

The Study on the Development of Physical Education in China

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Abstract. In the past, China's physical education experienced a development process of growing out of nothing, and from imitating to mirroring. Up to now, it has found a right road of development embodied with China's characteristics, and the development theory of sports education has been gradually mature. The essay analyzed the present situation of the development of physical education in China by inspecting the development trace in the past one hundred years, on the purpose of establishing a new system of physical education.

When investigating a thing's development process, we'll have to pay attention to its past, now, and future, and the development of physical education is not an exception. The different stages of the development of China's physical education covered up to one hundred and a half. Every stage will abandon something old and create something new, producing a scroll effect, which consisted of the history of China's development of physical education. Investigating the development of physical education in China in the past one hundred years is conducive for us to grasp the overall development of the physical education in China.

The course of the change of China's physical education in the past one hundred years

a. The situation of the physical education from the Opium War to the May 4th Movement

Since the Opium War, sports had been into the New School and become a class as a "western art", and the Military School has also started the gymnastics classes. Meanwhile, all kinds of gymnastic activities were carried out with priority to western modern gymnastic activities. Westernization Movement exerted a positive effect to the modern physical education objectively in China. During the process of Reform Movement, the bourgeois reformists whose leader is Kang Youwei imagined a preliminary complete education system, emphasizing the role of the sports in the school education, which produced an enlightenment effect to the development of physical education in China in both theory and practice.

In the late nineteenth century, American and Britain sects stated plenty of church schools, which attached great importance to the after-class sports activities, although they didn't have formal sports classes. They established various sports organizations and track and field teams, carried out the wonderful athletics and sports activities and held sports competitions, by which they spread western gymnastics. In 1904, the Qing Government issued the set up some standard to the sports curriculums in the schools of different identities and ranks. After the Xinhai Revolution, in 1902 and 1903, the government of the republic of China made a correction to the school education system in China. After the execution of the new educational system, schools at all levels started the gymnastic classes, by which, the modern sports education obtained an extensive development, ending the two-thousand-year history without fundamental sports classes.

b. The physical education after the May 4th Movement and before the foundation of the People's Republic of China

During the May 4th Movement, Militarism that was prevalent in one time increasingly declined, and the soldiers' lost the previous important role in the school sports education. In 1923, the Beiyang Government issued the <Course Outline Draft> aimed at the primary school and the high school students, and changed the "Gymnastics" to the "P.E." formally, which is a great change and reform in the school sports in China, symbolizing that the school sports education had been into a new stage of development. The school sports education in this period all abandoned the soldiers

gymnastics and athletics and sports activities became the main part. And American sports thoughts which adhered to naturalism spread widely in China and had a great influence on the school sports education. In addition, the Kuomintang(KMT) Government strengthen the management on the school sport education, issued some laws concerning the school sports and took some political actions, making the school sports start to develop systematically and regularly.

c. The sports education from the foundation of the People's Republic of China to the Reform and Open up

In 1949, the People's Republic of China is founded. As a result of the influence of international political environment, the fate of China's physical education has close relationship with that of our mother country. At the beginning the foundation of the People's Republic of China, Chairman Mao put forward the guidelines "To be health is in the first position, and to study is the second", "Be in good health, study well and work well". The Central People's Government of the State Council issued<The decisions concerning improving health of students in different classes of schools> later on. All of these had a great effect on the physical education. At the same time, under the influence of the sports thoughts called "three foundations" of the Former Soviet Union, China's physical education formed a teaching system about physical education whose goals included imparting knowledge, motor skills and technology, pursuing the perfect and completeness of technology and emphasizing the technological details.

d. The physical education in the new period

After the Reform and Open up, undertakings of physical culture and sports had developed rapidly. From series of sports teaching outline and work rules set up by China's government, we can see that the physical education in the new period increasingly adjusted to the demands of social development and students' comprehensive development. In 1978, the Education Department complied <Physical Education Syllabus in Ordinary High Schools> and issued <Provisional Rules of School Sports and Health Work>, <Provisional Rules of Work of Higher Universities and Colleges>, <National Physical Training Standard>, <The teaching guidelines of the physical education curriculum in the national ordinary higher universities and colleges> later on, which all strengthened the physical education, perfected the teaching system, offered a criterion of exploring the school physical education in the primary stage of socialism with Chinese characteristics. In 2002, <The Table of Student Physical Healthy Standard> the Education Department and the General Administration of Sports issued together started to be implemented in most of the schools all over the country, further realizing the guidelines" To be healthy is in the first position". From what has been discussed above, series of laws issued and new corresponding measures taken by China's government in the new period produced a deeply strategic meaning in order to promote the work of physical education in China.

The revelations from the course of the change of China's physical education in the past one hundred years

a. Local features are the foundation of the development of the physical education

In the past one hundred years, China's physical education experienced such a process of development as imitating Japanese teaching systems, referring American teaching systems and implanting the Soviet Union's model, showing strong foreign culture orientation and the exogenous characteristic. After the Reform and Open up, China faced a new situation of stable politics, booming economics and diversified culture, offering an unprecedented great environment to the development of the physical education in China. In order to reach the overall requirements of the quality education, we had to get rid of the shackles of the Soviet Union's pattern which had characteristics of high centralization and dense technology. Developing China's local physical education and absorbing the mainstream all over the world is the foundation of the development of physical education in China.

b. Government's attention is crucial for the development of physical education

From the several changes of the purposes of the physical education, we can see that the role of the physical education was rising and gradually developed into a dispensable part to cultivate students of sound development. Series of government's provisions concerning the physical education standardize and guarantee its development and also reflected that the government attached importance to the physical education. As a matter of fact, it's the government attention that facilitated the development of the physical education.

c. Students are in the first position in the process of the physical education

Since the modern times, the physical education developed into a diversified culture and got rid of instrumentalism gradually. In 1961, the government issued <Sports Teaching Outline of the Primary and Middle Schools> and emphasized the importance of strengthening the physical education on the purpose of enhancing the physique. In 1992, it added that "we are aimed to strengthen the physical and healthy education and enhance the students' physique and promote the students' development on both physique and mentality and cultivate the socialist builders with high comprehensive quality on moral, mentality and physique". We can see that the aim of the physical education changed and adhered that the students are the center. The one-hundred-year history of the physical education's development in China confirmed that only if the physical education conforms to the students' physical and mental development, it will have strong vitality to survive and develop.

d. There is unbalance in the development of the physical education in different regions and times in China

Since the modern times, the development of the physical education in China showed a characteristic of unbalance in different regions and times. In 1938, Chairman Mao published the essay <The Theory of the New Stage>, referred that the great war of resistance must have corresponding education movements and appealed to carrying out the various sports activities in order to improve the national consciousness of Chinese people. We can draw the conclusion that the physical education served the war of resistance in the Anti-Japanese War. After the foundation of the People's Republic of China, the physical education had developed into a new historical stage and there were differences on awareness, contexts and formality compared with the former ones. The physical education was given the quality of the physical teaching, the after-class activities and competitions. However, due to the great differences on natural conditions, economic development level and culture in different regions, there formed an unbalanced layout and development patterns of the physical education historically. After the year of 1978, the State Council made a decision of establishing the coastal open cities and implementing the coastal development strategy, which produced a positive influence on the development of education, and the physical education is not an exception. In spite of that, there still existed an unbalanced state between different regions and different schools.

Conclusion

Since the modern times, the western physical education along with the invasion on culture and education of the Imperialism countries had been into and spread in China, taking roots, sprouting and growing up in the certain environment of China, which made the traditional Chinese physical education changed with the development of history gradually. After the contradictions, conflicts and fusion with the western physical education, the modern Chinese physical education patterns have formed with Chinese characteristics. We are required to analyze the present situation of the development of physical education in China by inspecting the development trace in the past one hundred years and absorbed the experience and lessons on the purpose of establishing a new system of physical education.

Acknowledge

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