

The Importance of Campus Physical Education Teaching from the Perspective of Sports Power

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ABSTRACT

Powerful sports, strong China, and vice versa. From the perspective of a sports power, campus sports teaching is not only an important way to cultivate excellent sports talents, but also an important way to cultivate the physical and comprehensive quality of the people. Through campus physical education teaching, students can not only gain scientific physical exercise and specialized sports knowledge, but also cultivate their teamwork spirit, leadership ability, and resilience, which helps promote their comprehensive development. Campus physical education teaching is of great significance for the implementation and comprehensive development of the national sports power strategy.

Keywords: Sports power, Campus physical education teaching, Adolescent physical and mental health.

1. INTRODUCTION

"The dream of building a sports power in China is an indispensable part of realizing the great rejuvenation of the Chinese nation. The 19th National Congress of the Communist Party of China proposed to basically achieve socialist modernization by 2035, and the modernization of sports is an important component of it. The report of the 20th National Congress of the Communist Party of China once again clearly stated the slogan of accelerating the construction of a sports power." [1] In April 2022, General Secretary Xi Jinping delivered an important speech at the Beijing Winter Olympics and Paralympics Summary and Commendation Conference, proposing that "we must fully leverage the important role of sports in advancing people's well-rounded development. We will continue to promote reform and innovation in sports and enhance development and research in sports science and technology. We will improve the public fitness programs and raise awareness of sports and fitness among our people, the young people in particular. We will promote the country's overall strength and competitiveness in international competitive sports, and step up efforts to build China into a country strong on sports." [2] Sports play an important role in the national

development strategy, and the proposal of the sports power strategy means that the sports industry is included in the overall strategic development of the country, becoming a key link in improving the country's soft power and national quality. Sports, as a special cultural and social phenomenon, not only affect people's physical health, but also have a deeper impact on national image, social civilization, and national quality. In this context, this article aims to provide theoretical support and practical suggestions for promoting the deep integration of campus physical education teaching and the strategy of building a sports power, and contribute to the long-term development of the national sports industry by exploring the relationship between them.

2. THE CORE CONCEPT AND STRATEGIC GOALS OF A SPORTS POWER

2.1 The Core Concept of a Sports Power

"In October 2017, the report of the 19th National Congress of the Communist Party of China proposed to 'accelerate the construction of a sports power', sounding the call for advancing towards a sports power. In August 2019, the

General Office of the State Council issued the 'Outline of Building a Sports Power', which drew a 'timetable' and 'roadmap' for the construction of a sports power. In March 2021, the '14th Five Year Plan for National Economic and Social Development of the People's Republic of China and the Outline of Long Range Objectives for 2035' was released, proposing the long-term goal of building a strong sports country by 2035." [3] A sports power is centered on the development of sports and aims to achieve comprehensive development of the country. The core concept is to balance fitness-for-all and competitive sports, promote the development of the sports industry and economic prosperity, enhance international exchange and cooperation, and influence. The strategy of building a sports power regards fitness-for-all and competitive sports as equally important development goals. Through the dual track development of popularization and professionalism, it promotes the improvement of fitness-for-all activities and competitive sports level, and achieves the physical and mental health development of all people. The strategy of building a sports power emphasizes the development of the sports industry, accelerates the deep integration of sports and economy, promotes the development of sports consumption, sports tourism, sports education and other fields, and drives the growth and prosperity of the national economy; At the same time, the strategy of building a sports power advocates strengthening international sports exchanges and cooperation, enhancing the influence and competitiveness of countries on the international sports stage, promoting the development of human sports through exchanges and cooperation between countries, and achieving win-win cooperation among nations. These concepts constitute the core content of building a sports power and also point out the direction for the reform and development of campus physical education teaching.

2.2 The Strategic Goals of a Sports Power

The strategic goals of becoming a sports power mainly include the following aspects: improving the level of national fitness, promoting the participation of the whole population in physical exercise through popular sports and fitness activities, and achieving the comprehensive development of national physical and mental health; enhancing the level of competitive sports, increasing the training and support for competitive sports talents, improving the national level of competitive sports, and continuously enhancing

competitiveness and achievements in international sports events; developing the sports industry, promoting the diversification and specialization of the sports industry, promoting the development of sports equipment manufacturing, sports event hosting, sports training and education, and injecting new impetus into national economic growth; improving the country's sports soft power, enhancing international sports exchange and cooperation, and increasing its influence and discourse power on the international sports stage. At present, "China has signed bilateral sports cooperation agreements with more than 100 countries and established bilateral sports friendly relations with more than 180 countries",[4] which has made positive contributions to the establishment of national image and friendly exchanges between countries. At the same time, the strategy of building a strong sports country needs to be systematically designed and implemented in various aspects such as policies, systems, and resource guarantees, such as strengthening policy support for the sports industry, and promoting the improvement and implementation of relevant laws and regulations; optimizing the development environment of the sports industry, and encouraging social capital to participate in sports industry investment and development; enhancing the cultivation and selection of sports talents, building sports research and talent training platforms, and improving the comprehensive quality and professional ability of sports talents; intensifying the promotion and popularization of national fitness activities, and improving the physical and health level of the entire population, etc. These measures will contribute to the achievement of the strategic goals of building a sports power and promoting the comprehensive development of the country's sports industry.

3. THE POSITIVE IMPACT OF THE SPORTS POWER STRATEGY ON CAMPUS PHYSICAL EDUCATION TEACHING

Physical education teaching is of great significance in cultivating students' energetic physical fitness, resilient willpower, collective spirit of unity and mutual assistance, and positive attitude towards life. "As an important part of school education, physical education plays a role in cultivating students' morality, intelligence, diligence, and aesthetics. It is a fundamental project to achieve the fundamental task of fostering virtue and enhancing their comprehensive quality." [5]

3.1 The Influence of the Sports Power Strategy on Campus Physical Education Teaching

The impact of the strategy of building a sports power on the goals of campus physical education teaching is multifaceted. The first is that, there is a change in teaching philosophy and objectives, clarifying the guiding principle of "health first" and emphasizing the promotion of students' physical and mental health growth and core literacy cultivation through physical education teaching. The second is to cultivate students' interest in sports, promote their physical and mental health development, encourage them to actively participate in physical exercise, pay attention to guiding their interest in sports and fitness awareness, and shape their concept of lifelong sports. The third is to strengthen the cultivation of comprehensive abilities, put people first, pay more attention to the process and methods of students' physical education learning and exercise, advocate the cultivation of students' comprehensive qualities and sports abilities, and promote the improvement of teamwork, physical fitness, sportsmanship, and leadership ability through physical education teaching. The fourth is to promote sports innovation, encourage sports teaching innovation, shift from emphasizing knowledge, skills, and technology teaching to emphasizing the transformation of students' innovative thinking and abilities. The fifth is to expand international perspectives, promote students to understand the sports culture and development dynamics of different countries through physical education teaching, adapt to talent competition in the context of globalization, and lay the foundation for the construction of a sports power.

3.2 The Impact of the Sports Power Strategy on the Content and Methods of Campus Physical Education Teaching

The strategy of building a sports power has had a significant impact on the content and methods of campus physical education teaching. Firstly, it is reflected in the teaching content. For example, according to the new curriculum standards, the physical education curriculum in compulsory education includes "basic motor skills, physical fitness, health education, specialized motor skills, and interdisciplinary thematic learning. Among them, specialized sports skills include six categories:

ball sports, track and field sports, gymnastics sports, water or ice and snow sports, traditional Chinese sports, and emerging sports. Each category includes several sports." [6] Secondly, there are changes in teaching methods and organizational forms, which focuses more on student learning, emphasize the process and methods of learning, and strengthens guidance on student learning methods to improve their self-learning and self-practice abilities. At the same time, the organization forms are diverse, such as group cooperation, game competitions, problem exploration, etc., including sports technology methods, fully stimulating students' interest in learning, cultivating students' proactive learning attitude, innovative ability, and collaborative spirit. Finally, moral education should be integrated into physical education teaching, such as resilience in long-distance running exercises, unity in ball games, bravery in gymnastics exercises, and patriotic sentiment guidance in traditional martial arts events.

3.3 The Impact of the Sports Power Strategy on the Construction of Campus Physical Education Teaching Staff

"The concept of 'building a sports power' has put forward new directions and tasks for physical education teaching activities, requiring teachers to focus on cultivating middle school students' interest in sports, physical health, exercise habits, and promoting their physical and mental health, enjoyment of sports, and active life." [7] Not only in secondary schools, but also in primary schools and universities, the strategy of building a sports power has had a positive impact on the construction of campus physical education teaching staff. It requires continuous improvement of the overall level of the teaching staff, and the improvement of teachers' professional competence, sports skills, and teaching level through training, certification, discussions, and exchanges; there is a must to encourage teachers to actively participate in and strengthen their professional development and teaching research work, improve their teaching and research abilities, and enhance teaching quality; there is also a must to introduce advanced teaching concepts and subject knowledge, such as sports science, sports medicine, sports rehabilitation, etc. For schools, it is also necessary to strengthen the construction of physical education teaching staff, including teaching evaluation, teaching environment, teacher ethics and style construction, teacher treatment, etc., in order to attract more

outstanding talents to engage in campus physical education teaching work.

4. THE SUPPORTING ROLE OF CAMPUS PHYSICAL EDUCATION TEACHING IN THE SPORTS POWER STRATEGY

4.1 The Impact of Campus Physical Education Teaching on the Physical Fitness of Adolescents

Campus physical education plays a crucial role in the strategy of building a strong sports nation and has a profound impact on the physical fitness of young people. Through systematic physical education teaching, students can obtain systematic sports training and knowledge in school, improve their physical fitness and sports skills. In addition, physical education teaching can cultivate students' spirit of cooperation, teamwork, and tenacity, which are important factors in improving the comprehensive physical fitness of adolescents. Through campus physical education teaching, it can lay a good foundation for teenagers to exercise, improve their physical fitness, cultivate their habit of lifelong participation in physical exercise, and thus have a significant promoting effect on their physical fitness.

4.2 The Promotion of Campus Physical Education Teaching for the Comprehensive Development of Adolescents

Campus physical education plays a crucial role in the strategy of building a sports power, and has a positive promoting effect on the comprehensive development of adolescents. Through physical education teaching, students will have the opportunity to exercise in various sports and promote the comprehensive development of various bodily functions. Physical education teaching helps cultivate students' leadership skills, teamwork spirit, and courage to challenge themselves, promoting the overall improvement of their personality and willpower. In physical education classes, students can develop good exercise habits and disciplinary awareness, which has a positive impact on shaping good moral character and comprehensive qualities. Campus physical education teaching helps to cultivate a healthy, positive, and upward new generation of teenagers.

4.3 The Cultivation of Young Sports Talents in Campus Physical Education Teaching

Campus physical education teaching plays an important role in cultivating young sports talents. Through systematic physical education teaching, schools can discover and cultivate students with sports talents, provide them with professional and personalized physical training, and cultivate them into sports talents. Physical education teaching provides students with a wide range of sports activities, enabling them to find their interests and strengths, thereby cultivating specialized skills and sports expertise. Through specialized physical education teaching and training, schools can provide more development opportunities and platforms for young sports talents, promote their further growth and development in the field of sports, and cultivate more outstanding sports talents for the country.

5. DEEPENING THE INTEGRATION OF CAMPUS PHYSICAL EDUCATION TEACHING WITH THE STRATEGY OF BUILDING A SPORTS POWER

Deepening the integration of campus physical education teaching with the strategy of building a sports power has important strategic significance and long-term value for the development of the national sports industry. The proposal of the strategy of building a sports power has pointed out the direction and goals for campus sports teaching, requiring that campus sports teaching not only focus on the cultivation of students' physical fitness, but also pay attention to the cultivation of their competitive abilities and the recognition of the sports industry. At the same time, strengthening the introduction of an international perspective and cultivating sports talents with international competitiveness will help improve the quality and level of campus sports teaching, and provide talent and intellectual support for the development of the country's sports industry and the implementation of the strategy of building a sports power. To deepen the integration of campus physical education teaching with the strategy of building a sports power, a series of measures need to be taken to ensure the close integration of physical education teaching with the national sports development strategy by formulating specific teaching plans and curriculum settings. Schools and teachers should

strengthen the promotion and understanding of the strategy of building a strong sports nation, cultivate students' sense of identity and responsibility towards the national sports industry, and stimulate their enthusiasm for participating in physical exercise and competitions. It is necessary to strengthen the construction of the teaching staff, improve the teaching level and professional competence of physical education teachers, and provide high-quality teaching guarantees for the implementation of the strategy of building a sports power. At the same time, campus physical education teaching can be committed to the development of diversified sports projects, encouraging students to participate in various sports exercises and competitions, cultivating their comprehensive qualities, strengthening sports research and innovation, promoting the integration of sports teaching and technology, and improving the quality and level of sports teaching. Campus physical education teaching will cultivate more talents for the country, promote the long-term development of national fitness, enhance the country's sports soft power and international competitiveness, and contribute to the grand goal of becoming a sports power.

6. CONCLUSION

Sports carry the dream of national prosperity and national rejuvenation. From the perspective of a sports power, the importance of campus physical education teaching is self-evident. Physical education teaching is not only a breeding ground for cultivating excellent sports talents, but also an important way to cultivate the physical and comprehensive quality of the people. Through campus physical education teaching, students can not only gain scientific physical exercise and professional sports knowledge, but also cultivate their teamwork spirit, leadership ability, and resilience, which helps promote their comprehensive development. The social role and value of campus sports teaching in the perspective of building a sports power are irreplaceable, and are of great significance for the implementation and comprehensive development of the national strategy of building a sports power.

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