

The Impetus of Chinese Sports Culture to the Development of Students' Moral Education

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Abstract: As a special form of culture, sports culture is an important carrier for the development of school moral education and an important starting point for building a harmonious campus. Sports culture mainly includes material level, system level and spiritual level. The sports culture itself contains the characteristics of the development of moral education. The development of sports culture plays an important role in improving the moral education level of students. This paper firstly interprets sports culture and moral education, briefly analyzes the characteristics of moral education contained in sports culture, and focuses on the performance of sports culture in helping students develop moral education.

Keywords: Sport culture; Moral development; Impetus

1. Introduction

Physical education and moral education are an important part of the school's education system. With the development of the times, society pays more attention to moral education. The essential elements and core features included in sports culture inject vitality into the school's moral education. As a unique ideology and value concept, sports culture, while enhancing the development of students' physical qualities, shapes students' good moral qualities. The physical culture atmosphere formed by the school influences the development of students' moral education subtly.

2. The Understanding of Sports Culture and Moral Education

2.1. The concept of sports culture

Sports culture, as a special culture shown in sports life and sports phenomena, is a special form of culture. The popular explanation is that in the practice of sports activities, in order to promote the development of physical and mental health, people use educational, competitive and entertaining means, and with the help of movement skills and body shape changes to show the culture with movement characteristics. Sports culture is an important component of school education. The external manifestation of sports culture is the body movement and improvement of sports skills. More importantly, sports culture contains important cultural information. Competitive sports culture, leisure sports culture and traditional Chinese sports culture are the three main manifestations of sports culture.

2.2. The cultural level analysis of sports culture

Sports material culture, sports system culture and sports spirit culture are three levels of sports culture, among which the core of sports culture level is sports spirit culture, and sports material culture and sports system culture exist as the external manifestation of sports spirit culture.

2.2.1. Sports material culture

Sports material culture is the foundation to ensure the smooth development of sports culture, and it is also an important condition to support the existence of the campus spirit. The normal operation of the sports culture system also requires the support of physical culture. It specifically includes sports buildings, sports facilities, sports equipment, sports logos, sports environment, sports venues and representative sports figures. Sports material culture, as an important material basis for sports culture construction, also contains a certain value-oriented cultural connotation.

2.2.2. Sports system culture

The sports system culture is a cultural form that exists between the sports spirit culture and the sports material culture. It plays a role as a guarantee system to ensure the operation of the sports culture system. It is the cultural expression of sports cultural consciousness, mainly due to the organizational system composed of the corresponding system and organizational elements of physical education. Specifically, it includes sports rules, sports regulations, physical exercises, sports systems, and physical education. On the one hand, it can restrain people's

thoughts and behaviors, and on the other hand, it can consolidate people's consensus and enhance people's feelings.

2.2.3. Sports spirit culture

Sports spirit culture is an ideological system composed of philosophical thoughts, ideologies, aesthetics, values and health concepts related to physical education. It exists as an ideology, and its function profoundly affects the existence basis, development direction and development principles of specific forms of sports culture.

The spirit of sports culture is the core of sports culture construction, and its concepts reflect people's value orientation.

2.3. Concept of Moral education

The concept of moral education has two aspects: broad sense and narrow sense, in broad sense, it refers to activities that systematically and purposefully influence members of society from the political, ideological, and moral aspects, specifically including family moral education, school moral education, community moral education and social moral education. Moral education in a narrow sense mainly represents school moral education. This article mainly discusses the school moral education.

3. The Characteristics of Moral Education Contained in Sports Culture

From the perspective of the connection between sports and moral education, the characteristics of moral education embedded in sports culture can be derived. The relationship between sports and moral education is related and interpenetrating. Specifically, moral education cultivates talents with good ideological quality and spiritual outlook. As the ideological foundation of sports, it provides the right direction for the development of sports activities. Strengthening physical exercise lays a good foundation for the improvement of moral and intellectual education, and helps people develop good character and mentality in physical exercise. In short, sports culture contains rich content of moral education, so studying the characteristics of sports culture has an important impact on moral education.

3.1. The behavioral cultural characteristics of sports culture

Physical education is divided into theory course and practice course. Physical education theory courses mainly teach students basic theoretical knowledge of sports and convey sports spirit culture. Specifically, it tells the students the goals and tasks of Chinese sports, discusses the status and role of sports in defending and building the motherland, and tells the history of sports development in China and the development process of improving sports level and also China's sports achievements in major in-

ternational competitions. These contents are important aspects of patriotism education for students, which is helpful to arouse students' love for the motherland and the enthusiasm of building motherland.

3.2. Essential cultural characteristics of sports culture

Daily physical exercise and sports activities, on the one hand, help foster the collectivism spirit of students' unity and friendship, mutual help and teamwork, and on the other hand, they foster the spirit and will of tenacious struggle and perseverance.

3.3. The competitive sports characteristics of sports culture

Organizing competitive sports events in sports meets can not only help students develop a spirit of daring to compete and actively cooperate, but at the same time, by formulating rules and discipline requirements in advance, can cultivate students to have the concepts of observing discipline, obeying command, and loving the class.

4. The Impetus of Physical Culture to the Development of Moral Education

Sports culture contains rich elements of ideological and moral education. It exists as an important carrier to spread cultural values, so sports culture has an important role in promoting the development of moral education. Sports culture, as a unique form of social and cultural activity, with the help of rich and diverse cultural forms, intense competition and confrontation and frequent interpersonal communication and interaction, provides a good development platform for the development of school moral education.

4.1. The value of competitive sports culture to moral education

Competitive sports play a goal-oriented role in the development of sports culture, and it plays a role as the backbone of sports culture development. Ball games are very popular among students in campus. In school PE classes, students often play football and basketball. Football and basketball sports are taken as a form of team cooperation, and athletes have their own unique positioning and assume specific roles in the process of sports. The cooperation and efforts of the individuals in the team ultimately constitute collective ability, and the strength of the individual in the team can never be better than the sum of the accumulated strength of the individuals in the team. Individual competitive abilities are shown in individual sports, such as badminton, table tennis and track and field, and sports members compete with competitors in various aspects such as morality, intelligence and physique. In summary, the value of economic culture in sports culture to moral education is to help students develop a collectiv-

ism spirit and improve their personal teamwork ability. Through the proper handling of the relationship between individual and team in practice, it helps students cultivate a good outlook on life and world and values.

4.2. The value of national traditional sports culture to moral education

As a country rich in ethnic groups, each ethnic group has its own unique sports culture. National traditional sports specifically refer to the general term of sports activities that are circulated or inherited within each ethnic group. At present, various schools often set up sports activities such as lion dance, dragon dance, martial arts, Sanda and routines. Because these sports are rarely restricted by the activity space, it is easy for students to learn and deepen their understanding and identification of national culture. The sports culture of ethnic minorities is an important part of traditional ethnic sports. Typical examples include Mongolian equestrianism and Uyghur dance. We should learn the sports of ethnic minority on the basis of understanding the traditional customs of ethnic minorities. Therefore, the value of traditional national sports culture to moral education is mainly to help students understand the unique national culture in different regions, form a multi-faceted and multi-level aesthetics, and develop students' individual needs.

4.3. The value of leisure sports culture to moral education

Leisure sports are an important part of social sports. Students receive a lot of theoretical knowledge in school every day, and they carry out high-intensity mental work. In addition to studying, they combine simple sports with work and rest. The effects of these simple exercises are often referred to as lifelong sports. The habit of lifelong sports keeps our bodies in good shape. The characteristics of leisure sports are autonomy, non-utilitarian and non-compulsive nature, which are designed to help people strengthen their bodies and enrich their free time. Therefore, the value of leisure sports culture to moral education is to help students develop good behavior habits and ultimately promote the development of physical and mental health.

4.4. The value of material cultural characteristics in sports culture to moral education

The material level of sports culture is the result of materialization of sports, which usually includes sports fields, sports goods and sports equipment. Reasonable use of sports material culture is conducive to giving full play to the positive role of moral education value in sports material culture. By strengthening the rational development and utilization of physical material levels in schools, the inherent value of moral education can be fully explored. For example, educating students on the protection aware-

ness of equipment and sports venues is not only the implementation of specific measures of moral education, but also is conducive to cultivating students to develop civilized habits and behaviors. Drawing promotional pictures and materials about sports around the sports field is helpful to edify and guide students to form a character that will never give up, strive for first-class, and be positive.

4.5. The value of system characteristics in sports culture to moral education

The system level in sports culture is the expression of sports behavior, and exists as a cultural carrier of sports interaction between teachers and students. The system level directly faces the student group and is at the core of physical education teaching, which can explore the most effective value of moral education. In the process of carrying out physical education, students can learn physical skills, and more importantly, they are influenced by moral education. Students gradually improve their practical skills in imitation, practice, failure and repeated practice of sports. The process of exercise and practice is the continuous improvement of students' willpower and their performance. At the same time, through the cooperation and interaction of team members in the practice of group sports, it helps students to enhance their teamwork ability and also improve their sense of collective honor. Therefore, under the atmosphere of cooperation and competition in sports competitions, the consciousness of hard work, the ability of collective collaboration and collective honor, and the socialized system norms developed by the students are all concrete manifestations of sports system culture to the value of the moral culture.

4.6. The value of spiritual cultural characteristics in sports culture to moral education

The spiritual level in sports culture is the soul of sports culture, and the sports culture required by the spiritual level directly reflects the connotation of sports culture. The core content of moral education comes from the core values, moral paradigms, convergent thinking and theme aesthetics in physical education. Generally speaking, athletes who can accept the spiritual ideas put forward by sports, the lifestyles and behaviors guided by moral norms and values can generally show a positive and optimistic attitude that is not afraid of hardships and obstacles. Therefore, the spiritual outlook shown in the sports culture will play a subtle role in the future life development of students. Students consciously accept the influence of healthy and active sports culture, which can cultivate students' noble moral sentiments, consciously resist the influence of unhealthy culture, help students shape positive social roles, and finally form healthy and active lifelong sports habits.

5. Conclusions

Sports culture construction has become an important component of culture construction in campus. A healthy and active sports culture profoundly affects students' thoughts and behaviors. The characteristics of moral education contained in sports culture have become the key to improving students' psychological quality and ideological and moral quality in the new era. Exploring the value of moral education in sports culture is conducive to promoting the development of education and promoting the overall development of students' morality, intelligence, physique and aesthetics. Therefore, constructing a good path for the development of sports culture and helping students to develop moral education are the key topics that should be studied in the future.

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