

The harmonious generation between Orienteering and Physical Education in Colleges and Universities

Xiaojun Li

Yichun University, Yichun, Jiangxi, China

ABSTRACT: Harmonious education is the eternal pursuit. The Orienteering and the University Physical Education in Teachers' professional quality, humane education, curriculum objectives, teaching ideas and innovation ability harmoniously interpretation, reveal Orienteering this melting sports, military, entertainment in one of the emerging movement value, to promote its healthy development.

KEYWORD: Orienteering; Physical Education; The harmonious generation

1 THE PROBLEM

As Einstein pointed out: "the goal of the school should always be young people leaving school, as a harmonious people, and not as an expert." the so-called "harmonious", refers to the all-round development of people; refers to the harmonious development of complete virtue, wisdom, body, beauty, labor and other aspects. Harmony is a complex system, in this system, the requirements of contradictory or more tolerate each other, coordinated operation in unity, benign transformation and integration has always been to society in the state of healthy, full of vigor and vitality. Development of world sports has become the great power of human civilization, when people are yearning for a great future, once again deeply aware of the educational function of sports to create and promote the importance of social spiritual civilization. Sports is not only represented a society, a nation, a country's comprehensive strength (including the spiritual strength) of an important stage, more is the touchstone for testing the level of the comprehensive strength.

Orienteering is called the first outdoor sports, is a very healthy intelligent sports project, both mental and physical exercise. It can not only strong physique, but also can train people to think independently, solve the ability to make rapid response, the difficulties encountered and under pressure on physical and mental decisive decision independent.

However, for a long time in our school in sports education method has been mainly used is instilling method, although this to improve students' physical level has a certain role. But these methods obsolete,

simple, blunt, often caused by students' reverse psychology and the effect of education. Therefore, to improve the effectiveness of physical education, by instilling so the traditional education method is not enough should also actively learn from other effective methods.

2 THE HARMONIOUS GENERATION BETWEEN ORIENTEERING AND MODERN TEACHING IDEA

Orienteering as a college physical education curriculum content, it participate in practice by students, obtain the direct experience, cultivate practical ability training of students; it used to have a clear purpose, continuous, orderly work style and discipline; it has the opportunity for interaction between strong openness, space-time conversion fast, more difficult to control, and so on. The process of teacher's unidirectional conduction to guide students to acquire knowledge, to promote the formation of good personality of students is the content of other courses can not replace. Orienteering Course by learning is rich in content, practical, flexible form, the environment is complex, it can not only improve the students' interest in learning, but in teaching practice, is no longer a teacher demonstration, the students imitate, but requires teachers to elaborate organization, active participation of students, active thinking, independent completed. Because of this, the whole teaching process has changed the traditional "Teacher centered" teaching mode, transform to the "student oriented" mode, pay attention to the

development of social and personality development coordination is needed.

In recent years, vigorously implement the quality education in China, the democratization of education and personality development thoughts become a notable feature of educational reform. The modern teaching idea is the requirement to the basic requirements of quality education as the core, thought value and practical significance to highlight the subjectivity education, scientific education and humanistic education, basic required to conform to the trend of international education development and reform of education in the new century, emphasizing the innovation education and practice education, promote the popularization of lifelong education, universal education idea, trying to fully and effectively improve school educators in China Education Ideological and theoretical thinking ability, to meet the requirements of quality education.

3 THE HARMONIOUS GENERATION BETWEEN ORIENTEERING AND THE CURRICULUM OBJECTIVES

The goal of the course is in accordance with the national education policy, according to the mental and physical development, through the completion of education and discipline content requirements, aims to enable students to achieve.

"Guidelines" of national ordinary college sports curriculum teaching pointed out: "the basic methods and skills mastering 2 or more exercise can exercise scientifically... Often participate in outdoor activities and organizations. "This is one of the basic goals of college sports curriculum" improve the level of sports... In challenging activities. "This is one of the development goals of college sports curriculum." Guidelines "also pointed out:" should make physical activity organic combination of classroom teaching and extracurricular, outside the school, the school is closely related to the society. To have a purpose, planned, organized extracurricular physical exercise, outside (social, field) activities, sports training into physical education curriculum, the formation course organic curriculum structure inside and outside the school.

Orienteering curriculum emphasizes the fitness, challenging, lifelong and practicability, outstanding student learning initiative, enthusiasm and creativity, has the ways, methods, flexible form, content is rich, can satisfy the students' personality and college sports teaching goal.

4 THE HARMONIOUS GENERATION BETWEEN ORIENTEERING AND HUMANISTIC EDUCATION

Mr. Coubertin put the sports as a "culture of human fertile soil, this is the deep "essence of humanistic education" concept. Requirements on interpersonal exchanges and cooperation in social development greatly. People's work is no longer scattered, small size, closed, but increasingly networked, group, open, the world is becoming smaller and smaller, the world is small, exchange of information, between the country and the country, man and man relationship becomes more and more important. The humanities education contains the history and culture of mankind's past and present, including personal behavior, social and political institutions, the universal values, and the original power exchange way, philosophy and ethics, ideological understanding process. Humanities education is not only the spread of knowledge education, also spread and guides the certain values of education, is an important way of thinking, the students' moral, cultural quality and character education. It can teach students how to deal with the relationship between man and nature, man and society, man and the people, and their own reason, emotion, will and so on. While the orienteering is also contains the rich ideological content of education, are patriotic, ideal and Vivid material and moral education.

China's socialist market economy, many ideas of traditional ethics and abandon the impact, many new ideas emerge as the times require, the moral evolution. To give full play to the function of moral education in orienteering teaching, teachers should develop to multi-level and multi orientation on mining osmotic content.

Multi level is the inner thoughts of Orienteering from the shallower to the deeper, by exploring layer deepening, thereby increasing the penetration of moral education efforts. For example: we are oriented in the Orienteering by method of "improvement" in the back, is to find the best way to from the "retreat", in the "retreat" to explore the unknown conclusion, similar back from the "conclusion" to the "conditions"; from "normal" to "special" retreat; back from the "abstract" to "specific"; from "arbitrary" back to "limited"; from "high dimensional" to "low dimensional" back. Explore the philosophical point of view this kind of method the first students to explain, "Method" and "retreat" itself is a pair of contradictory views, "retreat" in order to better "into", never give up. This shows that the directional motion and any other things there are contradictions, contradictions exist everywhere, but also pointed out that "the idea for" back in to help, guide students to understand the philosophy of dialectical materialism view of our study and life.

Multi range is from different aspects, different angles to explore its intrinsic ideology, through multi azimuth repeatedly induced to deeply affect the students' mind, improve and develop the humanistic quality of Ideological and moral quality of a person's play an important role. Thousands of years of Chinese civilization is an inexhaustible, be inexhaustible vivid teaching materials. Strive to produce broad, students will spirit, profound moral strength, great. The collision and ancient cultural inheritance and development of the Chinese and Western culture, especially with carrying forward Chinese traditional culture inheritance, requires a new China culture spirit and philosophy to promote one's own development of modernization. Therefore, we should seize every suitable opportunity, to educate students. For example: the experiences of life should be and searching for the underlying process is the same, to experience the wind and rain, to cross the ditch, not lost, once the wrong step road, get a little, will lose the game. The difference is, directional lost today, continue to climb up hard, tomorrow will be won, and the way of life need more accurate grasp. This is our judge, decisive processing, it can take from the need of human in the whole. Quality and progress of the social culture and moral height to impart knowledge influence combined make people in pursuit of self perfect, all-round development.

5 THE HARMONIOUS GENERATION BETWEEN ORIENTEERING AND THE PROFESSIONAL QUALITY OF TEACHERS

Orienteering in China's colleges and universities to carry out time is not long, but very popular among college students. This is a blend of sports, military, entertainment in one of the emerging sports project, but also the student's quality education, survival education important content; therefore, it needs the teacher to have the scientific and cultural knowledge. The scientific and cultural knowledge refers to: have a basic knowledge of contemporary science and humanities development. Basic knowledge of modern science: to have a certain understanding of information science, life science, material science, new energy science, environmental science, space science and marine science. Basic knowledge of humanities development refers to the humanities, linguistics, philosophy literature and art, history and other aspects of knowledge necessary to understand and grasp. Therefore, teachers should not only be familiar with and study the teaching material, teaching method, but also an understanding of pedagogy, psychology, cultural studies, should understand sports history, understand the

Orienteering of the past, current situation and development trend, but also continuously improve their level of political in theory, the main task of moral education work, to study and understand the status and the psychological characteristics of the students. Therefore, teachers should constantly improve their own Cultivation, more knowledge and understanding of the related knowledge, as the saying goes: "only from HISTEP, to see far".

6 THE HARMONIOUS GENERATION BETWEEN ORIENTEERING AND INNOVATION ABILITY

From the curriculum design of Orienteering Course is a kind of innovation; it can train students to challenge themselves and the spirit of innovation, cultivating students' ability to discover problems, solve problems, so as to improve the students' comprehensive quality. University is the base and cradle of training innovative talents, shoulder the important historical mission, must all-around to update the concept, to cultivate university student's innovation ability as the core of education reform. At present, China's college student's especially ordinary college students, innovation ability is low. The first is the lack of innovative ideas and creative desires. Many university students is not satisfied with the status quo, but often only have, heave great sighs, his lack of action. The two is the lack of confidence innovation perseverance. Although some of the students are aware of the importance of perseverance in innovation activities, but in the actual work process often cop-out, rolling stone, to give up the pursuit. The three is the lack of innovation interest. Now college students often interest with time, environment, and the mood often change, lack of depth and breadth. The four is the lack of innovation the observation. In to observe the speed and breadth, observe integrity and generality, sharp and profound, view Hand inspection planning and flexibility, student's widespread shortages. The five is the lack of innovative thinking ability. Some people want to innovation, but do not know how to innovation, they are intuitive thinking, logical thinking ability, creative thinking, divergent thinking, reverse thinking ability are still relatively young, the need to strengthen training and exercise.

REFERENCES

- [1] Pierre, D.C. 1993. *The Olympic idea*. Beijing: China.
- [2] Huang, J.T. 1998. *Celebrity on the Education Aphorism collection*. Changchun: China.