

Studying how to Combine Education with Sports, based on the Era's Characteristics

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Abstract: *The rapid development of the times has pointed out the development direction and forward momentum for the integration of sports and education. This article uses research methods of literature and logical analysis to in-depth and meticulously explore the basic principles of the integration of sports and education based on the characteristics of the times. On this basis, it proposes to consolidate the organizational foundation for the integration of physical education and "integration" to optimize sports and education. A series of integration methods based on the characteristics of the times, such as the integration of the operational mechanism of "integration" promotion, and the establishment of a guarantee system for the integration of sports and education and the promotion of "integration".*

Keywords: integration of sports and education, characteristics of the times, physical education

I. INTRODUCTION

The development of youth sports has faced challenges from bad values such as test-oriented, nihilism, and vulgar utilitarianism. Exam-oriented doctrine regards competition results and scores for the college entrance examination as the ultimate goal of physical exercise. Nihilism denies or dwarfs the educational value of sports and restricts it to the growth of biological bodies. Vulgar utilitarianism uses money, rankings, etc. action guidelines, resulting in the erosion of the noble sportsmanship. As the country has clearly stated the value positioning of youth sports. In the process of deepening the integration of sports and education, it is the foothold to realize the transformation of country's sports and education development mode, and is a major measure to promote the high-quality development of country's sports and education. An in-depth analysis of the integration of sports and education based on the characteristics of the development of the times has important theoretical and practical significance for deeply grasping the essence of the major strategic spirit of the integration of sports and education and comprehensively promoting the implementation of the integration of sports and education policies.

II. THE PRINCIPLE OF INTEGRATION OF SPORTS AND EDUCATION BASED ON THE CHARACTERISTICS OF THE TIMES

2.1 Totality and Comprehensiveness

The integration of sports and education in the new era is for all young people, so that every young person has the opportunity to participate in sports learning, training and competitions, and avoid falling into the "contestants" and "elitism" stereotypes. At the same time, youth sports should give full play to the educational value of promoting the overall development of the body and mind, and avoid the attitude of sports activities being ignored, squeezed out of time, and marginalized in space. In fact, wholeness and comprehensiveness are the logical starting point for the integration of sports and education in the new era. The reform of youth sports should focus on improving the wholeness and comprehensiveness as the primary task, and solidly promote the overall physical and mental development of all young people. Outstanding sports talents will strengthen sports reserve team. In terms of overallity, the integration of sports and education in the new era requires diversified after-school training and competition activities to expand the coverage and participation of intra-school and inter-school sports competitions, and attract young people to actively participate in sports. In fact, as early as the sports competitions faced a total crisis. At that time, the participants were only a few students called players. Most of the school funds and teachers were used for player training and competition, and the sports rights of most students were not emphasized. Being criticized as "sports trophy" and "deformed sports",

people began to call for "a sport that everyone must practice, not a duel-style sport" [1]. After the founding of the socialization of "combination of popularization and improvement", "were successively proposed. They all vigorously promote the participation of all employees in sports and protect young people sports rights. At present, there are two sets of youth competition training systems organized by the education department and the sports department separately, operating independently, and demanding unique differences

[2]. The integration of sports and education in the new era requires breaking down its barriers and opening them to all young people. In terms of comprehensiveness, sports is a unique way of educating people, and its core value is to promote the comprehensive development of young people's body and mind, such as strengthening the body, cultivating sentiment, tempering the will, and improving personality. Taking sports competitions as an example, competitions are "according to fixed rules and an orderly manner, it has its own specific time and space boundaries" [3]. It should be at the core of youth sports. It makes young people temporarily detach from life scenes. Come out and enter a unique educational field that is virtual but dedicated, open but obeys the rules, and competes but chooses to cooperate. In a short time, you can experience success and setbacks, understand and surpass yourself, respect others and rules, and face competition and cooperation. It provides more scenarios and opportunities for the all-round development of young people.

2.2 Fairness and Difference

Young people have their own physical and mental development characteristics and life learning experience, and there are no sports learning, training and competition methods applicable to all young people. Therefore, it is necessary to choose the best education method and path to become talents according to their respective characteristics. This requires fairness to the relationship between the principle of sex and the principle of difference. The principle of fairness requires that young people be treated equally, and that one person's success should not be at the expense of others; the principle of difference requires teaching students in accordance with their aptitude, so that everyone can become talented. The integration of sports and education in the new era will simultaneously promote the fairness and differentiation of youth sports. It will not only provide all young people with more opportunities and better conditions to participate in sports, but also provide high-quality teachers, good facilities and pathways for sports talents, enriching and broaden the path for young people to become talents. The principle of fairness is consistent with the principle of totality and the principle of comprehensiveness mentioned above, and both are to protect the sports rights of all young people so that they will not be affected by reasons such as class hours, teachers, venues, and funds. In addition, measures such as supplementing coaching teachers, improving after-school training, strengthening competition organization, and improving competition levels can not only provide higher-level competition and training conditions for all young people, but also provide differentiated education for sports students. The principle of differentiation requires the establishment of a coaching faculty that can teach, train, and understand the competition

[4]. It can not only carry out professional literacy training for existing physical education teachers, improve their training and rehabilitation knowledge and training guidance level, but also support outstanding retired athletes and coaches. The members serve as part-time and full-time physical education teachers in the school, and at the same time improve their physical teaching ability and educational ideology to meet the current professional standards of physical education teachers. The principle of difference also requires smooth horizontal and vertical channels for the flow of talent. Sports talents urgently need vertical education channels to ensure their sustainable development. For example, a "one-stop" talent training system is established between sports schools with traditional characteristics and colleges and universities to solve the problem of school advancement

[5]. The horizontal flow channel will cross the sports education system. Sports traditional characteristic schools, colleges and universities high-level sports teams and professional sports teams, professional sports clubs to achieve mobility, balance the relationship between academics and competition training. Higher education and cross-system mobility channels will relieve the worries of outstanding sports talents from entering the competitive business, and will also enable the principle of differentiation to be implemented and implemented at a deeper level.

III. THE INTEGRATION OF SPORTS AND EDUCATION BASED ON THE CHARACTERISTICS OF THE TIMES

3.1 Consolidate the organizational foundation for the integration of physical education and "integrated" promotion

For a long time, in the process of implementing the integration of sports and education, there have been typical standardize and serious utilitarianism among departments, and various resources such as competitions and personnel sharing are seriously insufficient, which restricts the maximization of the efficiency of education resources. To deepen the integration of sports and education, it is necessary to break the traditional cognition of the sports and education industries, completely eliminate the barriers between departments, and establish an integrated development logic [6]. Therefore, the implementation of the integration of sports and education in the new era should pay attention to the coordination role of the joint meeting system of government departments, eliminate the institutional and mechanism problems that restrict multi-sector cooperation, reconstruct the new modern governance mechanism of the sports and education departments, and realize the integrated design of relevant decision-making departments. Develop an integrated implementation plan, realize horizontally integrated organizational associations, promote the development of spatially mutually supportive and functionally complementary development patterns between the sports department and the education department, and thoroughly realize the two operating systems of the sports and education systems deep integration, so as to finally realize the coordinated development of youth cultural education and physical exercise.

3.2 Optimize the operation mechanism of the integration of sports and education

After long-term practice, the pattern of sports department in charge of competitive sports and the education department in charge of school sports has been formed. In the traditional operating mechanism, the sports department is usually responsible for the training of specialized competitive talents, supplemented by basic and general education; the education department provides students with basic physical exercise skills and methods, but it is more specialized, technical and high-level. The supply of sports education services is insufficient. In terms of the long-term nature of education goals, the integration of sports and education is an important concept for cultivating talents throughout the process and in all directions. Therefore, on the one hand, the integration of sports and education is not to break away from the sports system, but to strengthen the important role of the sports department in the entire education system. On the other hand, the integration of sports and education is not to subordinate the sports department to the education department, but to be accompanied by a coordinated promotion mechanism of government and society, a responsibility implementation mechanism, a joint supervision mechanism, and a market mechanism involving social forces. "Passive participants" become "active participants" to truly realize the system innovation, method innovation and content innovation of the integration of sports and education under the new normal, making the school an important strategic base for sports industry, and allowing students to form a good sense of sports participation. Let sports literacy become the knowledge content and basic characteristics of ordinary citizens.

3.3 Establish a guarantee system for the integration of sports and education

The key to whether the integration of sports and education can take root in the new era lies in the establishment of a "big guarantee" system with policy, evaluation, supervision, and rectification as the main body. The goals of integration of sports and education are diverse, long-term and complex, and involve the business scope of multiple government departments such as education, sports, civil affairs, and market supervision. The establishment of a guarantee system for the integration of sports and education is the key to school sports in the new era to important grip. In the new era, we must pay attention to the policy guarantee for the integration of sports and education, scientifically formulate the evaluation and assessment system for the integration of sports and education, and use the evaluation and assessment results of the integration of sports and education as an important yardstick for improving sports and education in accordance with. In the specific implementation process, it is necessary to guide different subjects to form a joint force to promote the integration of sports and education, to build an integrated education model of school, community, and family sports as an effective carrier, and to establish specialization in various aspects such as policy, evaluation, and supervision. The system, in particular, must establish an incentive and guarantee mechanism that integrates sports and education, so as to enhance the enthusiasm of subjects at all levels. On the one hand, improve the system of deepening

the integration of sports and education. Relevant policies and regulations should be formulated around schools of all levels and types, and relevant systems issued by the state should be revised regularly. On the other hand, establish a standard system for the integration of sports and education. The education department should work with the sports, health and health departments to jointly formulate school physical education standards, strengthen the evaluation, guidance and supervision of school physical education, after-school training, competitions, and student physical health monitoring, so that school physical education can become an effective carrier to promote the integration of physical education and education.

IV. CONCLUSION

Teenagers are the hope of the country and the nation. In the new era, making full use of the historical opportunity of deepening the integration of sports and education to vigorously promote the healthy growth and overall progress of young people is an important historical mission given by the times. The integration of sports and education is an important conceptual change and strategic task in the transformation and development of sports and education in China. Standing on the height of realizing the modernization of education and the strategy of strengthening the country in sports, a new concept of promoting the all-round development of young people is proposed, and a set of actions for government departments and all sectors of society the guidelines are of great significance.

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