



Research on the internal demand and practical logic of college students' sports under the background of Chinese modernization

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Abstract. This study, under the backdrop of Chinese-style modernization, primarily investigates the intrinsic needs and practical logic of college physical education. Initially, the influence of the spiritual force of Chinese-style modernization on college physical education is analyzed, suggesting it provides a new motivational force. Subsequently, the intrinsic demands of college physical education are discussed in detail, proposing methods to fulfill these demands. Following this, the practical logic of college physical education in the context of Chinese-style modernization is deeply studied, indicating that it offers a new avenue for the development of college physical education. Lastly, a series of suggestions are given on how to meet the internal demands of college physical education and optimize its practical logic under the context of Chinese-style modernization. This research not only deepens the understanding of college physical education but also provides theoretical guidance for establishing a practice model adapted to Chinese-style modernization.

Keywords: Chinese-style modernization; College student sports; Internal needs; Practical logic

1 Introduction

With the progress of science and technology and the development of economy, human society is constantly developing and changing, and a diversified and complicated modernization process has been realized. As the world's most populous country, China faces complex and unique modernization challenges. This particular process of modernization, known as "Chinese-style modernization," is characterized by maintaining China's cultural uniqueness and social values while drawing on Western science, technology and management methods. The ideas and practices of Chinese-style modernization have greatly influenced all areas of Chinese society, including education and sports. In the field of education, especially university education, Chinese-style modernization not only affects the teaching mode, course content, teacher-student relationship and other aspects, but also constantly changes the status quo and

future of college sports. College sports is an important part of college education, which is an important way to improve college students' physical quality, shape positive personality and develop social communication ability. However, how to understand and guide the internal needs of college students' sports and how to realize the practical logic of college students' sports that is compatible with Chinese modernization is still an important topic worth studying. The internal needs of college students' sports include not only the needs of improving physical fitness and enhancing physical fitness, but also the diversified needs of self-realization, socializing, entertainment and learning. At the same time, the practical logic of college students' sports should also change from a single competitive sports and sports tests to a healthy, happy, harmonious and all-round development. To this end, Chinese modernization provides theoretical and practical support, so that college sports can better meet the internal needs of college students, and realize a more scientific and more humane practical logic. Therefore, this paper will study the internal needs and practical logic of college students' sports under the background of Chinese modernization, aiming to put forward corresponding theoretical analysis and practical suggestions, and provide reference for promoting the healthy development of Chinese college students' sports[1]. This paper will first analyze the spiritual motivation of Chinese-style modernization, explore the internal needs and ways of satisfying college students' sports, discuss the impact of Chinese-style modernization on college students' sports practice logic, and put forward suggestions on how to respond to the internal needs of college students' sports and how to realize scientific sports practice logic.

2 The spiritual power of Chinese modernization to college sports

2.1 The spiritual power of Chinese modernization

Chinese-style modernization is an important theoretical and practical achievement of the socialist modernization drive with Chinese characteristics, as well as an important reflection and self-transcendence in the process of China's social and economic development and globalization. Chinese modernization is to adhere to its own path in the trend of global modernization, drawing on Western science, technology and management experience, while adhering to Chinese cultural traditions and social values. The spiritual strength of Chinese modernization is reflected in the following aspects.

Chinese modernization is the modernization road of independence and self-reliance. In the process of modernization, China has always adhered to its independence and pursued independent development of science, technology and economy in order to achieve national prosperity and rejuvenation. This spirit of independence and self-reliance has provided a firm direction and strong driving force for China's modernization process.

The Chinese-style modernization is the modernization road that adheres to the all-round development of people, social justice and harmony. In the process of modernization, China has always put people first, pursued all-round development of the peo-

ple, and improved people's living standards and happiness. At the same time, China also advocates social justice and harmony, and opposes social differentiation and conflict. This spirit of people-oriented, pursuing justice and harmony has provided the ideal goal and value orientation for China's modernization process.

Chinese modernization is a path of modernization that adheres to advancing with The Times and pursuing innovative development. In the process of modernization, China has always maintained an open attitude and actively learned from foreign advanced experience and knowledge[2]. At the same time, it also encourages innovative thinking and practice to promote scientific and technological progress and economic development. This spirit of advancing with The Times and innovating for development has provided inexhaustible driving force and source for China's modernization process.

The spirit of Chinese-style modernization has not only played an important role in the fields of economy, politics, science and technology, and culture, but has also exerted a far-reaching influence in education, sports and other fields. For college sports, Chinese-style modernization provides a new idea and direction, but also provides a unique power and opportunity.

Under the guidance of Chinese modernization, college students' sports should not only pursue the improvement of competitive level, but also pursue the all-round development, including the improvement of physical quality, the shaping of personality quality, and the cultivation of social ability. At the same time, college sports should actively respond to the modernization goal of the country, strive to improve themselves, serve the society, and contribute to the modernization of the country.

Driven by the Chinese modernization, the development direction of college sports is clearer, the goal is clearer, and the driving force is stronger. But at the same time, college sports is also facing the challenges of how to understand and realize the Chinese-style modernization, how to meet and guide the sports needs of college students, and how to adapt and promote the reform and development of college sports[3]. This requires us to deeply study the spiritual power of Chinese modernization to college sports from the perspective of theory and practice, and provide scientific guidance and effective support for the healthy development of college sports.

2.2 The specific role of Chinese modernization on college sports

After analyzing the spiritual power of Chinese-style modernization, we will discuss its specific effect on college sports. The influence of Chinese modernization on college sports is reflected in the following aspects:

Chinese modernization has a profound influence on the concept of college sports. Under the framework of Chinese modernization, sports is no longer regarded as a kind of competitive activity, but as an important way to improve the physical and mental quality of college students, shape healthy personality, and develop social communication ability. This change of concept makes college sports pay more attention to comprehensiveness and humanization, and put more emphasis on individual development and social harmony.

At the same time, Chinese modernization has a great impact on the practice of college sports. Chinese modernization advocates independence and self-reliance, and this spiritual power is also applied to the practice of college sports. Under the guidance of Chinese modernization, college students pay more attention to self-education and self-development, pay more attention to practice and effectiveness, and pay more attention to science and innovation.

In addition, Chinese-style modernization has actively promoted the development of college sports. Chinese modernization pursues economic development and social progress, and this pursuit is also reflected in the development of college sports. Driven by Chinese-style modernization, college sports has received more social attention and resource support, and also faces more development opportunities and challenges.

However, the impact of Chinese-style modernization on college sports is not only there, but also has a deeper and broader impact. For example, Chinese modernization emphasizes the all-round development of people, and this emphasis is also applied to the concept and practice of college sports, making college sports pay more attention to the integration of body and mind, and the integration of knowledge and action. For another example, Chinese modernization emphasizes justice and harmony, which has also been introduced into the system and mechanism of college sports, making college sports more pursuit of fair competition, unity and cooperation.

Therefore, we can see that the influence of Chinese-style modernization on college sports is all-round and multi-level, with the guidance of ideas, the promotion of practice, the promotion of development, and the stimulation of challenges. This influence is not only reflected in the internal needs of college students' sports, but also reflected in the practical logic of college students' sports.

Under the background of Chinese modernization, the internal needs of college students' sports not only include the needs of improving physical fitness and enhancing physical fitness, but also include the diversified needs of self-realization, socializing, entertainment and learning. At the same time, the practical logic of college students' sports should also change from a single competitive sports and sports tests to a healthy, happy, harmonious and all-round development.

In short, how to understand and guide the internal needs of college students' sports, how to realize the practical logic of college students' sports that is compatible with Chinese modernization, is an important topic that we need to study and practice deeply. In this process, we not only need to understand and learn from the spiritual power of Chinese-style modernization, but also need to think independently and innovate in practice to realize the healthy development of college sports and social services.

Talent training in the digital age needs not only the irrigation of basic theories, but also the development trend of industrial science and technology and the market demand. At present, the teaching concept of higher vocational physical education curriculum is too old and traditional, the classroom teaching activities are too solidified, and the projects tend to become formalized, and the sports hardware facilities are relatively old, resulting in the weak integration of physical education and modern technology, which cannot make the teaching of physical education to realize "all-round", "all-weather" and "full real-time" monitoring. Failure to realize the connection of digital empowerment, failure to realize the online interaction of physical edu-

cation, constitute a benign talent training system of physical education curriculum, and stimulate the vitality of higher vocational physical education curriculum education and the industry.

3 The intrinsic needs of college students' sports

3.1 Classification of intrinsic needs in college sports

The intrinsic needs of college sports cover a wide and complex field, and these needs can be summarized into the following main categories.

Health needs. This is the most basic need, but also an important goal of college sports. With the progress of society and the deepening of people's understanding of health, college students are increasingly aware of the importance of keeping fit. They are willing to participate in sports activities, improve physical fitness, strengthen immunity, prevent diseases, and thus maintain a healthy life.

Achievement needs. Physical activity is essentially a competition, challenging and competitive. Through sports activities, many college students seek a sense of personal achievement and meet the needs of challenging themselves and surpassing themselves. This need for achievement includes improving sporting skills, raising the level of competition, winning competitions, and gaining social recognition and acclaim.

Social needs. Sports activities are an important way of socializing, which can help college students expand their social circle, enhance their teamwork ability, and improve their interpersonal skills. Many college students satisfy their social needs of group and interaction by participating in sports activities.

Entertainment needs. Physical activity can bring people happiness and satisfaction, and is an important way of leisure and entertainment. Many college students take part in sports activities to release pressure, regulate emotions and meet their entertainment needs.

Learning needs. Physical activity is an all-round learning process, which not only improves sports skills, but also cultivates self-management ability, enhances personality quality and enriches life experience. Many college students learn knowledge and improve their ability by participating in sports activities.

Although these needs can exist alone, they are often intertwined in practice and constitute the internal needs of college sports. For example, college students participating in sports activities can not only improve their physique, but also improve their skills, but also expand their social circle, and at the same time, they can obtain happiness and satisfaction.

Therefore, the internal needs of college students' sports are diversified, including health needs, achievement needs, social needs, entertainment needs and learning needs. Under the background of Chinese modernization, how to understand and meet these internal needs has become an important topic for the development of college sports.

3.2 The methods of satisfying the inner needs of college students' sports

The approach to meeting the intrinsic needs of university sports involves the design, organization and implementation of sports activities, as well as the guidance and support of university physical education. The following are some specific methods and strategies.

First, design a variety of sports activities. In order to meet the diversity of the intrinsic needs of college students, we need to design a variety of sports activities, including competitive sports, group sports, leisure sports, physical fitness, etc., to meet the different needs and interests of college students.

Secondly, provide personalized sports services. The sports needs of each college student may be different, so we need to provide personalized sports services to meet their individual needs. This may include personalized sports programs, personalized sports instruction, personalized sports facilities, etc.

Thirdly, create a good sports atmosphere. In order to stimulate the interest and enthusiasm of college students in sports, we need to create a good sports atmosphere. This may include encouraging sports participation, rewarding sports achievements, promoting sports culture, etc.

In addition, promote the integration of sports and education. Sports is not only a fitness activity, but also a way of education. We need to promote the integration of sports and education, so that college students can not only improve their physical quality, but also enhance their personality, social skills and learning ability in sports activities.

However, the way to meet the intrinsic needs of college sports does not stop there. In the context of Chinese-style modernization, we still need to explore more methods and strategies. For example, we can learn from the spiritual power of Chinese modernization and encourage college students to participate in sports activities in a more active and proactive manner. We can also make use of the Chinese modern social resources to expand the scale of sports activities, improve the quality of sports activities, and increase the influence of sports activities[4].

In general, there are various ways to meet the internal needs of college students, which need to be comprehensively considered and flexibly applied according to the specific needs of college students. At the same time, we also need to continue to learn, continue to try, continue to innovate, in order to better meet the internal needs of college sports, to promote the healthy development of college sports.

4 The practical logic of Chinese modernization to college sports

4.1 The practical logic of Chinese modernization to college sports

Under the background of Chinese modernization, the practice logic of college sports shows its unique characteristics and rules. The spiritual power and practical characteristics of Chinese modernization, as well as its influence on the internal needs of college students' sports, have shaped the practical logic of college sports.

Chinese modernization emphasizes a practical logic of balanced development, that is, while developing the economy, we should also pay attention to social harmony and all-round development of human beings. The embodiment of this practical logic in college sports is that while improving college students' sports skills and enhancing their physical fitness, they also pay attention to the humanistic quality education function of physical education, such as the cultivation of moral qualities such as teamwork, fair competition and respect for others, as well as the physical and mental health and happy sports experience.

At the same time, Chinese modernization adheres to a practical logic of seeking truth from facts, that is, to explore a development path suitable for China in light of its actual conditions. In the practice of college sports, we need to fully understand and respect the internal needs of college students, design and implement sports activities and sports education strategies that meet the needs of college students, conform to the law of sports development and conform to the trend of social development.

In addition, Chinese modernization advocates a practical logic of close contact with the people, that is, always insist that the people are the main body of historical development, and always insist on relying on and serving the people. In the practice of college sports, this requires us to always adhere to college students as the center, from the needs of college students, give full play to their subjectivity, to provide sports activities and sports education services to adapt to the development of college students.

Finally, Chinese modernization is an open and inclusive practical logic, that is, while adhering to its own characteristics, actively draw on and absorb advanced international experience. In the practice of college sports, this requires us not only to adhere to the inheritance of Chinese sports culture, but also to actively learn and learn from the advanced ideas and effective methods of international sports education, innovate the form and content of sports activities and sports education, and promote the international development of college sports[5].

This kind of college sports practice logic guided by Chinese modernization is in line with the actual development of Chinese society, the development needs of college students, and the law of sports development. Only by adhering to and applying this practical logic can we better meet the internal needs of college sports, promote the healthy development of college sports, and make contributions to the realization of Chinese-style modernization.

4.2 The relationship between Chinese modernization and the practical logic of sports

Understanding the relationship between Chinese modernization and the logic of college sports practice will help us to understand and evaluate the development direction and results of college sports more accurately. Here, we will explore the relationship between the two from the following three aspects.

Chinese modernization and sports practice logic have shared values. In Chinese modernization, the all-round development of human beings and the construction of a harmonious society are its core values. Similarly, the practical logic of college sports

emphasizes this point. The essence of sports is not only to improve students' physique and skills, but more importantly, to cultivate students' teamwork spirit, competitive spirit and love for life through participation in sports activities. At the same time, college sports is also an important part of building a harmonious campus.

The practical logic of Chinese modernization and sports emphasizes the spirit of seeking truth from facts and innovation. In the process of Chinese-style modernization, we need to draw on and absorb international experience in light of China's actual conditions and find a development path suitable for ourselves. This logic is also evident in the practice of college sports. College sports need to combine the specific needs of students, learn from the international advanced concepts and methods of physical education, innovate the content and form of physical education, and make it more in line with the development needs of students.

Chinese modernization and the practical logic of sports advocate openness, inclusiveness and cooperation. Chinese modernization advocates open development, inclusiveness of various cultures and values, and promotion of international cooperation. Similarly, the practical logic of college sports advocates openness and inclusion. Sports has no national boundaries, and college sports should be a blend of various sports cultures and values, and an international exchange and cooperation. At the same time, the fairness, openness and justice of sports activities are also the basic principles of sports practice.

Through the above analysis, we can see that Chinese modernization is closely related to the practical logic of college sports. This connection is not only reflected in the consistency of values, the pursuit of truth seeking and the spirit of innovation, but also in the advocacy of openness, inclusiveness and cooperation. Only by understanding and grasping this connection, can we better promote the development of college sports, better meet the internal needs of college students' sports, and better contribute to the realization of Chinese-style modernization.

5 Proposal

5.1 The response of Chinese modernization to the internal demand of college sports

Under the background of Chinese-style modernization, the internal needs of college students' sports are manifested as health needs, skill needs, leisure needs and social needs. Based on this, this section provides recommendations on how to respond to these needs.

In order to respond to the health needs, universities should actively advocate the idea of national fitness, establish and perfect the health physical education curriculum system, and make it an important part of university education. These courses should focus on the combination of theory and practice, teaching students scientific exercise methods and healthy lifestyles. At the same time, universities should organize health lectures and activities regularly to raise students' health awareness.

In order to meet the demand of skills, college sports should enhance practice and skill training. For example, more skills training courses can be set up, such as ball

games, track and field, swimming, etc., so that students have the opportunity to improve their skills in the experience. At the same time, universities can also cooperate with social sports institutions to provide more practical opportunities through social practice activities.

For leisure needs, college sports should give full play to its role in leisure activities. Some leisure sports courses, such as yoga and tai chi, can be offered to provide students with a way to relax and reduce stress. At the same time, universities can set up some sports and leisure areas, such as gyms, swimming pools, etc., to provide students with sports and leisure places.

In order to meet the social needs, university sports should strengthen the organization of team sports and competitive activities. Team sports and competitive activities can not only improve students' sports skills, but also improve their teamwork and meet their social needs. For example, sports competitions can be held regularly to encourage student participation.

In general, the response of Chinese-style modernization to the intrinsic needs of college sports requires a comprehensive and systematic strategy. Universities should adjust and optimize the physical education curriculum system, improve sports facilities, provide rich sports activities, meet the various needs of students, and promote their all-round development. At the same time, universities should also strengthen the investment in physical education, improve the status of physical education, make it become an important support for Chinese modernization.

5.2 The enlightenment of Chinese modernization to the practical logic of college sports

Under the background of Chinese-style modernization, the biggest revelation of the practical logic of college students' sports is that we can learn from and excavate the wisdom of Chinese culture, so as to shape and guide college students' sports behavior.

Chinese modernization emphasizes harmony, which provides inspiration for us to deal with competition and cooperation in college sports. Competition and cooperation are two important aspects of physical education. Properly dealing with the relationship between them can promote the all-round development of college students. Universities should guide students to not only have a sense of competition, challenge themselves, but also have a spirit of cooperation, respect others, and realize the harmonious development of themselves and others in sports activities.

Chinese modernization emphasizes balance, which provides enlightenment for us to deal with the relationship between physical strength and intelligence in college sports. College students' physical activity is not only physical exercise, but also intellectual training. Universities should guide students in sports activities, not only to exercise the body, improve physical fitness, but also to exercise intelligence, improve thinking ability, to achieve the balance of physical and intellectual development.

Chinese modernization emphasizes innovation, which provides inspiration for us to deal with the relationship between tradition and modernity in college sports. College students' sports should not only inherit and develop the traditional sports culture, but also accept and absorb the modern sports culture. Universities should guide students

in sports activities, not only to love and inherit traditional sports, but also to dare and be willing to try modern sports, so as to realize the innovative integration of tradition and modernity.

Chinese modernization emphasizes openness, which provides enlightenment for us to deal with the relationship between self and others in college sports. College sports is not only personal self-realization, but also communication and interaction with others. Universities should guide students to not only pay attention to themselves and pursue personal sports goals in sports activities, but also respect others, appreciate others' sports achievements, and realize the open integration of self and others[6].

In general, the enlightenment of Chinese modernization to the practical logic of college sports lies in that college sports is not only an important way to improve students' physical fitness, but also an important way to cultivate students' all-round quality and realize people's all-round development. Therefore, we should re-examine and understand college sports from the perspective of Chinese modernization, and actively explore the practical path of college sports to adapt to Chinese modernization, so as to promote the development of college sports.

6 Conclusion

This study discusses the internal needs and practical logic of college sports under the background of Chinese modernization, and draws the following conclusions.

The modernization of Chinese style provides a new spiritual impetus for college sports. Specifically, the spiritual power of Chinese modernization satisfies the intrinsic needs of college students for sports by creating a harmonious, balanced, innovative and open atmosphere for college students, guides them to actively participate in sports activities, and improves their physical and comprehensive quality.

Chinese modernization has a profound influence on the practical logic of college sports. It advocates the concept of harmony, balance, innovation and openness, which provides inspiration for us to deal with the relationship between competition and cooperation, physical strength and intelligence, tradition and modernity, self and others in college sports, and opens a new path for the development of college sports.

The modernization of Chinese style provides a strong support for the internal demand and practical logic of college sports. It not only meets the sports needs of college students, but also guides them to achieve all-round development, reflecting the value of Chinese-style modernization. At the same time, college sports also provides the practical basis for the Chinese modernization and reflects the practical logic of the Chinese modernization.

In general, the research on the internal needs and practical logic of college students' sports under the background of Chinese modernization can not only deepen our understanding of college students' sports, but also provide theoretical guidance for us to optimize the practice of college students' sports, help us to build the practice model of college students' sports that ADAPTS to Chinese modernization and promote the overall development of college students' sports.

education system of higher vocational sports characteristics and industrial clusters, digital, life, culture, explore to establish higher vocational characteristic sports form integral transformation, all can assign, revolutionary reshaping strategy system, cultivate higher vocational characteristic sports "classroom revolution".

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