

Analysis on the Importance of Sports Culture Construction in College Quality Education

Zhe Xu

¹Heilongjiang Bayi Agricultural University, Department of Physical Education, Daqing, 163319, China.

Abstract

At different levels of social competition, the standards of quality education are constantly being improved, and the emphasis of education on the overall quality of students is increasing. The continuous change of society's perception of education is no longer limited to the improvement of knowledge. In the important period of the great development of the Chinese dream building, university sports culture education is not only for the impact on the composition of students, universities and simple social units, but is directly related to the future development of the motherland and whether the existing plan can be successfully completed.

Keywords

Quality education; College sports culture; Sports culture construction.

With the increasing application of wireless sensor networks, how to reduce the energy consumption of wireless sensor networks and extend the network life cycle.

1. Introduction

2017 has been a year of graduates since the founding of the People's Republic of China. The importance of the society of the education of college students and the future of the motherland need not be said. In recent years, the research on university campus culture is unlimited, mainly from the concept of campus culture research, and its subordinate moral education, sports and aesthetic education culture are not enough. After a summary analysis of network-related news in recent years, it is concluded that the core direction of the current construction of campus sports culture is to stay in cultural construction much higher than the specific practical operation stage, and the overall influence on the quality education of college students has not really formed. In the development type of modern campus culture, due to the prevalence of house culture and the development of the service industry, the overall physical fitness of college students has declined, so the importance of the development of sports cultural quality needs to be further strengthened. The impact of good university sports culture on the quality of comprehensive development of college students is manifold.

Analysis of the status quo of campus sports culture construction. The research methods of this paper include: literature research methods, that is, to understand related concepts of sports culture through library literature retrieval and network database information acquisition. The survey data of relevant websites are sorted and analyzed through specific data, and different problems are analyzed from two different perspectives. From the perspective of the teacher and the perspective of the students, the problems of the specific basic units in the two topics are studied. Contrastive analysis helps to correctly view the scientific and practical nature of this problem and research.

2. The concept of campus sports culture

The concept of campus culture is extensive, covering a wide range of cultural activities between campus and teachers and students. Campus culture has become more and more abundant in the new era of development to 2017. It has not only represented the campus culture with sports activities as the carrier, which contains different aspects of the rich campus culture. Let us elaborate on it below. Campus sports culture.

The first task of the development of sports culture in campus life is to cultivate students' related abilities and ultimately promote the improvement of comprehensive quality. Therefore, the first point of its characteristics is that it has a benign guiding effect on student development. It helps students to make good development judgments. How to cultivate related qualities is its basic role. It is the first feature of campus sports culture to help students develop sports and mental health through channel help to promote good development.

Campus sports and cultural activities are highly inclusive. Some emerging sports activities such as tennis and rugby are easy to be accepted by college students. These different types of sports can be well combined with college culture, and then further integrate Chinese and Western cultures to make sports culture under the influence of teachers and students. Subtly influenced by knowledge.

Campus sports culture is different from the general teaching process, not through the teaching of knowledge, but in the process of physical exercise, it has a subtle impact on students' unconsciously playing good character and behavioral norms. At the same time, a positive and optimistic attitude is also conducive to further strengthening the good atmosphere of campus sports culture.

Campus sports culture is obviously open. Teachers and students of colleges and universities need to participate together. A wide variety of and frequently carried out sports activities are helpful for teachers and students to choose the sports activities that are suitable for them, and then strengthen the exchanges between them. Vision and deepen the understanding of society. After normal school work, the school develops physical activities at a reasonable time mainly to help students enhance physical exercise and improve the physical fitness of contemporary college students who lack physical exercise. During the activity, the student union will form an independent communication process, which can have a positive impact on student communication. In addition to the above characteristics, due to the complexity of contemporary college students and the rapid leaps of the times, university sports culture also has the characteristics and complexity of the times.

3. The Role of Campus Sports Culture Construction in Universities and Its Relationship with Quality Education

Through the school to carry out a series of campus sports activities, the role of sports culture will also be brought into play.

First, campus sports culture has a communication effect. Various sports activities enable students to broaden their communication and make their interpersonal relationships more frequent, which helps the collective centripetal force training, thus forming a unique university culture. In the process of campus sports activities, various forms of activities can be used to allow students to participate in collective life. What is lacking among mobile students is to walk out of the dormitory and embrace the playground. The development of collective activities can cultivate students' active integration into campus life. The enthusiasm makes the frequency of collective activities exchanges between students increase, and enhances the enthusiasm of students to integrate into the collective life of the university. Secondly, regarding fitness to enhance students' physical fitness, it has become the daily habit of most people in Western countries, and Chinese people have not a clear fitness consciousness. Schools have the obligation and conditions to complete it. Development direction and life habits.

Third, campus sports culture is entertaining. At present, the pressure on teaching, research and study of university teachers and students is relatively large, which causes anxiety and depression of teachers and students to varying degrees. According to the latest data from the scientific report, it helps to

release the negative inner negative energy of people during exercise, helps the body of students and teachers to be scientifically adjusted, and improves the health and mood appointment index.

In the process of promoting the construction of campus culture in colleges and universities, various forms of activities have emerged. In this year, colleges and universities in Xiamen even introduced the introduction of Xiamen University's golf as the first case and various orientation sports such as western popular activities in China.

4. Countermeasures for the Construction of University Campus Sports Culture

Students are in the stage of three-view construction and need benign guidance and help to develop into a better citizen. Therefore, the campus should provide a relaxed atmosphere for students with self-discipline and policy guidance for most students who lack self-discipline. Establish and improve school sports rules to better develop campus sports. Good sportsmanship can cultivate excellent aesthetic taste and flexible thinking. Meaningful values can be accomplished through performances such as sports, sports concepts, and sports attitudes.

We have been continuously adjusting our education development strategy in the past, and the quality education is put forward to improve this problem. In the practice of quality education, we must use the weapon of physical education to better change the past disadvantages. The future of Chinese people is not only knowledge, but also the physical foundation. Chairman Mao also said that strengthening the mind and building a sports culture in colleges and universities can deepen the reform of the education system, improve the education environment, and establish a positive cultural atmosphere so that more students can receive guidance. After taking the initiative to participate in the campus sports culture, guidance is only the basic method, but specific participation also needs to mobilize the enthusiasm of students. How can we play the role of a guide and let the construction of colleges and universities change from compulsory student participation to students' spontaneous participation in campus sports and cultural activities? Only by changing our concepts can we truly achieve top-to-bottom innovation for physical education and The development of campus culture offers new possibilities and directions. Change action starts from changing consciousness, and the change of university education concept can really promote the actual change of campus life and spirit, and provide real power for the development of university campus sports culture.

Professional sports are the life planning of professional staff, and most college students simply hope that by participating in sports and cultural sports, the happiness of ordinary people and the life ceremony experience process similar to sports athletes. Carry out school-wide sports competitions, such as health and vitality competitions, campus sports culture ceremonies, competition performances, and other activities to allow more people to participate, so that they eventually develop the habit of physical exercise.

In today's period of rapid social development, the Internet has spread all over the field. Therefore, to develop rapidly, we must use the Internet as a carrier to realize the rapid construction of sports culture. Contemporary college students use the Internet more widely. Therefore, a healthy and effective online sports culture education is absolutely necessary. Combine online and offline to shape and spread the importance of sports culture, allow more students to participate in physical exercise, walk out of the dormitory and move towards the playground, so that more Of students have not only a wealth of knowledge but also a healthy physique.

5. Conclusion

In the new era, college students adapt to the development of the market economy, establish correct values, and have a good sense of innovation. At present, the construction of sports culture in Chinese universities is still at a low level, and the connotation is not enough. The construction of healthy sports culture can influence students to improve their overall quality from all aspects. Sports culture is a reflection of ideology, and it can guide students to establish a correct sense of competition and cooperation. The construction of college sports culture has the importance of the times and the bearing

capacity of the future development of the motherland. Continue to improve basic sports facilities and provide a material foundation for more abundant sports. Finally, establish a sound institutional system. The type, form, time and scale of physical education for schools must be implemented in a systematic manner and strictly enforced, so that the development of sports activities for students is more rule-based, and the overall quality of students is effectively improved from the material, spiritual and institutional levels.

References

- [1] Wang Aihua. Construction of campus sports cultural environment in colleges and universities [J]. Journal of Beijing Sport University, 2017, (9): 77-79.
- [2] Jing Weiling, Jiang Tongren. Theoretical and practical research on the construction of campus sports culture in ordinary colleges and universities [J]. Sports Science Literature Bulletin, 2010, (8): 101-103.
- [3] Wang Qiang. Research on the Influence of Tennis on the Campus Sports Culture Construction in Liaoning Province [J]. Journal of Inner Mongolia University for Nationalities (Natural Science Edition), 2016, (1): 33-35.
- [4] Gong Jianlin. Thoughts on campus sports culture and its construction approach [J]. Journal of Guangdong University of Technology (Social Science Edition), 2011, (5): 23-25.