

Strengthen the Body-mind Quality Education and Cultivate All-round Talents

— from the perspective of school physical education

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Abstract:

The target for talent cultivating in the 21st century is an integrated development morally, intellectually and physically. In the process of talent quality education, physical education is an indispensable component. It is the approach and path to enhance students' health level, improve their quality both spiritually and physically and enrich their cultural life. This paper adopts methods of data collection, comparative analysis to probe into the relationship between school physical education and talent quality cultivation. Conclusions thus drawn are: school education integrates moral, intellectual, physical education and psychological education, forming an important component in promoting talent quality; school education should give full play to physical education in its function and impact on the all-round education of talents, enabling students to have an integrated development on the basis of a healthy mind and body and thus furthering the comprehensive elevation of China's education quality.

Key words: Physical quality; Psychological quality; School education; Talent cultivation; All-round Development

Introduction

Quality refers to the original attribute of

an entity. Body-mind quality is the combination of physical and psychological education. Physical quality refers to a series of qualities that a college student should own including a healthy body, comprehensively developed physical endurance and adaptability, good healthy habits, regular life and so on. Psychological quality refers to such a series of qualities that a college student ought to have like stable and optimistic emotions, strong and constant willpower and distinctively unique personality. 21st century is an age of competition, competition of talents where the key lies in the competition of the body-mind quality of talents. What kind of talents our society will have tomorrow is determined by what kind of talents our colleges develop today. When talking about the national education policy, Mao Zedong once pointed out, "Our national education policy should make the educated get full developed in aspects of moral education, intellectual education and physical education (PE) and become well-educated workers with socialist consciousness." The Education Act stipulates, about our national education policy, explicitly that, "Education must serve the needs of socialist modernization, be integrated with productive labor, and train builders and successors who are well developed morally, intellectually and physically." The integrated development of moral, intellectual and physical development mentioned here is the basic requirements for the quality of talents and also is

important measurement for the education and training.

Various kinds of colleges and universities are the cradles of talents in the new era and also the main channel and front of talents quality cultivation. In cultivation of talents quality, body-mind quality is an indispensable part of talent development, physical education means important method and strategy to strengthen the body-mind quality, improve the healthy level and enrich the cultural life to students. The physical education in college and university lays a firm body foundation for students who will be confronted with tough learning and working in the future, supports the improvements of intelligence level and ideological realm and also offers an active promotion to a series of quality developments in aspects of intelligence, morality and aesthetics.

1. The current situation about the body-mind quality of Chinese college students

The comprehensively developed talent quality would include ideological quality, cultural quality, physical quality and psychological quality and physical quality is the basis for all the other qualities. The quality of the basic factor determines the level of the whole quality.

1.1 The decline of students physical quality

After the Cultural Revolution, our national education grew rapidly, in this period, various kinds of colleges and universities sprang up, the education system was becoming completed, the enrollment of colleges and universities also got enlarged and the education quality was also in a process of improvement, all of which are of great importance and benefits to the improvements of national education level and cultural cultivation. Under the guidance of our national education policy, colleges and

universities always adhere to a firm and correct political orientation, giving moral education a priority which generally increases the moral and intellectual quality of students. But the decline of physical quality and the psychological quality in a lower level is also an undeniable fact. Due to the exam-oriented education which is lack of necessary body-mind education, the students vision badly dropped, myopia nearly universally exists among students. students of overweight type and “Bean sprouts” type are not in the minority, and the problems such as hyperglycemia hypertension and hyperlipidemia get much worse. The deformed situation of the educated is not conducive to the cultivation of talents with integrated qualities. Zhang Xinsheng, former vice minister of education, vice president of FISU (Federation Internationale Du Sport Universitaire) once also expressed his concern about the current physical situation of students when interviewed by a journalist from the Xinhua New Agency. He said, “with the continuous development of economy these years, our education also made considerable progress, but the health situation of students didn’t get improved in many aspects and even showed a trend of decline in some aspects.”

1.2 Psychological problems get prominent among students

With the development of society, the problems students are confronted with in social environment and in the growing process become much more complicated and varied. To students, the requirements from society is high, so is the expectance from parents and their personal desire for excellence and success is also strong. With the increasingly fierce competition in college entrance examination and job-hunting, in order to win in various kinds of competition, almost all the students devotes themselves to study so that they are psychologically vulnerable and of

poor adaptability and instable emotion, often losing mental balance. Negative emotions like pessimism, anxiety and depression exist among some students because of such factors that their psychological development is still in the immature stage, that they are short of social experience, that they are confused about some social phenomena and the problems labeled by puberty, that the gap between the ideal and the reality gets widened and that they have to face the setbacks in study and life. Malignant events occurrence ratio increases due to the psychological problems of students and these problems have obviously had a negative influence on the healthy development and growth of part of students. Facing the challenge of the new century, improving the psychological quality of students has become a very urgent task before us.

1.3 General education guidelines with vicious competition under the college entrance examination pressure

As a set of talent-selecting system, the existence of the college entrance examination gives no ground for blame. However, a large part of schools take the enrolment rate as the standard to judge the school quality and ignore the comprehensive development of students so that the grade of students always masks the unbalanced development in morality, physical health and intelligence and also gets the harmfulness of the decline of students body-mind quality less known. "High enrolment rate means good education quality, low crime rate means outstanding ideological work and low out-of-school suspension rate means perfect healthy problems handling." This seems to be a set of standard for self-assessment to some schools. Under the dominance of the baton of college entrance examination, the students get heavy learning burden, become carriers of information

and knowledge in the process of hard study and cannot recognize and understand that being a student is also an indispensable experience of life. Therefore, the subsequent emotional problems are difficult to solve and the students would always run to the extreme. What's worse, the simplicity of school education makes the students get into society and universities with terrible anguishes, kicking these serious problems to universities and making the psychological depression accumulated in the stage of compulsory education get erupted in university stage. Thus, the problems such as poor physical quality, high myopia in large numbers of students, low sports skills and a great many psychological problems can be traced back early to the stage of compulsory education.

2. School physical education and the cultivation of the body-mind quality of talents

School education should insist on comprehensive quality education and promote the integrated development of students. If our schools still cannot strengthen the physical education of students and well-shape their bodies, minds and souls, no matter how excellent our students are today, they may not be able to be qualified to any work and contribute their knowledge to our motherland and the people tomorrow without a strong and healthy body. Therefore, school physical education is important method and strategy to strengthen the body-mind quality of students, improve their healthy level and enrich their cultural life, has internal relations with moral education, intellectual education, aesthetic education and technical literacy and skills education, and play a active role in promoting the comprehensive development of students quality. If the situation that the students quality didn't got full developed can be said as "congenitally deficient", no remedy following after the recognition of this situ-

ation must be “postnatal maladjustment”. But “it’s never too late to mend!” school education is a significant learning stage to students and also an important stage for school to cultivate the quality of students comprehensively. There are a great many methods and channels to cultivate students comprehensively in university stage. This paper would just analyze and study School physical education and the cultivation of the body-mind quality of talents from the perspective of school physical education.

2.1 The moral element in school physical education is conducive to the cultivation of students moral quality

Through group sports activities, School physical education benefits students in many ways. It cultivates the collectivism quality of students, helps students to learn to how to deal with their relations with other students and the collective and to enhance the sense of organization and it also beneficial to students in the cultivation of the spirit of persistent bravery, insistent endeavor and active enterprising and the ideology of rules-observing and sportsmanship-developing. In the sports games in school, the students, in order to reach the common goal, together as a team open their hearts to each other to get mutual understanding and allocate resources reasonably and efficiently, making every team member’s advantages put to good and full use. In this process, they cooperate with each other to accomplish their common task, which provides a reproducible sample for us in the current society. Competition can inspire students’ curiosity and help them to progress, conducive to the cultivation of their spirit of keeping marching on and working hard; cooperation can enhance the friendship and mutual solidarity among students, making them ally as a unity for their shared collective benefits and glory. School physical education influences the students to relate their

personal status and role with society requirements, distinctive personality with the harmony of society and to deal with their relations with others, society and nation and learn to live together. Through purposeful, planned, organized physical education, training competition and other extracurricular activities, the campus sports culture forms a significant atmosphere, in which the students would be influenced unconsciously and internalize this kind of spirit as personal ideology and behavior. In a word, physical education is not only a necessary condition for the development of body quality but also an important basis for the improvement of students’ moral quality.

2.2 The requirements of school PE promote the development of students’ intellectual quality

With the continuously enriching and updating of the teaching content of modern school and the increase of the amount and intensity of teaching cognition activities, the demand for students’ body quality gets higher and higher and hence the role PE plays is more and more outstanding. With aim and plan, school physical education instructs students to learn actively and grasp some particular knowledge and skills, developing their cognition ability and moral quality. The better their physical quality is, the more fit the students are for the learning of science and culture and the intellectual development. School PE is of rich content and various forms and can teach students a good healthy life style and a positive life attitude, through which the students would grasp a scientific method to do physical exercise, the prevention and simple treatment of sports injury, the rule of sports competition and a good understanding of Nutrition and health care. It also enriches the sports culture of students and helps the students to grasp a better participating and viewing capability of sports activity and to cultivate a good habit

to improve their physical fitness through exercise. Meanwhile, through participation in various kinds of extracurricular sports activities, the function of physical education as “the second classroom” is also put into full use and the enthusiasm of students to participate in sports activities also get encouraged. With school PE, the horizon of students is expanded, their learning method is optimized and the mastery and understanding of knowledge is also deepened. Actually, the ability and quality to problem-recognizing and problem-solving of students is improved by understanding the world from different angles and trying to solve problems in different ways.

2.3 School PE improves the psychological quality of students with rich material

Psychological health (mental health) refers to the integrity and harmony of people's basic psychological activities which means the integrity and harmony of cognition, emotion, willpower, behavior and personality and the capability to adapt to society and keep pace with society. Psychological health is a very important factor for talents in the future. The cultivation of students' psychological quality is an important part of quality-oriented education. According to some scientific study, physical activity can play a positive and active role in improving the psychological health of students and is also the key to help them to open their hearts, because physical activities can increase the potential of the body especially the brain of students, raise the working efficiency of brain, release their mental pressure and fatigue and improve their psychology bearing capacity. Frequent participation in physical activities can make students optimistic, open-minded, hardworking and positively ambitious. Therefore, the cultivation of students' psychological health within physical education becomes an unshirkable responsibility of school edu-

cation. School physical education can improve students' ability to adapt to the learning environment and interpersonal relationship and to have a better understanding of themselves and psychological bearing capability. It is also conducive to the enhancement of students' behavioral norms, the mutual understanding among students and the cultivation of a good society attitude, the development of their initiative and judgment of moral problems, promoting the formation and development of their personal character. As a special education method, physical education, through effective physical activities, can reproduce people's inter world, the ideology of people can adjust people's pursuit of physical education in turn. In this way, in the long process of physical exercise, people's cognition, emotion, willpower and behavior get developed, and their personality gets cultivated, capability enhanced, psychological quality improved.

2.4 The combination of strength and beauty in school PE promote the development of students' aesthetic quality

Physical education itself contains an aesthetic element, which is called physical aesthetics in terms of sports aesthetics. The physical aesthetics is firstly represented by body shape intuitively, its judgment is based on a series of factors like skeleton, muscle, posture and appearance, and it is a healthy, straight and non-pathological image. Secondly, physical aesthetics can touch and inspire people psychologically and ideologically, making people feel the inner beauty. It is measured by such internal factors as the ideal beauty to pursue the physical education objective, the moral beauty to observe sports rules and the will beauty to fight tenaciously. Physical education passes beauty to people through superb skills. The improvement of people's aesthetic

taste and connoisseurship is based on particular cultural background, and it is the technique beauty formed through the tough physical training, long-term skill learning and unique creation of beauty. These contents are seen as the requirements of physical education and the essence is actually the comprehensive training goals combined with and permeated by aesthetic education. Therefore, the development of physical sports can not only improve physical quality but also improve the health beauty of the whole society and college students' aesthetic quality.

2.5 School PE promotes the development of professional skills through teaching basic skills of production and work

The production activities need workers with coordination of movement, physical endurance and certain production skills. All of these necessary factors can be developed and trained in physical exercise. Meanwhile, the work efficiency would be raised with the application of the sports games' techniques and skills into producing and working. Although the traditional production mode is experiencing a tremendous change with the development of science and productivity and the physical factor in production and work is gradually replaced by modern life style based on high technology, the training and cultivation of work skills is still necessary to everyone, and physical education is a direct, effective and simple way to realize the training and cultivation. In a word, physical exercise can help with the comprehensive and coordinated development of students, the improvement of people's physical quality and basic activities of daily living and lay a foundation for the labor skills education.

3. Conclusion and Suggestion

3.1 Conclusion

School education is the stage of knowledge learning for students and also an important period for the comprehensive development of students' quality. Tightly integrated with moral education, intellectual education, psychological education and aesthetic education tightly, School PE has been an important part of the improvement of students' comprehensive quality. School education should take full use of the functions and advantages of school physical education in talents training and quality improving, make our students well-rounded talents with healthy body-mind quality and promote the overall development of school education quality.

3.2 Suggestion

School education should integrate physical education tightly with moral education, intellectual education and psychological education and make school PE an important role in the cultivation of talent's quality. It should also take full use of the functions and advantages of school physical education in talents training and quality improving, make our students well-rounded talents with healthy body-mind quality and promote the overall development of our national education quality.

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