

Research on the Cultivation of Sports Spirit in the Construction of College Sports Culture

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Abstract. Sports spirit is a distinctive cultural phenomenon of thoughts, consciousness and values that people present on the basis of sports. Based on discussion of the sports concept of and the connotation of sports spirit, this paper proposes the cultivation path of sportsmanship in the construction of college sports culture.

Keywords: sports spirit; college sports; cultural construction; cultivation.

1. The Meaning of Sports Spirit

As a kind of cultural ideology, sports spirit is formed through sports, and it is the sum total which mainly embodies human strength, wisdom and enterprise and other most positive consciousness. Sports spirit can produce great inspiration, appeal and conquering power, and guide people to form active and healthy lifestyles and sports practices.

The cultural construction of college sports spirit is the construction condition of the existing form and development mode of sports culture in the special space-time environment of university campus. The college sports spirit refers to the accumulation, integration and refinement in the construction of college sports culture in a certain period, it reflects the sum total of code of conduct, values and consciousness of college sports culture, which is the reflection sports spirit lifestyle and ideology of campus people.

Sports spirit is manifested on two levels; one is the sports spirit at the level of competitive sports, which is the embodiment of the Olympic spirit "faster, higher and stronger." The other level is the spirit of sports culture. The sports spirit refers to the sports spirit in the sense of sports culture for our colleges. In the construction of sports culture in schools, we should do a good job in two aspects; on the one hand, we must strengthen the material and cultural construction of sports, on the other hand, we must strengthen the spiritual and cultural construction of sports, and actively pay attention to the growth of sports spirit, the formation of sports ethics and human purification of human, and makes the sports spirit become the core value pursuit in the construction of campus sports culture.

2. The Content of Sports Spirit

2.1 Scientific Spirit

Physical training is a science. The scientific nature of sports is fully reflected in sports training, physical exercise and activities, sports competitions and physical education and so on. Sports must follow the laws and rules of sports, as well as the typical laws of each sport, and conform to the scientific laws of human development. The scientific nature of sports and the law of following the development of the human body should become the dominant factors in the content of campus sports culture and campus sports spirit.

2.2 Fair Competition Spirit

Fair competition is the most fundamental expression form in all sports competition activities and a distinctive feature of the sports spirit. Sports competition is contest and competition on the basis of fair competition, every competitor must compete in accordance with fair rules, everyone is equal and has no privilege, this is the embodiment of the fairness of sports competition. The sports spirit of fair

competition refers to the good civilized sports moral quality expressed in the code of conduct of “fair, just and open” sports competitions.

2.3 Dogged will and Combatant Spirit

In sports activities, participants need to constantly overcome various internal and external disturbances and difficulties on the basis of consuming a lot of physical strength and mental strength, and can withstand the test of winning or losing brought by high-load and high-intensity competition through the dogged will quality and the enterprising spirit, and then achieving higher and stronger goals of achieving self and exceeding self.

2.4 Strive for Excellence

The "faster, higher and stronger" modern Olympic spirit fully demonstrates the sports spirit to strive for excellence. Any form of sports competition must bear the test of victory and defeat, loss and win, early or late, success and failure, each participant hopes to win and succeed in the competitive process, and consumes a great body and mind to overcome yourself and others, they must not only strive for the first in the competition, but also achieve better results and create the best results in the competition.

2.5 Unity and Cooperation Spirit

Any form of sports actively advocates displaying individuality and collective unity and cooperation. Any sports project is not a personal performance but a team's cooperation, and unity and cooperation interpret the profound connotation of sports. Whether personal individual sport or a team project sport, it is not only necessary for sportsman to personally demonstrate their abilities and good competitive level, more need for tacit cooperation among players and team support and encouragement, integrate me and everyone, work hard toward a common goal.

2.6 Abide by the Spirit of Rules and Ethics

Abiding by rules and sports spirit, respect for opponents and respect for referees are basic requirements for sports tournament and sports activities. Under the premise of abiding by the rules; and create the sports achievements, they will be popular and praised by the audience; and people who do not follow the rules and ethics of sports, they will be punished by sports rules and criticism from the audience, obeying sports rules and sports ethics is a reappearance of the Olympic spirit.

2.7 Health First Value

For college sports culture education, the unity of students' physical and mental health and harmonious development is the pursuit of sports spirit at the highest level. The passion and spirit of sports is not only to transform the body, but also to achieve the goal of "fitness", more importantly, it is to show the sports culture on development of vitality, obtain spiritual pleasure, soul freedom, the improvement of moral taste and the display of life ability, and then realize the value of the unity of physical and mental health and harmony of "fitness, soul cultivation and moral cultivation" trinity. This kind of life value of harmony and unity of physical and mental health is just the annotation of the profound connotation of sports spirit to human development.

3. Training Path of Sports Spirit in the Construction of Sports Culture in Colleges and Universities

3.1 Create a Good Atmosphere of Sports Culture

At present, sunshine sports activities developed in colleges and universities across the country advocate the concept of "I exercise, I am healthy, I am happy", which is deeply loved and recognized by college students, it provides an opportunity for the shaping sports cultural spirit, creates a strong cultural atmosphere for the campus, and achieves positive results. Especially the cultivation of good

exercise habits and healthy life style, the campus has formed an atmosphere of advocating exercise and pursuing health, which will greatly enrich and activate the campus cultural life. For example, we can set up integrated sports activities inside and outside class, enhance the awareness of college Students' active exercise, create a campus sports culture atmosphere, and convey sports spirit.

3.2 Take Sports Spirit as the Core Value of College Sports Culture

As a sports culture education in colleges and universities, the core value of its sports spirit is to pursue the unity of harmonious development of body and mind, achieve harmonious development of body and mind, culture and morality, personality and conduct, and lays a solid foundation for the development of students' lifelong sports and sports spirit. Therefore, we should regard sports spirit as the core content of college sports culture construction, highlight and manifest the ontological value of sports spirit in college sports culture education, better realize the purpose of college students' physical and mental health and harmonious development, and promote the growth and perfection of college students' spirit, form their own sports spirit values.

3.3 Incorporate Sports Spirit Training into the Campus Culture Construction System

Influenced by traditional ideas, sports are never cultivated as a kind of spirit. Relative to foreign countries, China relatively lacks the cultivation of sports idea. Colleges and universities are important places for talent training; cultivating sports spirit can better promote the physical and mental health of college students. Therefore, schools should improve their ideological understanding, incorporate sports spirit into the construction of campus sports culture, form an atmosphere where everyone attaches importance to the cultivation of sports spirit, and form a normalized cultivation mechanism, and take the initiative to undertake the responsibility of cultivating students' sports spirit.

3.4 Innovate Campus Sports Culture and Cultivate Students' Sports Spirit

The innovation of campus sports culture is mainly reflected in the material culture, institutional culture and spiritual culture of sports three aspects. The innovation of sports material culture requires schools to continuously strengthen the construction and investment of sports hardware facilities to meet the needs of college students for sports activities. The institutional culture of sports and the innovation of spiritual culture are innovations in the concepts, values and ideologies of sports culture education and the expansion of sports spirit content. Therefore, based on strengthening the material culture of sports, schools should more strengthen the construction of sports spiritual culture, build the cultural outlook and values of college students' sports spirit, and strive to use the power of culture to cultivate sentiment and strengthen spiritual strength, so that sports spirit can be truly infiltrated into the education of campus sports culture.

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