

A Study on Merging Life Education into College Physical Education

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Abstract - With the continuous development of education, life education, which concerns the life development and value improvement, has become a heated issue that receives world-wide attention. Physical education and life education share a common consistence with each other, be it from their nature, functions, and purposes. Physical education is an important way to carry out life education, and life education is an essential part of physical education. However, college physical education reform in the past generally focused on variation of teaching method and evoking student's enthusiasm, both of which often neglect application of life education into the whole process of physical education. In the light of such situation, the paper conducts relevant researches and explorations, and attempts to build up a theoretical basis for future research work and provide a reference value orientation for physical education in colleges and universities.

Index Terms - Life education, College physical education, Reform, Methods

1. Introduction

Life education is a brand-new teaching concept raised in recent years, its main purpose is to teach students to live, study and develop under certain meaning of life, and meanwhile, learn to respect life, love life, and put life on top priority. Therefore, by introducing life education into physical education class, the purpose is to arouse students' attention to whole course of life and come to cherish life. Through life education, students will come to realize that the value of life lies mainly in creation and progress, and that development of life is dependent on continuous movement, thus, to some degree, enabling the students to realize the "worthiness" of life and come to love and cherish their life more than ever[1]. As a result, it's of great significance by introducing life education into college physical education, which can not suggest a direction for reform in college physical education, but will also put forward a new theoretical basis for the development of college physical education.

2. Deficiency of Life Education in College Physical Education

A. Predominance of Traditional Teaching Concept in College Physical Education

During the course of PE class, teachers are still holding up to old teaching concepts, and most of the time students know little about the course of life education. Continuous renewal of teaching concept is the primitive drive for college physical education class, but backwardness in teaching concept is the

largest hinder against the development of physical education in colleges. The deficiencies of traditional PE teaching concept are reflected in teaching approaches and teaching methods that over-emphasize the surface phenomena, etc. And this is just one of the major reflections that life education is being neglected by teachers in PE classes. If such phenomena cannot be changed, naturally, students will not be able to obtain a better understanding of the importance of life, and what follow will be the students' negative attitudes and resisting moods towards PE classes, which will impose a negative impact on the improvement of students' psychological and physical qualities. Therefore, the severity of this matter should receive enough attention in physical education reform in colleges and universities, and addressing the issue should be the main task of reform in this regard.

B. Organizers and Leaders of Teaching have a One-sided Understanding of the Meaning of Life

Teachers are the organizer and at the same time are participants of PE classes. However, by observing the whole course of PE classes, such a problem can be seen that many teachers' understanding about the meaning of life is not scientific enough, with some believing that life education should be carried out after class in joint efforts with other teachers, indicating that they haven't really realized the importance of life education for college PE classes. The result is that students' recognition of the course of life is neglected, teachers have no clear understanding of the value of life, and that no attention is given to the future development of the students. Incompleteness in understanding of teaching ideas is common case existing in conducting life education in college PE classes, and will be a problem to be addressed in the future development of PE class teaching. The paper from herein will try to seek solution through further discussion, in hope of setting a positive example for those teachers and relative workers.

C. Little Attention has been Given to the Course of Teaching

The significance of life education is to help students realize the significance of life and the detailed aspects reflecting such significance, and how to make students improve their understanding in the significance of life education. While observing the life education in PE classes, little can be seen that educators in schools have intended to

bring life education into the PE classes, which have led to incomplete understanding of life and difficulty in establishing values of life [2]. Such is a general problem existing in the course of classes, therefore, its severity is self-evident. Thus, positive measures should be taken against this situation, and more methods should be adopted to help students feel the course of life education. This is the critical part of reform in PE class teaching in colleges and universities, which will be further discussed systematically herein, and positive opinions and suggestions are welcome from everyone.

D. Severe Problems Existing in Understanding the Value of Life Education

Establishment of the value of life education can mainly be reflected in the gradual transformation of students' thoughts, and at the same time is the course during which transformation and improvement takes place in students' physical and mental health. However, according to traditional way of teaching, little has been done to establish the values of life, or even no correct understanding has been obtained of the purpose of carrying out physical education in colleges and universities, e.g. lots of students were made to believe PE classes are mainly set to provide opportunities for students to relax their mind and body, some even can't tell the difference between "PE class" and "activity class". Such phenomena reflect the ineffectiveness of traditional methods of teaching for PE classes, and can reflect the serious problem existing in establishment of students' value of life education. Therefore, further work should be done by educators to solve this problem and improve the conditions in the shortest time possible.

3. The Methods to Apply Life Education to College Physical Education Classes

A. Guide the Students to Correctly Understand the Meaning of Life and Value and Love Life

To bring in life education in PE class reform in colleges is undoubtedly a new field for college PE class, and its value lies in that it can enable students to realize the value of life. Through PE classes, students will be able to see that the value of life lies not only in enjoying the course, but also in the course of continuous efforts, thus building up more positive outlook in students and enabling them to maintain a continuous development in physical and mental health. Through reform in college PE classes, students may realize that PE class is a way for them to create their own beautiful life, and so they will be more active in changing their mind for their own interest. This is the new mission faced by PE classes in colleges and universities in the new era, and is also the core content of reform in PE classes in schools.

B. Work should be done to a Increase the Self-awareness and Self-care Concept for Students

In the course of class teaching, merging life education is a course that aims to cultivate good sport habits for the students, and improve their life and health quality, and at the same time

lay a solid foundation on which they can enjoy life and create more successes. To reach such a purpose, students must have a clear understanding about themselves, and establish a self-care concept, so that they may actively participate in sports and exercise. The self-recognition is a mental and awareness activity, and is a role that executes the self-recognition. Through PE classes merging with life education, students will be able to reach such a purpose, and will obtain a solid foundation for themselves in improving life and health quality. To establish a good self-recognition process is to let the students achieve a real understanding of themselves, which is beneficial either to physical health or the psychological health. But such a self-recognition cannot be acquired without affect of life education. Therefore, this is one of the values to carry out life education in the reform of physical education classes in colleges and universities [3].

C. Assist Students in Exploring the Meaning of Life and Maintain a Development of Physical and Mental Health

In the course of PE class reform, merging of life education will, to some extent, achieve a positive development in physical and mental health for the students, and make the students realize the value and meaning of life lies in the continuous exploration. Exploration of the course of life is a course through which we move towards a gradual understanding of the value of life. And assisting the students in exploring the value of life will be the future responsibilities of a PE teacher, and will help the students know, from the bottom of their hearts, that how to understand life, and that the value of life diversifies from person to person. The real essence of life education is to enable the students to see the value of life, and at the same time realize the significance of obtaining a development of both physical and mental health. While PE class is just one of the subjects that plays a critical role in maintaining development of physical and mental health for the students, and a subject that keeps guiding the students to be aware of the importance of the value of life, and strengthening the physical and mental qualities of the students[4]. In the course of PE class reform, the rule to improve student's physical and mental health should be followed and treated as a basic form of teaching in exploration of the meaning of life.

D. Guide Students to Correctly Understand the Value of Life and Gradually Realize a Self-improvement

The value of life is to enjoy life, and make self improvement. The purpose of conducting reform in PE class teaching is to obtain continuous improvement of the students' creativity and their physical and mental health as well in the course of sports exercise, thus generate a spirit to make continuous self improvement and work against difficulties and hardship for the peek of success, and help students feel the pleasure in the course of making self-improvement.

4. The Effective Path to Merge Physical Education with Life Education

A. Change the Traditional Teaching Concept and Value Life Education

Teaching concept is only the first step in teaching reform, and is also the key to conduct PE class reform in colleges and universities in the new period of time. Traditional PE class teaching concept is teacher-centered, and cares little about why students should learn and how to learn, resulting in lacking of a positive effect in developing the students' physical and psychological qualities. PE classes presented in traditional teaching method has such disadvantages as monotonous teaching approach, and negligence of the course in developing student's thoughts and awareness. Therefore, in the course of PE class, efforts should be made to realize such transformation. To do so, the main method is to merge physical education with life education, can carry out continuous training of relative communication, so as to let the teachers realize the importance of life education in the course of PE class teaching in colleges and universities. To some degree, life education can give the students a more precise definition of the value of life, and at the same time arouse their interest, and help them form a good sport habit. This is one of ways to develop life education in the course of PE class reform in colleges and universities.

B. Advocate the Organizers and Facilitators to do Researches on the Significance of Life Education

Organizers and facilitators of teaching should improve their understanding of the significance of life education to a higher level, so that they can better and ore effectively assist the students in recognizing the value of life education [5]. In the exploration of the meaning of life education, organizers and facilitators of teaching can discover the true essence of life and the true value in conducting life education by carrying out in-depth learning and researches, which is of great importance for the purpose of establishing a common understanding in the value of life education. And in the course of exploration, only by continuous training can the purpose of such exploration be reached. However, it's especially important to add the part of communication, to keep the essence of life education more constantly extracted, and make the course of life education more relevant, and help the students obtain a more direct understanding of the significance of life education. With the progress of the society, reform of PE classes in colleges and universities have also obtained continuous development, for which life education is the process that must go through. Thus, organizers and facilitators of teaching should carry out positive researches on life education and apply sufficient practice on life education in the course of teaching.

C. Strengthen the Merging of Life Education in the Course of Teaching

In the course of PE classes in colleges and universities, what we need to strengthen first is the teachers' understanding of the course to merge life education into the course of

teaching, which will play an active role in promoting the application of life education into the PE classes in colleges and universities. In the course of teaching, by merging life education into the class, students will be able to gradually realize the value of life, and at the same time set up correct value of life, through which they can build up the spirit of obtaining progress through hard work, form the correct sport concept of participation, and develop a good habit of sports and exercise. Also, during the course of continuous research and practice, life education will play a positive role for the PE class teaching, which is the core concept of PE class development and reform under current situation of education in colleges and universities. Only in this way, can the teaching effect for PE classes in colleges and universities be ensured, and can the purpose to help students obtain a real understanding and a continuous improvement of themselves.

D. Remodel the Value of Life Education in the Course of Teaching

For traditional PE classes, there are some students who show weariness in study, and the main reason for this is that these students still lack of a correct understanding of themselves, such as they don't have a deep knowledge about self improvement in physical and mental qualities. Fur such a condition, teachers should, in the course of class teaching, also help the students set up a correct value of life, so that students will be able to realize the their own deficiencies in certain regards. Establishment of "Values" indicates the maturity of a person, and will result in a major change in his ideas about the world. The main method to establish the students' value of life education in the course of PE class teaching in colleges and universities is to introduce the cases of some excellent sportsmen both in China and other countries for the purpose of changing the students' in thoughts, and make the students realize the sport spirit lies mainly in self improvement. This is encouraging to the students, and will positively help the students in getting a better understanding of value of life, and will be facilitating to PE teachers in colleges and universities.

5. Conclusion

In conclusion, merging PE class with life education has become an urgent task, and will be a main direction for reform in PE class teaching in colleges and universities. However, teachers have not paid enough attention to carrying out life education in the course of PE classes, and should spend more time in doing researches on life education on the basis of traditional teaching methods. In the future, more researches should be done to analyze the deficiencies of life education applied in PE class teaching, and on the effective methods to merge life education in PE classes in the colleges and universities, so as to benefit and promote the reform in PE class teaching in colleges and universities.

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