culture embodied in the sports activities of colleges and universities in China has very significant characteristics such as interest, popularity and competitiveness, which is also an important reason for the increasing degree of College Students' participation in sports activities.

Sports culture is the essence of sports and the soul of all sports activities. Among them, the national sports culture has thousands of years of inheritance and development history, is the most influential part of the whole sports culture. If we study the national sports culture deeply, we will find that the value orientation, folk customs and living habits of the whole nation are inextricably linked with the national sports culture. National sports culture integrates the characteristics of all kinds of sports activities, with unique ornamental value, entertainment value, economic value, cultural value and so on. National sports culture not only represents the unique spiritual integrity of ethnic minorities, but also shows the strong charm of Chinese sports.

To study sports culture is to process and shape the value of sports culture, and present more sports culture connotation in front of the public in various independent ways. It is a very arduous task for PE teachers to exert the power of PE culture in sports activities, which requires a high level of PE Teachers' cultural literacy, professional skills and sports related knowledge.

### 3. Value Analysis of Sports Culture in Sports Activities

In the public's mind, when it comes to sports, people will inevitably associate with various forms of sports, and think of the benefits and functions of sports activities. However, few people can go deep into the essence of sports to discover sports culture and feel the value and functions of sports culture. Looking at the current situation of college sports teaching activities, it is not difficult to find that the work effect of integrating sports culture into actual sports activities is not very ideal, many college students do not have a good understanding of sports culture, they do not fully understand the whole content of sports culture, and their self-awareness of participating in sports exercise is relatively weak.

In my opinion, sports culture is the core of sports activities, and it is sports culture that can really play an educational role in sports curriculum. Therefore, PE teachers must find the combination of sports culture and teaching content in the actual teaching work. On the value of sports culture in sports activities, the author summarizes it as follows:

#### 3.1 Complementary Value of National Sports Culture

Traditional sports of all nationalities have their own forms and characteristics, such as horse racing, wrestling and so on. The complementary value of national sports culture is embodied here: athletes engaged in exclusive sports of all ethnic groups have very strong physical quality, but their sports direction and field are different, but if these athletes are provided with other sports skills training, then they will be excellent players in other sports. The mutual supplement and improvement of national sports culture represents an innovative sports thinking and way.

#### 3.2 In Sports Teaching Activities, Sports Culture is an Important Element to Enhance Students' Emotional Experience and Cultivate their Love for Sports

No matter what form of sports activities or sports events, they all have a common soul, which is sports culture. At present, many sports activities in Colleges and universities are basically competitive. Sports activities with competitive nature can best show sports culture and spirit, because it has stronger communication and appeal than other non competitive sports. Through participating in this kind of sports activities, students can deeply feel the charm of sports, truly fall in love with the feeling of participating in this kind of sports activities, stimulate students' sense of participation, and improve their enthusiasm and autonomy.

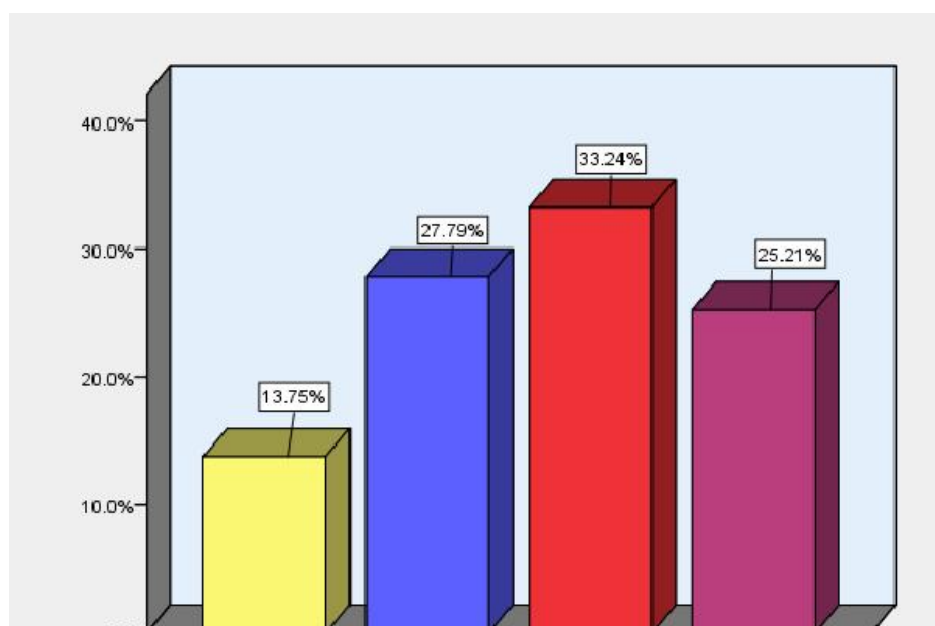


Figure 1. average time of students participating in sports club activities every month

### **3.3 Integrating Sports Culture into Sports Activities is also Very Helpful to Cultivate and Improve Students' Ideological and Moral Level**

The sports spirit covered by sports culture and its strong appeal are incomparable to any kind of culture. If students really feel and understand the essence of sports culture in the actual learning process, it will be a very strong spiritual support for students' learning, growth and future development.

### **3.4 Sports Culture Helps to Guide Students to Establish Correct Values**

In the current physical education teaching in Colleges and universities, physical education teachers can teach and tell about sports culture by means of the course content of sports literature. Students can also form a relatively comprehensive and objective understanding of sports culture by learning sports literature, which is of great help to cultivate students to establish correct values.

### **3.5 Integrating Sports Culture into Sports Activities can Greatly Improve the Efficiency of Students' Learning Sports**

Sports culture itself is based on various sports activities. Therefore, the process of students participating in sports activities is the process of learning and understanding sports culture. The integration of sports culture into the teaching of sports activities requires PE teachers not only to let students participate in all kinds of sports activities and complete the established sports learning tasks, but also to strengthen the education and teaching activities of sports culture, so as to help students better understand and understand sports culture. The author suggests that in the process of PE teaching, PE teachers can arrange fixed time carefully to let students read related books about PE culture or watch videos related to PE culture, so as to enhance students' understanding of PE culture through such a direct teaching method. In addition, physical education teachers can also cooperate with other subject teachers in interdisciplinary teaching, actively find more entry points that can penetrate physical culture, and create a strong physical culture atmosphere for students.

### **3.6 In College Physical Education Teaching Activities, Physical Education Teachers should Teach Students not Only the Skills and Techniques of Various Sports Activities, but also the Sports Culture behind Sports Technology**

Therefore, attaching importance to the infiltration of sports culture in the actual teaching activities is more helpful to help students understand the things behind sports skills, guide students to form a kind of sports culture value and establish sports thinking under the subtle influence. At the same time, it can also better train students to develop a strong spirit of fearless, courageous, courageous and fearless.

Table 1. An analysis of College Students' sports moral quality from different families

	City		Countryside	
	Mean Value	Standard Deviation	Mean Value	Standard Deviation
Sports Character	15.19	2.653	16.87	2.532
Sports Spirit	12.58	2.239	12.78	1.927
Sports Morality	13.30	2.028	11.95	1.961
Total Score	37.78	6.129	39.57	5.412

## **4. How to better Integrate Sports Culture into Sports Teaching Activities**

### **4.1 Pay Attention to the Cultivation of Sports Humanistic Spirit**

Compared with other course teaching, physical education course teaching is easier to train students to establish a strong, independent, brave and tenacious spirit. Therefore, in the actual teaching process, physical education teachers should seize the opportunity to cultivate students'

humanistic spirit, strengthen the education of learning motivation, improve students' moral level through various physical activities, and help students establish correct values.

In the actual teaching process, the author suggests that physical education teachers should pay attention to the following contents: first, physical education teachers should design and arrange curriculum teaching contents in spirit to ensure that the actual contents are consistent with the physiological and psychological development laws of contemporary college students, and never force the arrangement of tasks to arouse students' antipathy. Secondly, physical education teachers should subconsciously cultivate college students' awareness of lifelong physical education, arrange and design as many interesting links as possible in teaching, so as to attract college students' attention and guide them to participate actively. College students will feel interesting and sense of achievement in the process of participating in activities, which will inevitably help to improve their enthusiasm for learning sports.

#### **4.2 PE Teachers should Set an Example and Set up Correct Teaching Ideas**

Physical education teachers are the core of physical education activities in Colleges and universities. They must consciously undertake the teaching task and try their best to improve the teaching quality. Therefore, physical education teachers must set an example in their daily work, keep up with the development of the times, pay attention to the requirements of physical education teaching at any time, and establish a correct teaching concept. In the daily physical education activities, physical education teachers are the best disseminators of physical culture, and their words and deeds reflect the connotation of physical culture. Therefore, physical education teachers must stand in the new situation to re recognize and examine physical education, realize the synchronous teaching of physical culture and physical activities, take physical culture as the guide, and implement the teaching plan of physical activities We should try our best to improve the quality of physical education in Colleges and universities, and train more high-quality physical education talents for the society.

#### **4.3 Find the Right Breakthrough**

There is no way for sports culture to show itself. It needs to be passed on to students through a variety of sports teaching activities. Therefore, it is very important for PE teachers to choose which way to complete the teaching task of sports activities. In the process of teaching, PE teachers must follow the law of development and change of PE teaching, find a proper breakthrough, integrate PE culture into PE activities, promote PE culture with the help of PE activities, and let students feel the power of PE culture.

### **5. Conclusion**

To sum up, the current college physical education teaching activities have changed greatly in many aspects, such as teaching concept, teaching mode and teaching content, but no matter in which stage of development physical education teaching activities show the same physical culture.

Sports culture is the core of sports teaching activities, which plays an important guiding role in specific teaching activities. College PE teachers must pay attention to the integration and penetration of sports culture, and make every effort to improve the quality of sports teaching.

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