A Study on the Infiltration and Application of Ethical Thoughts in College Physical Education

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Abstract

The college physical education curriculum is an applied and practical subject, which involves the cultivation of physical ability, mental health quality, interpersonal quality, teamwork quality and the like. The development of physical education will change along with the development of the times and social progress. This requires colleges and universities to apply infiltration of ethical thoughts in the teaching of physical training, to implement the concept of physical education, so as to promote the substantial improvement of the quality of college physical education. This paper first elaborates the importance of constructing the teaching system of physical education in colleges and universities from the aspects of conforming to the development of the times and enhancing students' interest in learning. And in order to promote the innovative form of physical teaching, to establish a people-oriented teaching concept, and to improve the cultivation of teacher, it propose that the college physical training teaching should apply the infiltration of strategy of ethical thoughts, and thus gradually improve the quality of college physical teaching.

Keywords: College Physical Education, Training Teaching, Ethical Thoughts, Infiltration and Application.

1. RESEARCH BACKGROUND

1.1 Literature Review

With the advancement of quality education, the teaching objectives and teaching methods of physical education teaching are all evolved to a certain degree. But there are still many problems remain unsolved in physical education (PE) teaching. Physical education needs to break the imprisonment of traditional teaching mode, and constantly to explore new teaching methods and teaching ideas in teaching. On the basis of teaching objectives, it should reflect the characteristics of physical subjects to explore the innovative path of physical education to promote the reform and development of physical education. It is also necessary to pay attention to that whether the goal of personnel training has the characteristics of occupation and application. The infiltration of ethical thoughts in college physical education training can break the shackles of traditional teaching mode and strict competitive standards, showing respect for the personality development of the students. The application of ethics in the teaching of physical training makes the goal of cultivating talents adopt a more healthy and positive attitude towards life. The goal of cultivating talents is not limited to physical technology. It should also pay attention to ideological and moral aspects, such as the correct outlook on life, values, higher moral standards, strong psychological quality and the like. In the perspective of social physical subject, to promote the university to be committed to cultivating applied talents with the ability to innovate who can complete a task efficiently and with high quality and adopt a new and more reasonable method to fit for the particularity of different tasks. Therefore, it requires the integration of ethical thoughts in the process of physical training, so that students feel the true sense of the physical training, and physical education will become practical (Li, 2012). At the same time, it should tap and cultivate the intrinsic potentials and qualities of the talents, and realize the incentive effect on the students through the educational process of the activities of physical education teaching. It can enhance the physical quality and physical skills of students, at the same time it can enhance the students' desire to achieve the self-worth by strengthening the students’ courage in dealing with the life frustration, which will greatly promote the quality of education of the education reform, and have an important impact on the development of students in the future.

1.2 Research Significance

At present, physical education in many colleges and universities has not received enough attention. There are
some problems in that. From the results of most teaching researches, it can be found that some college teachers of physical education have misunderstands for teaching planning arrangements. Under the influence of the traditional teaching concept, the PE course is usually regarded as a decompression means, and not regarded as an important course to promote the comprehensive development of the comprehensive qualities of the students. Many college physical courses are superficial, letting the students have sports activities themselves, without any systematic physical education and training. From the perspective of movement, the book knowledge is only theory, served as only for students’ guidance and inspiration, which is not enough to support the sports-oriented physical courses. Therefore, the structural adjustment of public physical education curriculum is one of the urgent problems to be solved in colleges and universities. Funds for physical education are often distributed to other specialties, especially to the key subjects in colleges and universities, which brings negative effects on the college physical education. At the same time, the management of physical education in colleges and universities lacks the long-term strategic vision. In the context of independent college education, the physical education management work should actively work with other universities or physical organizations, Physical General Administration and the like. However, there is a lack of communication with the outside world generally, which is not conducive to the development of physical education (Jin, 2012). The infiltration of ethical thoughts in the teaching of college physical education can better solve a series of problems in PE teaching.

2. SIGNIFICANCE OF INFILTRATION OF ETHICAL THOUGHTS IN COLLEGE PHYSICAL EDUCATION TRAINING

2.1 Develop Alongwith Development of Times

It is very consistent with the development of the times to infiltrate the ethical thoughts in the teaching of college physical education. Therefore, it can integrate the students’ physical training behavior and the role of ethics into the formation of an organic unity. The relation between the role ethics and value of the behaviors is shown in Figure 1.

According to the definition of the role of physical education in colleges and universities of the document Guide on National General Physical Education Curriculum, the important function of public physical education in colleges and universities has been clarified. It points out that the college physical education curriculum should place the exercise of the students as the main goal, and the physical exercise and physical education should promote the physical health of students to enhance health, improve athletic quality, which is a public compulsory education. According to the specific requirements of the Basic Standard for Physical Education in Colleges and Universities, which is related to the teaching documents concerning the arts and PE in China in
2014, it says that the students' physical health status is taken as the first indicator for the measurement of the level of operating a university. It can be seen that the teaching of public physical education in colleges and universities is an important course to provide physical education for the students, to cultivate their physical ability and to promote their health. The infiltration of ethical thoughts in the college physical training teaching goes with the development of the times and social progress. In the primary stage of the contemporary physical education in China, the goal of "developing physical exercises and building people's physiques" is the core educational goal. Against the then social context, the physical education only played its fundamental educational role (Huang, 2013). With the rapid development of China's social economy, the community's demands for physical education have also changed. More emphasis is stressed on the development of physical competitive projects, in order to strive to cultivate physical talents who can achieve excellent results in the international arena. The mission of physical education cultivating national competitive physical talents is still the focus of physical education in practice of today. The infiltration of ethical thoughts in college physical education training teaching will not only inherit the mission of strengthening the people's physique and cultivating competitive athletic talents in history, but also play the educational role advancing with the times for the social development in the new period as a long-term perspective. Under the guidance of higher education in China of cultivating the innovative and versatile talents as the overall direction, the college physical education should give full play to the teaching characteristics of physical education. On the basis of cultivating the physical knowledge and skills and quality, it should combine the connotation of aesthetics of physical education, through the physical education teaching activities, it should cultivate the emotional cognitive ability of talent, tap the potentials of the talents, encourage the talents to pursue self-realization (Yin, 2014). The relation between the development of students fully meeting the upper and lower physical concepts is shown in Figure 2.

Figure 2. Relational structure of lower concept in sport

2.2 Enhance Students' Interest in Learning

The application of ethics in college physical education has greatly promoted the development of college physical education. The increase of elements that trigger the student’s’ enthusiasm in the ethical teaching can create the formation of a happy and effective coexistence of teaching mode. For a long time, the former physical education classes are designed and arranged by the physical education teachers, and the students in the course have always been placed in a passive position. The students do not care about the physical education that much, or even with a repulsive attitude. Ethics is a good solution to this problem, which can fully take care of students' emotions in the class, to mobilize the active participation of students, which is conducive to improving the
overall qualities of the students. College students face more pressure, and the physical education cannot help them relax, and some college students will choose to learn other subjects in physical education course, leading to serious lack of exercise for college students (Lin, 2003). At the same time, it should tap the intrinsic potentials and cultivate the quality of talents, and realize the incentive effect on the students through the education process of physical education teaching activities. It should enhance the physical quality and physical skills of the students, at the same time it should enhance the students’ desire to realize the self-worth which help strengthen the students’ courage in dealing with the life frustration and which greatly promotes the quality of education of the education reform and has an important impact on the future development of the students (Hu, 2003). Therefore, the study of ethics is very important for PE teaching, for it takes care of the differences between the students, and enhances students' interest in learning. At the same time, physical ethics education is also helpful to cultivate sentiments and to enhance the ability of resisting frustration. On the basis of improving the students’ athletic skills, it also hopes that the students will release the learning pressure through physical course, feel the movement happiness and achieve the students' physical and mental satisfaction and development. It is of great significance to stimulate students' participation in physical education and to develop lifelong physical ability and habits (Liu, 2013). According to the student's personal situation, it makes a new evaluation of student learning. It adds the evaluation of ethics on the basis of the traditional evaluation structure (as shown in Figure 3).

![Figure 3. Traditional evaluation model structure analysis](image)

3. APPLICATION OF ETHICAL THOUGHTS IN COLLEGE PHYSICAL EDUCATION TRAINING

3.1 Innovative Forms of Physical Education

The infiltration of ethical thoughts in college PE education reflects that it is necessary to revolutionize the teaching mode and make the teaching strategy to meet the practical requirements of the teaching idea, in order to realize the goals of tapping the potentials and cultivating excellent qualities of college student (Liu, 2015). First of all, in the level of physical theoretical teaching, the innovative teaching mode should emphasize on the connotation of teaching contents and weaken the academic features of teaching contents, enhancing the vividness of teaching contents and reducing the abstraction of teaching contents. Moreover, it makes the physical theoretical knowledge education become the way of teaching the physical culture. Therefore, the students can have a more in-depth understanding of the meaning of physical education from a theoretical point of view, in order to help students’ establish a correct understanding of physical education. It not only strengthens the students’ love for physical education, but also provides a good foundation for physical practice (Huang and Chen, 2016). In the physical skills training class, teachers should reduce the intensity of physical training and avoid mechanized repetitive training. On the basis that the students understand the application of basic physical technology, it should give full play to the charm of physical education, so that every student can participate in the physical activities to experience the charm of their own lives. It needs to take into account a lot of factors when evaluating the application of ethical thoughts from the perspective of teaching form, so it uses a fuzzy comprehensive evaluation method to draw a comprehensive evaluation or decision of the studied subject (Huang and Wu, 2011). It establishes the collection of a set of factor indicators and evaluation criteria for fuzzy comprehensive evaluation. The collection composed of the number of factors influencing the studied subject is written as $P = (p_1, p_2, ..., p_n)$. The collection of evaluation grades as the evaluation criteria is written as $Q = (q_1, q_2, ..., q_m)$. If the physical exercise of the students is the studied subject, the collection of the factors can make $P =$ (learning scores). The collection of evaluation can make $Q =$ (excellent, good, average, less), and the weight is written as $\bar{M}$. The evaluation result is a fussy relation between $P$ and $Q$, which is written as the following matrix:
The collection of the evaluation results is written as $\bar{N}$, and the collection of the evaluation results can be achieved from fuzzy comprehensive evaluation, that is  
$$\bar{M} = M \cdot \bar{O}$$

namely

$$\left( n_1, n_2, ..., n_n \right) = \left( m_1, m_2, ..., m_n \right) \cdot \left( e_{11}, e_{12}, ..., e_{1m} \right) \cdot \left( e_{21}, e_{22}, ..., e_{2m} \right) \cdots \left( e_{ab}, e_{a2}, ..., e_{amb} \right)$$

it uses the weighted sum method to calculate the collection of the determination results  
$$\bar{N} = (b_1, b_2, ..., b_n), \bar{N} = \left\{ \frac{b_1}{\sum b_i}, \frac{b_2}{\sum b_i}, ..., \frac{b_n}{\sum b_i} \right\}, (i = 1, 2, ..., m),$$

and it sets the value of the matrix as

$$W = \begin{bmatrix} w_1 \\ w_2 \\ \vdots \\ w_m \end{bmatrix}$$

And,

$$H = \left\{ \frac{b_1}{\sum b_i}, \frac{b_2}{\sum b_i}, ..., \frac{b_m}{\sum b_i} \right\} \begin{bmatrix} w_1 \\ w_2 \\ \vdots \\ w_m \end{bmatrix}$$

Here $H$ represents the scores of the comprehensive evaluation of students’ learning scores.

### 3.2. Establish a People-Oriented Teaching Concept

In the college physical training teaching, the infiltration of ethical thoughts needs to establish a people-oriented teaching concept. The college public physical education curriculum is not like other professional disciplines which need to develop students' professional skills. In the physical education, it mainly focuses on the student athletic ability and physical quality. Then the enthusiasm of students is very important. Especially in the actual training of the sports, the initiative of the students is not high. The students tend to be pessimistic, which results in the poor training effect (Huang, 2011). Therefore, the colleges and universities must guide students to learn the relevant knowledge of physical ethics, to establish high physical goals, and to recognize the importance of physical fitness and physical health. Only when students show the positive initiative to participate in the sports, it can fundamentally improve the quality of public physical education in colleges and universities. On one hand, it needs to carry out a variety of physical activities in the campus, buildingphysical culture, creating the physical atmosphere of a healthy culture, to stimulate students' enthusiasm for sports. On the other hand, it needs to actively guide students to participate in extracurricular physical activities, not limiting the choice of students, so that the students can choose their own sports according to their own interests, in order to promote students' awareness of independent physical exercises. The value of physical education is not only limited to the external education of the talents, and it should tap the inherent potential of talents and cultivate their qualities as the responsibility. The education process of physical education activities can play the role of incentive to the students. It can improve the physical quality and physical skills of students. At the same time, it can enhance the students desire to realize self-worth and strengthen the students' ability to explore the meaning of positive life (Fan, 2013). Due to the complexity of comprehensive evaluation of physical education, the comprehensive evaluation usually involves many indexes. The principal component and factor analysis provide a good way to solve such problems. With the variations of the whole system with the number of N components, with the description of the sum of the samples, a original data matrix can be written as:

$$O = \begin{bmatrix} e_{11}, e_{12}, ..., e_{1b} \\ e_{21}, e_{22}, ..., e_{2b} \\ \vdots \\ e_{a1}, e_{a2}, ..., e_{ab} \end{bmatrix}$$

(1)
the principal component \( Q = e_1A_1 + e_2A_2 + \cdots + e_pA_p \), \( i = 1, 2, \ldots, p \), and variance contribution rate is written as

\[
e(n) = \frac{\sum_{i=1}^p \text{var}(Q_i)}{\sum_{i=1}^{p-1} \text{var}(Q_i)} = \frac{\sum_{i=1}^p \ell_i}{\sum_{i=1}^{p-1} \ell_i}
\]

With the standardization of the original data, the relevant coefficient matrix with the standardization can be written as

\[
W = (u_{ij})_{n \times p} = \frac{f_{ij}}{\sqrt{f_{ii}} \sqrt{f_{jj}}}
\]

Among them, \( f_{ij} = \frac{1}{n-1} \sum_{i=1}^n (a_{ij} - \bar{a}_i)(a_{ij} - \bar{a}_j) \), with the comprehensive evaluation of the principal component using the principal component as the weight, it has \( S = \frac{\sum_{i=1}^n \sum_{j=1}^p a_{ij}^2}{\sum_{i=1}^n q_i} \). It calculates the original factor load matrix \( L = (\sqrt{d_1}c_1, \sqrt{d_2}c_2, \ldots, \sqrt{d_m}c_m) \). It calculates the total factors of the samples, namely the value of the comprehensive evaluation \( K = \sum_{i=1}^n \left( \frac{d_i}{\sum_{i=1}^n q_i} \right) K_i \). The factor analysis can make a comparison and order of the evaluated subjects with the evaluation results of the evaluated subjects to be evaluated in each public factor.

### 3.3 Improve Construction of Teachers

In the college physical training teaching, the infiltration of ethical thoughts requires the participation of teachers who are important instructors and guides for students’ physical exercise. They are also achieving the physical theoretical knowledge. The professional quality of physical education teachers directly determines the quality of teaching. Therefore, it is necessary to perfect the construction of teacher teams and enhance the teaching level of teachers, in order to improve the level of physical education in colleges and universities (Tang, 2016). First of all, for the part-time physical education teachers of the vocational schools, it needs to ensure a reasonable proportion of full-time and part-time teachers. In addition, it needs to introduce teaching talents from social and governmental physical institutions to ensure that the continual improvement of the overall quality of teachers. Moreover, it should send the young and selected teachers to study and practice in the physical institutions, learning advanced teaching experience of physical education in the physical institutions, so as to continuously improve the teaching ability of the young and selected teachers, improving the construction of teachers of physical education. At the same time, it establishes a sound evaluation system of physical education. The traditional PE teaching evaluation mechanism is mainly to examine whether the students have reached the standards in terms of the technical skills and physique without showing their learning effects in the PE learning. It fails to realize the basic goal of PE teaching(Fu, 2009). Therefore, it is necessary to reform the traditional evaluation system of physical education, through the establishment of a wide range of assessment criteria, to establish a student-based assessment involving the students’ classroom performance, their enthusiasm of physical activities and other elements into the assessment criteria which are given high weights. So the students can focus more on the classroom, pay attention to the positive attitude of doing exercise. Thus the evaluation system can be a more accurate feedback of the student’s learning effect with more accurate evaluation results.

### 4. CONCLUSIONS

The requirements of society for physical education have changed along with the rapid development of social economy in China. Therefore, it is of great practical significance to infiltrate the ethical thoughts in college physical education training. In this paper, the in-depth study of the infiltration of the ethical thoughts into the
college physical training teaching shows there are a series of problems needs to be solved in college physical training (Zou, 2012). It is possible to construct the quality assurance system of physical education in colleges and universities through the innovation of the form of physical education teaching, the establishment of the people-oriented teaching concept and the perfection of the construction of teacher team, so as to enhance the students’ interest in learning and to promote the all-round development of the students.

REFERENCES


