

Exploring the path of college students' sportsmanship cultivation based on college sports association

Pan Changhong, Kuang Qiaoyu

Basic Education Department, Beihai Campus, Guilin University of Electronic Technology, Beihai, 536000, China

Keywords: College sports associations; Sportsmanship; Path exploration

Abstract: With the development of society and economy, people's awareness and requirements for health are rising, and the physical health level of college students has become a hot topic of social concern. As an important organizational form to drive students to participate in sports and improve the sports atmosphere in schools, university students' sports clubs play a leading role in enriching campus culture and building a healthy and harmonious campus sports atmosphere. As the base of national talent reserve, cultivating sportsmanship among university students is an essential requirement for building a strong sporting nation, and is an important content of university physical education. Sportsmanship is the internal driving force for students to carry out physical exercise. Driven by the internal driving force, students overcome laziness and actively carry out physical exercise, which is essential for the cultivation of college students' sportsmanship. Sportsmanship as one of the important components of campus culture, the process of development, evolution and accumulation of sportsmanship crosses the whole campus culture. This paper takes college students' sports clubs as a carrier of sports spirit cultivation, analyses the existing problems, discusses the path of college students' sports club construction and sports spirit cultivation, and provides theoretical reference for the construction and development of college students' sports clubs, physical education and sports spirit cultivation.

1. Introduction

With the gradual stabilization of university students' subjective sense of self, university physical education has an important role to play in establishing a lifelong awareness of sport among university students. The spirit of sport sprouts from the awareness of physical activity and can inspire and influence the overall development of a person. It is not only a spiritual force that resonates with emotions, but also a spiritual force that can make people positive and motivated. For both individuals and groups, the spirit of sport can show its charisma either individually or as a group. Sportsmanship as an ideology in the development of sport. It is a valuable style of thought and concept embedded in sport that can inspire and influence the overall development of a person[1]. Physical education classroom teaching, as the main pathway for school students to participate in physical exercise, can improve the physical quality and physical literacy of students to a greater extent through standardized physical education[2]. While focusing on the teaching of basic physical education knowledge, techniques and skills, how to cultivate the effective cultivation of college students' sportsmanship through reasonable and effective ways and methods is an issue worthy of consideration and attention in current college physical education [3].

In the dynamic university campus, students have a variety of sports hobbies, and the number of programs and teaching organizations set up in physical education can hardly meet the wide range of students' sports needs, so university students' sports clubs have emerged[4]. Sports clubs for university students (hereinafter referred to as "sports clubs") are a form of organization for university students to organize and participate in extra-curricular sports activities on their own initiative. The gradual formation, development and growth of sports clubs have become one of the most energetic and cohesive organizations in campus culture[5] and have gained more and more students' favor, becoming a new driving force in the development of university sports. As an important organizational form of university sports, sports clubs play an important role in the

prosperity of campus culture and promote the healthy development of college students' body and mind.

2. The value of sports clubs for the development of sportsmanship in university students

2.1 The content of sportsmanship development

The use of the dialectical approach in educational practice and guidance helps us to manage the relationship between physical education and the resolution of the real contradictions in the cultivation of sportsmanship. The traditional Chinese educational philosophy of intellectual education has long been dominant, and the understanding and perception of physical education has not been deeply scientific for a long time. With the progress of science and civilization, the increase of people's concern for physical health, and the change of education philosophy, the concept of physical education has been sprouted among university students nowadays, and university students are gradually paying attention to physical education. While physical education is usually referred to as an external form of physical exercise, sportsmanship education is an internal drive to cultivate. As university students have a limited understanding of sports, we need to help them develop the habit of physical exercise and the spirit of "how many times in life" and the spirit of "perseverance is victory" [6].

The cultivation of sportsmanship is essential for the organization of collective activities, in which the sense of solidarity and cooperation of university students is well reflected, and in which they can gain spiritual pleasure and experience the joy of sport by constantly overcoming difficulties and improving their motor skills. Physical activity is an important way to resolve negative emotions in the pursuit of a happy life. It not only solves people's physical pain, but also sublimates their spirit and purifies their soul. Sports clubs play an important role on campus as a "second classroom" for extra-curricular sports activities for students. Encouraging students with similar interests to join sports clubs can not only meet their physical exercise needs, enrich their after-school cultural life and improve their sporting ability, but also cultivate their sporting spirit and improve their personality. In general, the cultivation of university students' sporting spirit mainly revolves around several elements such as hard work, comprehensive development, pursuit of excellence, solidarity and cooperation, fairness and justice. As a group, sports clubs are intended to guide university students to seek the fun of sports, to communicate with each other and to make mutual progress in the fun, and to develop their bodies and minds in an all-round way. As shown in Figure 1, the content of university sports spirit:

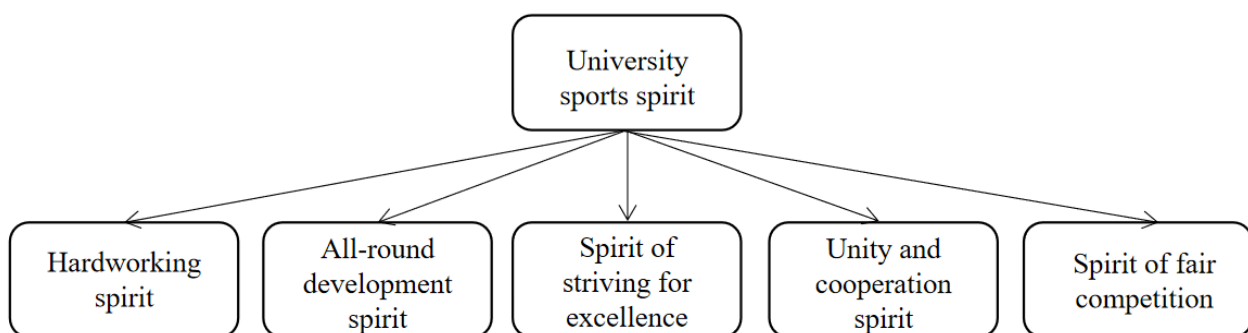


Fig.1 The content of university sports spirit

2.2 The influence of sports associations on sportsmanship

The correct understanding of sportsmanship and sports values that the educated person gradually develops through the study of physical education subjects [7]. The cultivation of sportsmanship is very beneficial to students' academic life. When they encounter difficulties in their studies and life, having good sportsmanship can help them to meet the challenges and overcome the difficulties. University is a stage where students are more receptive, learn and understand, and it is an important time for students to develop good sporting interests and acquire sporting skills. Therefore, at

university level, students combine their sporting interests and join the appropriate sports clubs, where they can improve their sporting abilities through exchanges and learning under the guidance of their seniors, and also have their own understanding of these sports, which can provide them with a theoretical and practical foundation for physical fitness. Sports clubs are made up of members with different levels of expertise and sporting ability, and through harmonious communication between members they can create a good sports atmosphere on campus. Sportsmanship can also be cultivated through competition. Most of the university sports events are undertaken by sports clubs, and university students can improve not only their theoretical and athletic abilities but also their sportsmanship in terms of teamwork and the pursuit of excellence through the planning and participation of events. Based on the concept of health and happiness in sport, our university sports events are unanimously loved and recognized by the majority of university students, creating a good opportunity for the cultivation of university students' sportsmanship and producing a good effect on creating a harmonious sports atmosphere. Members of sports clubs can also improve interpersonal communication and club cohesion by participating in fellowship meetings between sports clubs and other clubs, in an effort to become a force for building campus culture. Through the rich and colorful content of sports clubs, university students can have a more intuitive understanding of physical exercise and promote the development of stable sports behavior habits and good sports ethics.

3. Ways of developing sportsmanship

3.1 Creating a good sporting culture

A healthy and good sporting culture is conducive to stimulating students' awareness and interest in independent physical exercise, and to gaining emotional and spiritual sublimation experience in the process of sport, creating a good sporting atmosphere is conducive to cultivating students' sportsmanship. As one of the main ways of sports activities in colleges and universities, teachers in colleges and universities should not only have the necessary sports knowledge and cultural literacy, but also fully demonstrate understanding, tolerance, peace, friendship and justice, so that students can feel the unique charm of teachers' sportsmanship, set a good learning example and guide students to learn and practice sportsmanship independently. Sports clubs are the general carrier of students' extra-curricular participation in sports. Sports clubs should abandon the traditional concept of experience and learning, consciously and actively emphasizes the concept of cultivation of sportsmanship, and infiltrate realistic emotions such as patriotism, national sentiment, moral sentiment and cultural cultivation into the specific activities of the clubs. To strengthen the cultivation of the sporting spirit of university students who are not afraid of setbacks and strive to be the first, and to help students understand the connotation of fair competition and happiness and health in the spirit of sport. The sports clubs themselves should also rationalize the relationship between the various departments of the association, fulfill their respective responsibilities and strengthen the promotion of sportsmanship on campus making full use of the school's public website, official website, new media such as Jitterbug and Little Red Book, aiming to improve teachers and students' knowledge and understanding of sportsmanship and create an atmosphere conducive to the cultivation of sportsmanship[8]. Schools should guide teachers and students with healthy ideas, improve their ideological and political awareness, sense of responsibility and morality, enhance the cohesion of the campus, give full play to the role of each member and have each member actively participate in the construction of campus culture. Cultivating good sports habits and a healthy lifestyle has created a culture of advocating sports and pursuing health on campus, which has greatly enriched and enlivened the cultural life of the campus[9].

3.2 Improve the safeguard mechanism

Update the thinking, change the concept, learn from the management experience and mode of excellent sports associations at home and abroad, combine with their own development, formulate rules and regulations that meet the sustainable development of sports associations, improve the

efficiency of the activities of sports associations, give full play to the leading role of sports associations in the sports spirit of universities, and provide reasonable and rigorous institutional guarantee for the organization and operation of the activities of sports associations. Constructing the value system of sports activities, constantly refining the connotation of sports spirit and combining the characteristics of specific sports activities can provide practical ways for the cultivation of university students' sports spirit. College administrators should attach great importance to college students' sports activities, actively create various conditions for college students to practice sportsmanship, give support in terms of funding and venues, and actively solve the practical difficulties encountered in college students' sports activities. The spirit of sport is not a slogan, not a truth that can be explained in a few words, it requires our personal participation in sports activities for in-depth experience, interpretation and discussion. Students have to be hardworking in sport, gritting their teeth and persevering to the end when they are tired, not being discouraged when they fail, striving hard time and time again, and daring to lead and not to fall behind in courage. Sportsmanship is mainly expressed through various sporting activities, from school-level student games and sports clubs to small internal events organized by students on their own initiative, which play an undeniable role in the awareness of independent participation in sport to improve athletic ability. The limited funds for equipment and venues should be used in a planned manner. Due to the mobility of sports club members, the use of club funds should be subject to appropriate regulations and the use of funds should be strictly managed and controlled in order to guarantee the organic operation of sports clubs, thus avoiding inefficiencies caused by excessive blindness.

4. Conclusion

Sports clubs are an ideal vehicle for cultivating the sportsmanship of university students, and it is important to analyze the stage condition of sports clubs on the development of university students' sportsmanship in the new era, in order to meet the requirements of building an education system for the comprehensive development of morality, intelligence, physical fitness, aesthetics and labor. According to the data analysis report of the National Physical Health Network, the physical health of college students in China is on a declining trend. As a university, it is particularly important for us to strengthen the cultivation of sportsmanship among college students in order to promote the concept of lifelong physical health, which is of great positive significance to the future work, study and life of college students. Give full play to the role of sports associations in driving university students' sports and actively promote university students' sportsmanship. When sports are strong, China is strong, and sports carry the dream of national strength and national revitalization. Attaching importance to sports education and strengthening the cultivation of sportsmanship is conducive to the establishment of a sound personality ideology among university students.

References

- [1] Wang Chong,Sun Haiou,Yu Xingye. Exploring the path of college students' sportsmanship cultivation based on college sports clubs [J]. Liaoning Sports Science and Technology, 2022,44(1):5
- [2] He Yi. Analysis of college sports clubs on the cultivation of college students' sportsmanship [J]. Contemporary Sports Science and Technology, 2020,10(34):3
- [3] Chen Pei. The cultivation of college students' sportsmanship in college sports clubs [J]. Chinese and foreign entrepreneurs, 2018(31):1
- [4] Wen Jingxin,Yan Xiaobo. Strategies and methods of self-management of college students' sports clubs [J],Sports World:Academic Edition, 2017(4):2
- [5] Wu Yang, Liu Fangtao. An analysis of college sports clubs on the cultivation of college students' sportsmanship [J]. Sports,2018(1):2
- [6] Ma Siyuan, Li Muiyi. Analysis of the interaction between sports clubs and campus culture in

colleges and universities [J]. Sports Fashion,2019(8):2

[7] Liu Shuming.Using primary school sports games to develop students' core literacy [J]. Primary School Times, 2019(8)

[8] Tang Yuanchao, Jiang Dongsheng, Wu Jianjun. The connotation, characteristics and enhancement path of sports spirit culture in colleges and universities in the new era [J]. Journal of Tianjin Zhongde University of Applied Sciences, 2021(5):3.

[9] Zhao Peng. An analysis of the methods and ways to cultivate college students' sportsmanship in college sports [J]. Culture and Technology, 2020(18):2.