

# *The Enlightenment of the Cultivation of Sports Accomplishment to the Teaching of Public Physical Education in University*

**Haibo Jin\***

*School of Physical Education, Shengda Economic, Trade and Management College, Zhengzhou,  
Henan, 451191, China*

*\*Corresponding author*

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**Abstract:** Sports literacy is a very important part of modern society, which covers many aspects such as sports, sports culture, sports education and sports spirit. In this paper, we will explore the concept, role and training methods of sports literacy, and how to promote the improvement of sports literacy to build college students' confidence, develop physical skills, enhance personal cultural reserves and understanding ability, optimize the public sports teaching system and content, and help students form lifelong sports awareness.

## **1. The Concept and Function of Sports Literacy**

Sports literacy refers to the individual's cultivation and quality in sports, including sports knowledge, sports skills, sports culture, sports ethics and other aspects [1]. In modern society, sports literacy has become an important criterion for evaluating talents [2]. Physical literacy plays an important role in the physical and mental health of individuals. First of all, proper physical exercise can improve physical fitness, strengthen the body, prevent and reduce the occurrence of diseases. Secondly, sports can help individuals enhance self-confidence, cultivate teamwork spirit, and enhance individual emotional regulation and social skills. Finally, sports accomplishment can also promote individual personality growth and cultural accomplishment improvement.

## **2. The Training Methods of Sports Literacy**

A. Enriching personal sports knowledge. Sports common sense is an important part of sports accomplishment, which includes many aspects of sports history, rules, tactics, and safety and so on. Individuals can increase their sports knowledge by reading related books, watching sports games, listening to experts and so on.

B. Improving your sports skills. Sports skill is another important component of sports literacy, which includes many aspects such as sports technique, tactics and competition ability [3]. Individuals can improve their sports skills by participating in sports exercises, joining sports clubs, participating in sports competitions, etc.

C. Cultivating sportsmanship. Sportsmanship is a kind of spiritual quality in sports, which includes many aspects such as respect for opponents, fair competition, and climbing peaks [4].

Individuals can cultivate their sportsmanship by understanding and learning the history and culture of sportsmanship, as well as practicing sportsmanship in practice.

D. Developing lifelong exercise habits. Exercise habit is an important part of sports literacy, which includes regularly participating in physical exercise and maintaining good exercise habits [5]. A lifelong exercise habit can help an individual maintain physical health and strengthen immunity, while also improving an individual's energy level and mental state.

### **3. The Significance of the Promotion of Sports Literacy for Individuals and Society**

A. Promoting individual physical and mental health. By improving individual sports literacy, it can promote the improvement of individual physical and mental health and physical quality. Proper physical exercise can help individuals enhance immunity, improve heart and lung function, but also can improve individual mental health and sleep quality.

B. Cultivating outstanding talents and improve national competitiveness. Enhancing sports literacy reflects the development concept of allowing students to truly enjoy the results of education development and enhance their sense of gain and happiness in the process of growth. The promotion of sports literacy can help train more excellent sports talents and improve the competitiveness of the country. In recent years, our country has won more and more gold MEDALS in the Olympic Games, which has a lot to do with the cultivation and improvement of our sports literacy.

C. Promoting harmonious social development. Sports is a kind of physical and mental activity [6], through participation in sports can relieve pressure, reduce anxiety and improve interpersonal skills. Therefore, improving individual sports literacy can promote the harmonious development of society and reduce the occurrence of social contradictions.

### **4. The Impact of Sports Literacy on Public Physical Education**

Sports literacy refers to a person's physical ability, skills, health, social and other aspects of the ability and quality [7]. In public physical education teaching, the influence of sports literacy is very important, it not only affects the physical quality of students, but also relates to the effect and quality of the whole physical education.

Public physical education is an important part of physical education in schools. Its purpose is to improve students' physical quality, cultivate students' sports skills and habits, and promote students' physical and mental health and all-round development [8]. However, there are some problems in the current public physical education, such as backward teaching idea, single teaching content, outdated teaching methods and so on. At the same time, the physical condition of students is not optimistic, such as the decline of physical indicators, myopia rate is high.

#### **4.1. It Affects Students' Physical Fitness**

Physical quality in sports accomplishment is one of the important contents in public physical education teaching, which has a direct impact on students' physical quality. In public physical education, students improve their physical quality through exercise, such as endurance training, strength training and so on. However, if the students' sports literacy level is low, it will make them more prone to fatigue and injury in the exercise, affecting the exercise effect.

#### **4.2. It Affects Students' Learning Effect**

In public physical education teaching, the level of students' physical literacy also directly affects

the learning effect of students. If the students' sports literacy level is low, it may affect their understanding and mastery of sports skills and sports rules, thus affecting the learning effect. On the contrary, if students have a higher level of sports literacy, it is easier to master sports skills and sports rules, so as to achieve better learning results.

### **4.3. It Affects the Effect and Quality of the Whole Physical Education**

Physical literacy is not only the personal quality of students, but also reflects the effect and quality of public physical education. In public PE teaching, if students' PE literacy level is generally high, it shows that the teaching effect and quality of the PE teaching is better. On the contrary, if the students' sports literacy level is low, it indicates that the teaching effect and quality of the physical education is poor, and it needs to be improved and enhanced.

## **5. Ways to Improve College Students' Sports Literacy**

### **5.1. Increase Physical Activity**

Strengthening physical exercise is the most direct way to improve physical literacy. In public physical education, teachers should guide students to actively participate in various sports to improve their physical quality and sports skills. At the same time, students should also consciously participate in various physical exercise activities, such as morning running, gym exercise, etc., in order to improve their sports literacy level.

### **5.2. Pay Attention to Health Education**

Health education is one of the important ways to improve sports literacy [9]. In public physical education, teachers should pay attention to the popularization of health education, so that students can understand the correct health knowledge and exercise habits, such as reasonable diet, sleep and so on. At the same time, students should also be guided to use drugs correctly and avoid bad living habits to promote good health.

### **5.3. Develop Social Skills**

The cultivation of social ability is also one of the important ways to improve sports literacy. In public physical education, teachers should encourage cooperation and communication among students to improve their social ability. At the same time, students should also take the initiative to participate in various group activities, such as team development, community activities, etc., in order to exercise their interpersonal skills.

## **6. Discussion**

The influence of sports literacy on public physical education is very important. In public physical education teaching, teachers should pay attention to students' physical literacy level, improve students' physical literacy level through various ways, in order to promote students' physical health and learning effect. At the same time, students should consciously strengthen physical exercise, pay attention to health education and cultivate social ability, so as to improve their physical literacy level and lay a solid foundation for their all-round development [10].

Through the construction of physical education disciplines and the implementation of various physical education teaching activities, colleges and universities can improve college students' physical literacy on the one hand, and help them realize the value of fitness, health and moral

education on the other hand. For example, through reasonable physical exercise, it can strengthen the physical coordination ability and physiological function of college students, help them effectively improve their psychological state, so that bad emotions can be transferred through various sports. And some competitive or team sports can imperceptibly cultivate college students' awareness of rules and teamwork spirit. Secondly, from the perspective of universities, improving college students' sports literacy is also an important way to promote the national fitness strategy. Because in the current refined division of labor, all walks of life have improved the requirements for the comprehensive quality of talents. In order to better make up for the shortcomings of college students' physical quality, colleges and universities need to pay attention to students' sports literacy and actively explore the development path of sports disciplines.

## 7. Conclusion

To sum up, sports literacy is an important part of individual and social development, and improving individual sports literacy can promote physical and mental health and the harmonious development of society. Therefore, we should pay attention to cultivating and improving our sports literacy, and actively participate in sports, so that sports become an important part of our good habits and healthy lifestyle. Colleges and universities should actively use various educational and teaching means to improve college students' sports literacy and try to improve college students' sports literacy, so that they can better participate in physical fitness, so as to implement the national fitness strategy, and promote the dissemination and development of the national fitness concept on campus, so as to form a good national fitness atmosphere and contribute to the formation of a national fitness wave.

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