

The Development of Physical Education Curriculum Under the Construction of College Campus Physical Culture

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Abstract—With the deepening reform of the new curriculum goal, the construction of college campus sports culture has been attached importance to and listed as one of the campus development goals. The construction of sports culture is an important way to cultivate talents in schools, and it is the foundation to realize the construction of sports spirit culture and campus culture system. The construction of physical education curriculum is an important part of the construction of sports culture.

Keywords—campus sports culture; construction; physical education curriculum

I. INTRODUCTION

As an important part of school construction and development, campus sports culture is a unique cultural environment and a product of the new curriculum education reform. Campus sports culture is an important content of education and teaching and a comprehensive reflection of the whole society. Firstly, due to the influence of social traditional culture, campus sports culture highlights the social leading trend in the future. Secondly, the construction of campus culture is developing with the reform of new curriculum education, thus promoting the development of social reform. The construction of college sports culture is inseparable from the physical education curriculum.

II. THE DEFINITION, CONNOTATION AND FUNCTIONS OF COLLEGE SPORTS CULTURE

A. Definition of College Sports Culture

The sports activities and competitions on the university campus make the students accept and spread the sports culture imperceptibly. At the same time, the sports culture is combined with the campus culture organically, thus the college sports culture comes into being. It refers to those aspects of the spiritual life in the process of sports activities where the physical activities are taken as the basic form, the physical competition as a special means, and the physical improvement as the main goal. It is a way of human existence, a component of cultural life and a significant symbol of civilized society. It is also the sum of all sports

spirit products and material products recognized and Shared by the campus community in the specific artificial environment of the university campus under the background of the big culture of the real society. It has such functions like spreading sports skills and sports knowledge, cultivating the spirit of patriotism and collectivism between teachers and students, setting up and improving the national fitness and lifelong sports consciousness, developing good health concept and improving the quality of teaching. It is also an important way to carry out the national fitness program, implement the quality-oriented education, readjust the "health-first" school education ideas, cultivate students' lifelong sports awareness and complete the task of school sports. As a kind of social culture, college sports culture is gradually formed in the long-term teaching practice of the school, and also developed under the direct participation and careful cultivation of teachers and students. It plays a special role in improving the intelligent structure of students, strengthening the communication between schools and society, inheriting and learning from the civilization of human society, improving students' enthusiasm, initiative and creativity, and promoting the in-depth development of educational reform.

B. The Connotation of College Sports Culture

The connotation of college sports culture includes: the spirit of idealism, the spirit of scientific reason and the spirit of sports morality. Among them, the spirit of idealism is the persistent pursuit of the ideal goal of building a strong body and serving the motherland. Only those who have a healthy body and the belief of fitness will really have a sense of historical mission and responsibility, a kind of sports spirit, which is the highest level of campus sports culture. Scientific rational spirit refers to the persistent pursuit of truth, the concept of viewing and analyzing problems with a dialectical attitude, and the method of scientific exploration of the essence of things. Besides, the pursuit of harmony and unity of sports and humanistic spirit, the pursuit of scientific progress, and concern for the fate of mankind are highlighted. Only those who become mature under the joint action of the spirit of science and the ideal of human growth will be possible to become a real man. Sports moral spirit refers to the campus sports culture activities within the scope of sports

moral spirit and is the core content of the teachers and students to pursue. Based on certain sports ethics, it is a stable psychological characteristics and tendencies showed in the sports activities; it is a kind of responsibility consciousness established on the basis of correct understanding of the development of human society and the real life, and is a dedicated spirit and character based on the civil obligations and social roles.

C. The Functions of College Sports Culture

College sports culture has five functions. Firstly, it has the function of education. Campus sports culture plays an irreplaceable role in the overall goal of cultivating talents needed by the society. It forms a meaningful campus atmosphere through planned, organized, purposeful teaching, training, competitions and extracurricular recreational activities. Secondly, it has the guidance function. Campus sports cultural activities are rich in specific content, diverse in form and means, and positive in ideological content, so as to promote campus sports cultural activities, improve students' own cultural literacy and physical quality, and play a positive role in promoting students to master a variety of sports knowledge and methods; thirdly, it has the entertainment function. The campus sports culture is rich in content, regardless of competitive sports or leisurely sports, but those sports in general are entertaining. In these activities, students and teachers can temporarily forget about work and learning, relax psychological stress, such as anxiety and tension, but also can purify the mind and enjoy life, which are beneficial to people's harmonious and healthy development of body and mind; Fourthly, it has the function of talent cultivation. Rich and colorful, healthy and lively campus sports culture can make up for some of the shortcomings of other teaching, enhance students' self-confidence and social activities ability; Fifthly, a healthy and progressive campus culture is conducive to the cultivation of healthy psychological qualities of college students, such as a tolerant mind, a cooperative spirit, a healthy mentality, a strong will, a sense of competition and the concept of abiding by the law, etc., as well as the awareness of teamwork among college students.

III. THE CONSTRUCTION OF COLLEGE CAMPUS SPORTS CULTURE

A. Attaching Importance to Material and Cultural Development

The construction of campus sports culture should rely on the construction of material culture, especially in today's diversified information development, information dissemination is rapid, wide range, strong effectiveness, and plays an important role in cultural communication. The construction level of campus material culture is directly related to the construction of sports culture. It can also be said that the level determines the state of the construction of sports culture. Material culture construction symbolizes the communication between the school and the external environment and is the standard of campus sports culture construction. Based on this idea, colleges and universities

need to increase economic investment, improve sports culture facilities, and then meet the requirements of education and teaching cultural activities, promote sports culture teaching to the modern level. In addition, all schools should also timely carry out the opening of sports and cultural facilities, to provide services for the masses, and at the same time through the integration of campus sports culture and social mass culture, to promote social and cultural construction.

B. Improving Sports Spirit Culture

The school's own activities create a strong foundation and sports facilities for students and lay the foundation for sports culture construction and mass sports' needs. Students are the core of campus sports culture, and the school sports spirit culture is directly related to the quality of campus sports culture. However, students are not limited to some regular forms of sports activities, and they need more diversified and innovative sports products. The school is the product of diversified sports spirit culture. The students' attitudes and concepts have certain educational guidance. The students are the beneficiaries of spiritual culture and the successors of sports spirit culture in the future. Young and creative students can make sports spiritualization more youthful and energetic.

C. Gradually Forming a Sound Sports Culture System

Campus sports culture system is not formed overnight, but gradually formed in the construction of sports culture. Under the influence of traditional educational ideas, colleges and universities are good at using system rules to manage students' ideology and behavior, which, to some extent, creates conditions for the construction of school spirit. Firstly, sports culture should be integrated into the development plan of colleges and universities. The school sports system should be improved, and the practical action should be fully implemented so as to promote the communication and coordination between schools and teachers. The construction of campus sports culture should be comprehensively put into practice. Secondly, promote the standardization and institutionalization of campus sports culture. To minimize all the factors hindering the construction of sports culture, sports culture with campus characteristics has been established. In addition, we regularly carry out campus sports competitions and publicize them through WeChat official account, Microblog, QQ and other relevant we-media platforms. Posters, publicity boards, radio and campus digital TV are used to attract all teachers and students to take the initiative to participate in sports activities and inject new vitality into the campus sports culture.

IV. THE PHYSICAL EDUCATION CURRICULUM DEVELOPMENT UNDER THE CAMPUS PHYSICAL CULTURE CONSTRUCTION

As an important part of campus culture, campus sports culture is gradually formed in the long-term teaching process of the university, and is developed under the direct participation and careful cultivation of teachers and students. Offering physical education courses in colleges and

universities plays a bridge role in the construction of campus sports culture. Students can receive physical, mental and moral education through physical education. PE class is a main way to impart sports knowledge to students, publicize sports culture, learn sports technology and carry out sports culture activities. The physical education teachers carry on the physical education to the student in an organizational way. Students in the school period are able to fully grasp the sports knowledge, sports culture and participate in the sports activity positively. Therefore, the construction of physical education curriculum is also very important.

There are two main aspects of physical education curriculum under the construction of campus sports culture. The first one is "Sports dominant course", which refers to the sports teaching content specified in the school teaching and training plan, including nine years of compulsory education, secondary vocational education, higher vocational education and higher education, etc. PE teachers should follow the teaching plan, in a gradual manner and carry out the teaching and training of students about sports knowledge, skills and abilities. The second one is the hidden curriculum of physical education. The so-called hidden sports curriculum includes the physical education courses presented in an indirect or implicit way, which involve health lectures, sports games, extracurricular training exercises, extracurricular activities, sports salon, rostrum, sports knowledge contests, students public welfare activities, sports meeting, broadcasting and interpretation of the sports competitions, sports association, etc., so as to give students the sports knowledge, and improve their sports ability. The system of PE culture education in colleges and universities is built up by the combination of explicit PE curriculum and implicit PE curriculum, especially the implicit PE curriculum. The hidden sports curriculum in colleges and universities give full play to the role of the sports courses and continue the cultivation of the patriotic spirit, sets up the idea of "health first" and "lifetime sports", together with the dominant courses of college sports education to improve the comprehensive quality of college students. The setting up of PE hidden curriculum can improve PE teachers' knowledge level and education ability of PE culture, and promote teachers' deep understanding and grasping the structure of PE culture and the connotation of PE spirit. To promote PE teachers' continuous learning, update PE knowledge, enrich their own cultivation and connotation, and better promote the education of PE culture in colleges and universities, the hidden curriculum of physical education is better than the explicit curriculum of physical education because of its various forms, rich contents, wide coverage and strong adaptability, which is more acceptable to college students and helps to promote the development of students' personality and ideological quality.

V. CONCLUSION

Healthy campus culture needs not only elegant academic activities as the supporting framework, but also lively and diverse cultural and sports activities, and sports culture can be said to be the most powerful catalyst for the development of campus culture. Campus sports culture plays an important

role in cultivating the campus spirit, promoting the construction of spiritual civilization, and building the humanistic atmosphere of the school. The dual roles of explicit and implicit courses in physical education are the driving force for the development of campus sports culture in colleges and universities.

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