

## **The Positioning and Transcendence of Sports Culture in College Physical Education Curriculum**

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### **Abstract.**

Sports culture, as a combination of spiritual culture and behavioral culture, plays an important role in the teaching system of college physical education. Sports culture is not only the inheritance of sports thought, but an important embodiment of the spirit of sports. This article mainly discusses the positioning and transcendence of sports culture in college physical education curriculum.

With the promotion of quality education requirements, the teaching reform of college physical education curriculum is also in the process of further promotion [1-2]. Sports culture as a new teaching concept has become an important part of college physical education curriculum. Sports culture, as a combination of spiritual culture and behavioral culture [3-4], is the inheritance and extension of traditional sports activities and sports ideas, and it is an important manifestation of the spirit of sports.

### **Present Situation of College Physical Education Curriculum**

The setting of college physical education curriculum is to enhance students' physique, promote the harmonious development of physical and mental health and improve students' sports quality. However, due to traditional teaching modes and teaching methods, the effect of college physical education is not ideal and the concept of sports culture is not deep into university physical education, so we cannot spread the idea of lifelong sports to college students. Although some colleges and universities have set up new sports teaching content, traditional thinking of competitive sports is still very serious. Physical education teachers do not attach importance to college students' experience and feelings in sports teaching, which is a reflection of lack of sports culture in physical education. Therefore, only by including the teaching of sports culture into the process of physical education can we achieve the goal of quality education, so that students can really feel important ideas such as happy sports and lifelong sports.

### **The Positioning of Sports Culture in College Physical Education Curriculum**

At university stage, physical education teaching arrangements are systematic and the content of physical education curriculum is more practical than that of other stages. University teaching environment is relatively relaxed. Undergraduates can not only learn rich sports knowledge in physical education, but also improve their physical fitness. The teaching idea of sports culture is integrated into the teaching of college physical education curriculum, which can make the teaching content of PE curriculum more of cultural connotation and lay a good foundation for cultivating college students to form a more comprehensive and healthy personality.

**Analysis of the meaning of sports culture.** Sports culture refers to the characteristics of the times,

regional style and ethnic style of people reflected through sports activities in the transformation of objective world, regulating their own emotions and in the process of coordinating group relationship. Broadly speaking, sports culture refers to the culture with social recognition, independent significance and value for the enrichment of human life to meet the needs of survival. It takes body as a medium and makes processing, organization and order of the physical activities meeting the human needs. It includes sports concepts, consciousness, thought, speech, sports behavior, technology, norms, and rules and so on.

In the narrow sense, sports culture is to affirm the sports produced in social life a valuable activity and gives it a certain knowledge and cultural connotation, so that sports transforms from natural activities into cultural activities. It includes sports and sports works related to art, religion, academia, culture and entertainment, and media such as sports dance, rhythmic gymnastics, martial arts, sports photography, sports sculpture, sports architecture, sports music, sports literature, sports research, sports mass communication and so on.

All the social behavior of people including sports behavior are purposeful and conscious, so the deep structure of sports culture is the root cause of all sports behavior; the structural organization system in the middle is the intermediary to connect sports thought and sports behavior; surface operating system is the concrete materialization process of sports thought system. The result of this materialization also has a feedback function on the sports ideological system.

There are a number of sports subcultures in sports culture. These sports subcultures can be divided according to different standards, such as competitive sports culture, fitness sports culture, recreational sports culture, professional sports culture and so on according to sports type and enterprise sports culture, school sports culture, community sports culture, rural sports culture and military sports culture according to sports place.

**The Influence of Sports Culture on College Physical Education Curriculum.** Sports culture is a part of cultural, is an important branch of traditional culture. The spirit and action concept embodied in sports culture have an important influence on college physical education curriculum. The core content of education is the promotion of cultural quality, and physical education's teaching curriculum design should also reflect its cultural value. Physical education should not only take competition and exercise as the focus of education, but should dig its deep meaning. The spiritual culture in sports culture is an important cultural content in physical education. In college physical education, curriculum design content is also affected by local cultural state. For example, in a region which constantly fosters swimming champions, its college program will focus on teaching swimming. The combination of local sports culture and the design of college physical education curriculum have a crucial effect on the development of university physical education curriculum, and the teaching content of college physical education curriculum can promote the healthy development of local sports culture. Sports culture and university physical education curriculum are mutual restraint with mutual promotion. Carrying out sports and cultural activities can not only enrich the teaching content of college physical education, but also improve the quality of college students' sports culture. In the classroom education with the concept of sports culture, we can let college students feel the spiritual connotation of sports culture, that is, the inheritance and development of culture. This plays a positive role for all aspects of college students' quality improvement. Sports culture has two different content interpretations for college physical education teaching. These two interpretations are called explicit culture and hidden culture. The system and policy of college physical education are the manifestation of explicit culture, while the hidden culture is focused on the spiritual level of college physical education curriculum. Sports culture can guide the spread of college students' values in university sports curriculum and improve their

humanistic accomplishment. Sports culture plays an important role in promoting the effective development of university teaching content.

### **Sports culture connotation**

**Human culture.** Human culture is the foundation of sports culture. A new era college students should have the ability of self-perception, which is able to seriously listen to his inner feelings and know his real inner requirements. At present, the core of new university physical education curriculum is to make the students freely choose to learn physical education courses according to their characteristics and interests. The independent choice of college students, to a large extent, mobilizes the enthusiasm of college students for the study of physical education and reflects the university's respect, care and understanding for the students. This also fully embodies the cultivation of humanistic philosophy for college students. Sports culture based on human culture can improve college students' sense of responsibility and mission. In physical education teaching, college students are taken as the main core of the classroom, which can make sports curriculum more attractive and the role of physical education classroom teaching more fully demonstrated so as to complete university sports teaching objectives.

**Sports values.** Human behavior is oriented by the values of mankind. As the creator and communicator of culture, mankind forms a set of values and ideas in order to adapt to the development of society. Sports values are the corresponding value of sports culture. The main role of university teaching is to teach the content as an important task. In the teaching process, guide students to form unified values and complete teaching tasks. In college physical education classroom teaching, sports teacher can establish a classroom goal in each sports class, which can be theoretical and behavioral to mobilize college students' enthusiasm to learn sports knowledge, and college students will form a unified value positioning in the process of completing the objectives of the class, that is, complete classroom learning objectives. The process of completing the unified values established by college students is the process of forming sports culture values. Sports values can regulate, guide and constrain the behavior of college students in physical education. Sports values are the essence of sports culture.

## **The Transcendence of Sports Culture in College Physical Education**

**The transcendence of sports culture form.** Modern educational thought and the main theme thought of sports play a major role in the teaching of college physical education. In college physical education, the main purpose of physical education is physical exercise, and the cultivation of sports ability is not valued, and the teaching content and mode of college physical education curriculum are relatively simple. To this end, only by taking sports culture as the basis of physical education teaching can we change the existing curriculum teaching model. Sports culture is the essence of university sports. Innovation, consciousness, enlightenment and inheritance are the four aspects of the nature of sports. Sports culture can make university physical education curriculum form a good and stable cultural form system. Non-mainstream sports, origin sports, academic sports and folk sports are the four important components of cultural form. The important content of innovation and transcendence of sports culture is the formation of cultural form.

**The transcendence of sports culture mode.** In college physical education, the designers of sports class often try to introduce new teaching modes, but these models simply update the educational concept and change the teaching methods and contents of education, but cannot play the substantive role in the development of sports culture. Scientific cultural patterns and artistic cultural patterns are two characteristics of sports culture model. Scientific cultural model focuses on life while art culture model is focused on physical movement. College physical education curriculum not only

makes students get good physical exercise but also teach sports knowledge to the students so as to do the basic work for the development of university sports culture. College physical education teachers can adjust the content of teaching. For example, in the first half of classroom teaching, impart theory and sports knowledge, and the second half of the classroom do some physical exercise. This combination of static and dynamic teaching is more conducive to the spread of sports culture teaching ideas. So college students may have a more profound understanding for the significance of sports culture. In university physical education curriculum, carry out a new cultural model, stimulate college students' interest in sports, and promote the development of university physical education.

**The transcendence of sports culture in return.** Sports culture is a cultural carrier, and it is a cultural form based on subject participation and practical activities. Over the years, the state has been asking for the development of students, and since the establishment of university sports curriculum, universities shoulder such an important task. The original intention of university physical education curriculum is that the sports in the course should not only benefit the physical and mental health of college students but also carry on the comprehensive shaping of college students' character. At the same time, sports activities as a kind of group activities, cultivate students' teamwork consciousness. Society needs people who not only have a good cultural quality, but also have a strong physique. College students with such qualities can promote social development. So university campus sports curriculum is also of great significance for the cultivation of talents. Sports spirit in sports should not only integrate with university sports curriculum, but also extend this spirit to the field of life. This requires sports culture to go beyond in return. Sports knowledge as the cultivation of person's sports ability and sports spirit is the goal of sports culture return. Physical education teacher should clear the mission of physical education courses and as far as possible complete sports culture education courses, so that college sports curriculum returns to sports culture. It is necessary to form sports subject system with curriculum characteristics. It should take "sports culture" as the medium, return to the track of sports culture, and face up to the basic mission of PE curriculum, selection, dissemination, promotion and sports knowledge and sports culture development.

## Conclusion

Sports culture is the core and foundation of the new content and model of college physical education curriculum, which plays a key role in cultivating comprehensive talents. It is of great significance and far-reaching influence on the reform of physical education curriculum by integrating sports culture into sports curriculum.

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