

Study on the Creation of Motion Behavior in Physical Exercise from the Standpoint of Time Dimension

The Efficient Way of Self-creation*

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Abstract—Motion behavior is an important component of body movement. The creation of body behavior is the integration of instinctive behaviors and rasion behaviors of our body. Motion behavior in sports is ubiquitous. The creativity of body is the basis of human survival and development. People understand the world and themselves through body, and the execution of each motion behavior depends on the body. At the same time, the willingness expression of body is realized through motion behavior. Physical exercises make body movement normalized and rational and refer to an indispensable and irreplaceable body cognition way. Therefore, the necessity of researching the creation of the motion behavior of body is highlighted. This paper tries to narrate related theories on the creation of motion behavior of individuals from the standpoint of time dimension and open the creation path of motion behavior. The research on the creation of individuals' motion behavior can not only discriminate individuals' athletic ability but also provide effective methods and ways of improving motor skills, conductive to the formulation of corresponding teaching systems that match with it.

Keywords—*motion behavior; creation; sports*

I. INTRODUCTION

Human have dual attributes of nature and society. People contact with the world and recognize themselves and the world through the medium of body. "Body is an ordinary form for us to possess a world." [1] Body and motion behavior depend on each other for existence. The expression form of the dynamic existence of body is motion behavior, and the existence of behavior contributes to the real existence of our body. "Our body is a world that is full of endless creatures and requires existence." [2] The creativity of body is the basis of human survival and development. The motion behavior in this paper only refers to the motion behavior of human individuals. The research on the creation of motion behavior aims at researching the human's creative ability of motion behavior, the process

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and its rules of creation and invention. Humans are born for "behavior" and "behave" for survival. Creating the future and research on the creation of behavior concerns the survival and development of mankind.

II. CONCEPT IN THE RESEARCH ON THE CREATION OF MOTION BEHAVIOR AND THE CLARIFICATION OF ITS CONNOTATION

A. Concept of the Creation of Motion Behavior

Motion refers to the activity of the whole body or some party of the body. Behavior is the explicit activity of organisms. Creation is defined as the manufacture of unprecedented (novel [5]) things. [3] The concept of the creation of motion behavior means the novel explicit activity of the whole organism or some part of the body. "The purpose of philosophy is to continuously create new concepts" [6], to make human better understand the world, including human itself. This paper has researched the creation of human motion behavior, which can be called behavior creation (the same below) according to the definition of the creation of motion behavior. "The concept of creation means building an area on the internal surface and adding another area on the former area and exploring a new area to fill a vacancy." [7]

Action refers to conscious activity to achieve some aim. [3] The conceptual analysis shows action attaches more importance to purpose and initiative. Compared with action, the motion behavior has more extensive connotation, including purposeful and active behaviors (action) and purposeless active behaviors (random behavior), purposeful negative behaviors (passive behavior) and purposeless passive behavior (blind follow).

The difference between the concept of creation and the concept of innovation: Innovation is creation but creation is not innovation. Only when the results of creation have "value effect" and "novelty", creation can be called innovation. [3] Creation is a process, and innovation is valuable creation. For individuals, mastering new knowledge can be called self-creation. Using new knowledge to solve problems, no matter whether the result has value effect, can also be called self-innovation, because it has been valuable when individuals let

new knowledge enter the knowledge system and apply then at any moment when necessary.

The potential of creation is a potential natural quality possessed by everyone. In creative study, all the average persons have the property, so all of them have the potential of creation remained to be developed. People's potential of creation can be ceaselessly stimulated through scientific education and training and transferred into explicit creative ability and improved constantly. [3] Behavior is the basis of realizing creativity and the practice of creativity. Whether the behavior is creative and how about the creativity is the important symbols that judge the ability of individuals or teams at present.

III. TIME VIEW OF BEHAVIOR CREATION

A. Current Concept of Time

Time refers to the continuity and succession of the motion process of matter and expresses the order replacement and the connection between the former and the latter in the motion process of matter. [8] The time view includes three aspects, "First is the sense of time perception, which relates to the social cultural psychology of an era and the specific mental state of individuals; second is the concept of practice shown in many literatures, having reflected the sense of time perception to some extent; third is the philosophical analysis on time issues. Its relationship with the sense of time perception is not always certain." [9]

- Behavior creation must conform to the development of times and requires the scientific time view. The cognition on fuzzy time view (natural time), accurate time view (tools for timekeeping), subjective time view (relative time, such as living clock) and objective time view (absolute time, such as atomic time) is conducive to behavior creation to replenish the practical content of timekeeping. In the behavior creation, it is necessary to understand the language of fuzzy time. "Slow down", "faster", "earlier" and "stop for a while" often said by us represent "fuzzy time". We need to grasp time range and time nodes according to semantic comprehension, constitution of grammatical rules and tone judgment.
- Behavior creation can be produced on the instantaneity and periodicity of time. It is necessary to learn to control moment (the moment of hitting the ball), capture moment (not waste every minute and every second), "magnify" moment (slow motion), and learn periodical increase and decrease (the speed of action accomplishment), periodical concentration (motion enhancement), periodical phase (work and rest), periodical replay (motion repeat) and periodical evolution (motion improvement).
- The improvement and sustainable development of the ability of behavior creation must depend on the full cognition of time effects, namely the "effect of time interval" of time (to solve problems through reasonably using the time interval between two affairs), the "sustained effect" of time (to solve problems through

using remorseless and continual methods), the "drift effect" of time (to use single way of thinking to solve problems that cannot be solved by multiple way of thinking), the "related effect" of time (to introduce correlation analysis into the field of practice research and then discuss the feedback effect between relevant factors), the "chain reaction" of time (because of the function of "time chain", the reaction between matters is close and successive), the "complementary effect" of time (to make up for the elapsed time) and the "value-added effect" of time (the era endows time with more values).

- Behavior creation can proceed by virtue of time difference, namely chronological difference (to walk in front of time, such as to get the drop on, and a slow sparrow should make an early start), inverse time difference (time lag, reverse time difference, such as to waste time and break the natural time) and zero time difference (on time and at the same time, such as synchronized diving).

B. Time Logic of Behavior Creation

The unity of consciousness is the unification of all ideas, feelings or behaviors that coexist and accompany each other. The memory system that constitutes the unity of consciousness is a system of time; it seems the special relationship that connecting the past and the future now in consciousness has as well formed the foundation of timeliness and unity of consciousness. [10]

1) *Biological time*: The intuition of time and space is formed with the growth of people. They are the key basis for the constitution of subjectivity. In the laws of nature, the natural growth of human body has its own process of growth and development, physical work and rest time and the recession of physical function, which are the non-negligible basis of time cognition in the research on behavior creation. The minimum time unit of individuals' motion behavior is the time "from stimulus to direct reaction". It varies with each individual. However, the time for indirect reaction acquired can make up for the difference in reaction time inborn. Understanding and applying the minimum time unit contributes to the creation of behavior act.

Each behavior creation has its time stamp from the birth to the end of life. The longitudinal study on the same individual at different time quantum or time point, the cross-sectional study on individuals with different properties at the same time and the comprehensive study on different individuals that reach the same time are the three perspectives of research on the development and learning of behavior creation and controlling and exploring its casual relationship and changing factors. Clarifying the property of biological time is very necessary for behavior creation. Biological time mainly includes age, bone age, time of biological clock, psychological time and reference time of individuals.

2) *Social time*: The sociality of human depends on the biological property of human, so does the creation of human behavior. Human is a kind of animal and has three instincts of

finding food, defense and sex [11], and its behaviors aim at survival. Instinctive behavior is the basis of forming acquired behavior, and acquired behavior can influence instinctive behavior to some extent. Researches show that instinctive behavior and acquired behavior are two relative concepts. The relationship between them is crossed and they interact with each other. Besides, they are not entirely separate two behaviors. [11] The relationship between instinctive behavior and behavior is like the relationship between creative potential and creativity, showing that the behavior creation is sequential and continuous in time domain. Exploring the ability of behavior creation and the process of creation and invention and its rules is necessary and indispensable. To avoid the situation that the establishment of personal subjective time will make human collaboration difficult and divergent, human society has formulated several time standards (objective time) and complied and implemented within certain limits according to the convention, such as world standard time, timer time and internet standard time. The social value of time is self-evident.

3) *Virtual time*: Virtual time refers to the imaginary time that is relative to real time. It is impossible for digitization time to accurately record the biological time of human; the ever-increasing information wave has overwhelmed human body, and human appears to be so tiny in front of the huge data volume. Bringing the concept of virtual time in behavior creation is a necessary objective demand, such as expected time, assumed time and estimated time and so on.

C. Sports Behavior Creation Based on Time View

1) *Analysis on the process of behavior creation under time view*: The sports behavior creation under time view is

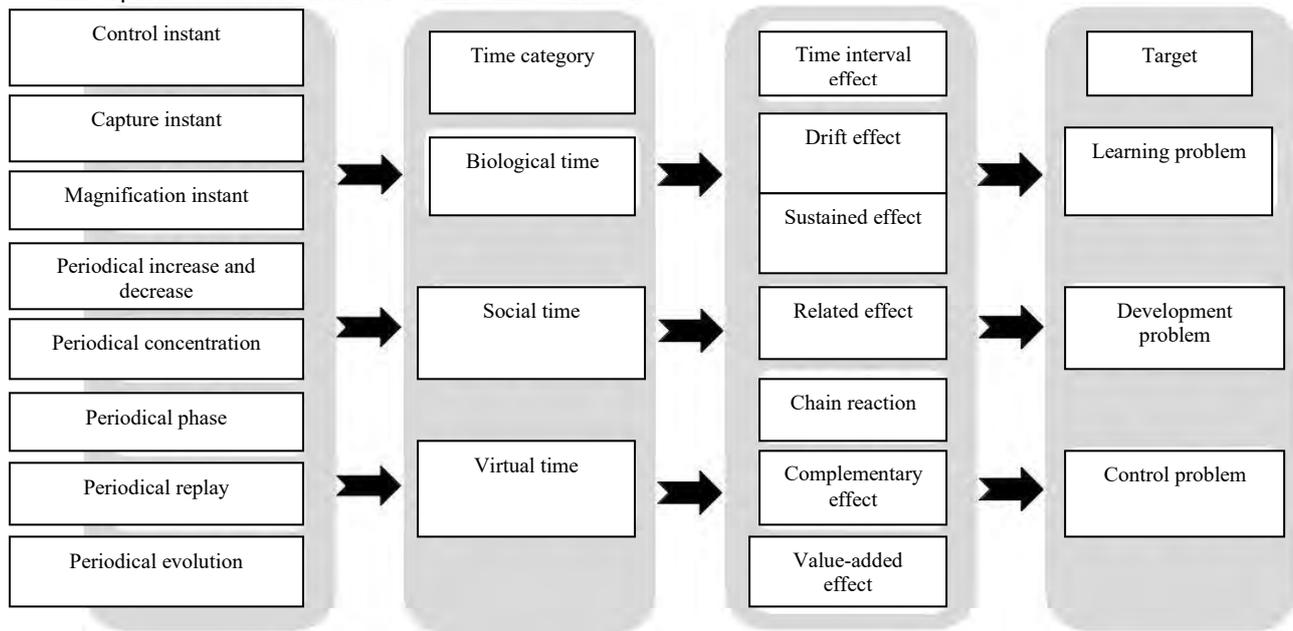


Fig. 1. Path diagram for the behavior creation in time view.

Biological time is often chosen in the original period of penalty kick. The expected goal must conform to the natural

discussed as shown in “Fig. 1”. We must clarify the target before behavior creation, namely to solve what kind of problem and to reach what kind of degree. The target of behavior creation includes three aspects, namely development, learning and control, which interpenetrate. We explain through taking the penalty kick in football as an example. If the target is to kick the ball into the goal, we only need to pay more attention to the direction and power of kicking the ball than time. It belongs to the creation that focuses on learning and development, the update of motion behavior and the internal creation, which is the behavior creation at a relative low level. It is called self-innovation is the target is completed, because it cannot be called innovation for others. If the target is the specialized training for penalty kick before the competition, the shooting must simulate the competition situation. For example, under the decline of physical agility and the external environmental disturbance, intensive training is required for the run-up time, opportunity of touching the ball and observing the state of goalkeeper in a short period and whether fake action is needed in shooting. Meanwhile, the selection of fake action and the time for the appearance of fake action as well as some technical link need intensive training. It belongs to the behavior creation at a relatively high level, which focuses on development and control purpose. If unusual combination of creative paths has been applied in the process of goal attainment, it can be called behavior innovation, such as to shoot and goal through “fake action”.

development law of individuals and need acquisition to reach effective creation and be easy for the research on behavior

creation. Social time and virtual time can also be added moderately. The effect of goal attainment after the combination of paths must be observed before we integrate multiple time paths. As shown in “Fig. 1”, the subject is a 10-year-old child to learn in appropriate time. In learning the penalty kick, he learns to kick the ball through tiptoe, instep and foot arch (control instant), and to touch the ball through combining different parts of the foot or the intensive practice on single part that touches the ball (capture instant); to learn segmented movements in the instant of touching the ball, understands and analyzes the details of movement (“magnification” instant); to reasonably arrange time and increase and decrease different periodical times in warming up, game, the entire exercise in penalty kick and the intensive practice of segmented movement (periodical increase and decrease); to learn transposition practice of field goal kicker and can be coach, goalkeeper, audience and referee (periodical phase); to continuously and repeatedly conduct the combination practice of certain movement or some movements (periodical replay); the motion learning is from simple to complicated and from easy to difficult, and the quality of movement accomplishment is from low to high (periodical evolution).

In each time characteristic, there is the time of three properties for choice. People can choose effective methods of time variation according to target requirement and carry out shooting practice successively (time interval effect) with the time interval of 15 seconds (social time) of tiptoe, instep and foot arch (capture instant), and kick 10 balls (sustained effect) within 10 minutes through foot arch; make use of video teaching, slow down or freeze time (virtue time) and find out advantages and disadvantages of movements related to us (related effect) and improve it. Because of the difference between people, the degree of goal attainment of learning is absolutely inconsistent. Therefore, the role of the original paths for behavior creation on different people is different. People who fail to achieve the goal must reflect to see whether the time of using creation paths is unreasonable or the degree of the path on accepting time factor is limited, whether to change the path that cannot control time very well or comprehend by analogy on other time paths. People can increase the practice of improving the ability of controlling time on the various kinds of social time and add diversified time type and time combination and intensify the practice on the aspect of sustained effect to develop movements. People who can achieve the goal very well need to create multiple paths and the combination of multiple paths. Under the setting of various virtual times, people can carry out the practice of periodical evolution of movements to enhance skill level. The goal of 1 to 2 fake actions is needed in penalty kick in order to score a goal.

2) *Rules of behavior creation under time view:* Behavior creation aims at solving problems, so whether the goal setting is reasonable is of vital importance. There are two kinds of goals, namely objective goal (to reach certain objective criterion), such as the goal that must be attained in limited time (to complete the specified movement within the prescribed time; the longer it takes to complete movements under certain requirements, the better; to complete the specified movement within the shortest time and to attain the

goal without time limit); another is subjective goal, namely the goal set by people with subjective consciousness temporally, the general goal or stage goal set by coaches or learners. The setting of subjective goal depends on people’s experience. Under the situation of not considering individual difference in advance, the higher the difficult of goals and the more complicated the combination of time paths, the higher the behavior creation will be, otherwise the lower it will be.

People have the ability of reversely inspecting time, namely time reverse method, including time reverse and time sequence reverse. People can review and inspect the history of the path of behavior creation and carry out a comprehensive and systematic and deep scientific analysis and research on the creation path, and retrospect, research, conclude and refer to phenomena appearing in the paths of behavior creation. “Time reappearance” can be conducted when necessary [8]. Time reverse method is the same as grasping the time with positive sequence. It is a crucial method of promoting experience accumulation. In particular, the intervention of modern science and technology make time reverse method become an edge tool of behavior creation.

When standard of behavior creation or optimal path forms, it will become a template or model. The difference of body makes it is necessary to scientifically recreate the existing paths in the application process. The management of fuzzy time belongs to the knowledge (concept) innovation that bases on the innovation of motion behavior. The quantitative method of fuzzy time (the precision of fuzzy time) means injecting the rigorous mathematical methods into the fuzzy region and carrying out mathematical analysis and quantitative study on the phenomenon of fuzzy time. The quantification of time is discussed from the perspective of controlling time instead of the perspective of body. The method makes for the establishment of scientific work order and keeps the necessary flexibility of time to avoid being in a dilemma that the time is out of control to a large extent. Subdividing fuzzy time helps us to control time and the innovation of motion behavior will correct to a millisecond according to the need of goal. Focusing fuzzy time means adjusting or centralizing dispersed fuzzy time and using it intensively. A path of behavior creation will proceed under diversified fuzzy time. It is necessary to conduct objective focus of fuzzy time. It will save the time to obtain the best creation path. Besides, the fuzzy times of multiple creation paths will overlay and intersect to achieve the goal. It needs us to scientifically plan the use of fuzzy time and make the utilization accurate and reasonable. The storage method of fuzzy time means using time to exchange for creative things or creative experience in behavior creation and making the worthless time become valuable.

In the selection of time type and time effect, the principle of applying the rule of time is to base on the effective implementation of behavior creation. No matter whether the problem can be solved, whether the goal can be achieved and how about the degree of goal attainment, in the overlap and intersection of different types of time and in the continuous exploration and repeat of paths of behavior creation, our body has recorded the sensory perception through skeletal muscle and effectively achieved the optimal path of expected goal. Moreover, the optimal path conforms to the principle of best or

minimum energy dissipation. In the selection of norms and rules of time in each creation, practice approach is creation. We need to continuously try and explore in choosing the reasonable, scientific and appropriate path of behavior creation and its way of combination. With a strong reflective ability, people will sum up several paths of behavior creation for later use, so that they will acquire and extract at any moment when meeting similar problems or goals. This is the experiential value of the innovation of motion behavior. If people cannot achieve the anticipated goal in behavior creation and the path is regarded as the best or most appropriate, a series of auxiliary appliance or equipment that helps the behavior creation will be created to promote goal attainment. The behavior of creating and using the auxiliary equipment also becomes a part of human behavior creation. After the anticipated goal is achieved, some path of behavior creation will be regarded as the standard path or best path. When the object is difficult to achieve or the effect of attainment is not good, the path of behavior creation with "concentration of beam" or "assembly" established will be replaced by "single" or "monotonous" path to make the goal achieved unexpectedly and smoothly. For example, in the penalty kick of football, grasping the time and rhythm of run-up will be more favorable for the increase in the probability of scoring a goal.

The establishment of the path of behavior creation and permutation and combination, the improvement and recreating of the path of time reverse and the mixed combination of the path for behavior creation related to the positive sequence of time and time reverse belong to the creation of behavior path. After the anticipated goal is achieved, it may solve a series of problems, which will trigger or promote the attainment of other goals, to effectively change the creative ability or provide effective decision for the next choice in what kind of time in the process of behavior creation. Paths of behavior creation are goal and basis mutually and can judge in advance or predict the possibility of attaining future goals and indicate the path or path selection to solve other problems in the future.

D. Behavior Creation and the Time Consciousness of Body

Except for the significance of psychology in time domain, time consciousness has the meaning of time concept and is the alternative word of time concept. Personal concept and psychology are abstract but shown by words and deeds of individuals. It belongs to the same kind even though they have difference.

We often find there are always some moments that are always in our mind, not restricted by the law of time and in the pure state. It belongs to the past and the present at the same time and can make us better feel the reality than the past and the present. Time, as the reference of the elapse of life, has proved the journey of human heart like the generation, rest and disappearance of human emotions and represented in the colorful life of human.

Internalization and the time of body have depicted the context of generating time consciousness and the level of significance. People appreciate more scenery from the perspective of time and experience the process that the memory is stored, established or forgotten. It will definitely relate to the

historical moment and time concept that are exclusively belonged to everyone. It shows the timeliness at different levels for the past, the present and the future and the cognition on the relationship among them, in order to simulate the past that disappear from the scene. Using the characteristics of time and the plasticity of body to reconstruct the way of thinking that centers on body makes creation ubiquitous.

IV. SPACE-TIME VIEW AND BEHAVIOR CREATION

A. The Space-time Concept Has Replaced the Concept of Time and Space

Kant thinks the pure knowledge that is different from the experiential knowledge exists and can exist independently without experience. In the sensitive stage, only time and space, the two kind of knowledge, can be called pure knowledge. Space is an external sensory form and time is an internal sensory form. The outer world only provides us with sense materials. It is the spiritual parts of us that arrange the materials in space and time and provide diversified concepts for us to understand experience. People gradually form the fundamental sensation and the consciousness for time and space through body movement, having laid a basic frame for the development of people's subjectivity. [12] In behavior creation, we can use time view to solve space problems and use sense of space to solve problems of time, namely the mutual conversion of space and time.

Time and space are the basic forms for the existence of moving substance. Time and space has organic inner connection. [8] Time and space are inseparable, and the distance of space and the length of time can only be expressed through "interval". The view of space-time unification is to use the principle of continuity of time and the stereoscopic and systematic principle of space to inspect and analyze the law of cognizing things from the relationship between elements in the entirety. The view of space-time cross is the theoretical opinion that uses the complexity of space and time to observe, think and solve problems. The basic structure of the actual space will gradually form through displacement, and the cross of spatial order and time series will form through body movement. The view of space-time penetration means the mutual penetration of time and space. The view of space-time conversion is the general theoretical term for the conversion between different space and time and the conversion between space and time. The view of space-time complementation means the favorable time factors will become favorable space factor. The advantages of space will also become the advantage of time. Mutual feedback exists between them and they supplement and benefit each other. [8] Different feelings for time will produce in the real and virtual space.

B. Behavioral Creativity Under the View of Space-time

The behavior creation under the view of space-time can be expressed through the equation: Creativity=K × knowledge × experience × ability. K is the constant, given that it is the same between people; knowledge is the knowledge about the view of space-time and the knowledge related to behavior creation; experience refers to the experience of behavior creation; ability refers to behavioral competence. Obviously, the more

knowledge, richer experience and stronger behavioral competence will bring higher creativity. If knowledge is inadequate, we can continuously accumulate experience and improve behavioral competence, so the creativity will be improved; if experience is insufficient, we can expand the scope of knowledge related to space-time and behavior and set about from imitation and details and continuously excavate our potentials, the creativity will also be improved; if knowledge and experience are inadequate, the creativity will be improved gradually if we dare to try and are not afraid of failure and good at summary and accumulation on behavioral competence.

V. PHYSICAL EDUCATION IS THE SHORTCUT OF BEHAVIOR CREATION

A. Behavior Creation and Thinking Creation Enhance Each Other's Beauty in Time and Space

Behavior creation and thinking creation are parallel lines. Human body makes the two lines no longer solitary. The "immersive" reality can only be told in "distortion", because language will be constrained by meaning, but the experience of expressing through language and character has the miraculous power to open the thinking space. When people sigh with emotion that the present cannot compare with the past, "I" is others under rational recognition. Time suspends and the scene at that time appears anew, echoing with the scene at present and showing the existence of life with seamless joint. "I" is indeed me. Each departure of sporting life is told in time domain and full of the aspiration for the future and the longing for ideal. Setbacks and difficulties are the resistance of progress and power; pains are the price of practice and the armor of progress. Life is wonderful because of sports. The rhythm of life is contained in the imagination of time. People persist or shake and give up in time domain. They feel the empty of time and space in front of reality because they fail to completely, explicitly and thoroughly see many phenomena in the existing social space. Body exists via depending on motion behavior, and thinking creation presents the result through body and builds value and significance. No shadows exist without body, and the radiance will be dim without motion behavior and people will get lost in self-quest.

B. Behavior Creation Conforms to the Postmodern Spirit

Postmodernism is to carry forward and seek the creative spirit with the largest freedom (J. F. Lyotard, 1984), and pursue the absolute freedom that takes "uncertainty" as the basic form. To understand and keep the vitality of creative spirit, we need to feel the illiberality in life personally.

Introspection is an inevitable method of improving the ability of behavior creation. The result of introspection is the accumulation of experience. The continuous accumulation of experience will promote the enhancement of behavior creation. As a path or path combination, the path of behavior creation is inclined to keep the stability of its structure. When meeting new situations, it does not redesign but slightly alter from the existing pattern, even first keep the existing pattern. Only when it cannot cope with the situation or there is no more convenient ways will it change the structure of action to which it has got accustomed.

C. Physical Education Provides Platforms for Behavior Creation and Embodies Natural Quality

Physical education is an educational activity that takes the collaboration of big and small muscle groups of body as the main way. Grasping the knowledge of motor skill is different from the learning of textual knowledge. The creation of motor behavior runs through it all the time. In the field of physical education, the exploration on the behavior creation is the research on learning, developing and controlling motor skills. Nowadays, the degree of modernization is relatively high. When people discuss creation and innovation, human gradually mist body and lose the origin of creation and fail to clearly recognize the relationship between space-time and them. The research on behavior creation starts from the "nature" of people to seek the paths of behavior creation. Physical education is the best "stage" for behavior creation.

D. Behavior Is Created in Rules, Embodying Social Attribute

The ability of body movement is known through the test of physical fitness. In the test of physical fitness, we should obey the natural development attribute of the potential of behavior creation. The path of behavior creation is simple and practicable. The movement display tested will naturally reflect the ability of physical fitness of test. Because the individual difference of human is inevitable, it is necessary to make up for individual differences in the natural and social properties of human. Therefore, the task of physical education is to scientifically grasp the best time period of natural occurrence related to the potential of behavior creation and conduct the scientific practice, in order to show creative ability through motion behavior. The path and path combination of behavior creation will stay in human body forever and used by people in life in good time. The development of behavioral creativity is restricted by basic ability, space-time condition and purpose and is improved through repeated practice of paths of behavior creation and its effective feedback; in the process of behavior creation, we should base on experience and take purpose as the orientation and review its constraint conditions, making it is inevitable to recreate behavior creation.

It is extremely difficult to research on the behavior creation of many individuals in daily life, because it is restricted or disturbed by many uncertain factors such as situation, environment and language. It is difficult to provide us with a uniform platform of qualitative and quantitative research. However, physical exercises make the research on behavior creation more scientific. Even the extreme modes and forms of expression are channel and shortcut for self-creation, excavating the potential of self-creation and improving self-creativity.

Physical education refers to the education aiming at human body and has contained the essence that human moves through body. Undoubtedly, it is rational and scientific. "Fresh blood" is injected ceaselessly into the educational knowledge that bases on the body with the scientific and technological advancement, continuously expanding and deepening our cognition and letting the expression of behavioral creativity become an indispensable treasure in our beautiful life.

VI. CONCLUSION

Language and culture are closely related, a language may reflect the rich and colorful cultural forms of the nation. Though we have realized that the cultural differences are existing and objective, yet any of a nation's culture is vast and all-inclusive, therefore, during the college English teaching, teachers should integrate the culture to the teaching in addition to necessary language knowledge, helping students cultivate interests in learning the language, making them capable of English listening, speaking, reading, writing, translation and becoming compound talents meeting the needs of the time.

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