Study on Humanistic Education of College Physical Teaching: Educational Innovation Based on Web Survey

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Abstract

With the development of the internet big data, the impact of new technology has led to educational reform. University humanities education is not only to impart knowledge and training skills to students, more importantly is to spread sports philosophy, spirit and sports ethics. Sports humanities education pays attention to the shaping of students' personality and the cultivation of ideological and moral character, which has as a unique educational value and significance. In this paper, we analyze the college sports culture index system, and make students physical fitness test by using network platform system. The result shows that during the implementation of humanistic education in college, qualification rate of students' physical fitness test is maintained at 90%. Therefore, college should pay attention to the university sports humanities education, fully mobilize the enthusiasm and creativity of the students, and promote coordinated development of physical exercise and social adaptation.

Keywords: Humanistic education, Web survey, College physical teaching, Educational innovation

1. Introduction

At present, the construction of first-class university is becoming a widespread concern in the higher education sector; many experts believe that one of the keys to building a world-class university is the humanities education. And humanistic education is not just rely on one or a few subjects of education curriculum, and more is a kind of campus culture education, this is since the 80s of the last century many experts have been a corroboration of the research of the construction of university campus culture reason [1]. China's education from primary school to university never left the sport, sport is an important part of the education, it is not only to students to teach sports knowledge, skills training and enhance physical fitness and sports itself contains philosophy, art, history, and literature knowledge, and sports concept, the spirit of sports, sports ethics and norms shaping the personality of students, ideological and moral cultivation and aesthetic taste of culture, inner spiritual world of the guide and individual socialization has unique educational value and significance [2-3]. Understanding of the essence of sports is not uncommon at all times and in all countries. Today, in our country to promote the development and prosperity of socialist culture background, people began to pay more attention to sports fitness, healthy heart, puzzle, and the homonymy outstanding effects. Sports is a positive and progressive cause, contains the hard struggle, beyond the self, the courage to go ahead with the attitude of life.

Sports is the cause of glory for the country, greatly stimulate the national confidence and cohesion and pride, stirring the patriotism of the people, sports is the career fair, a vivid manifestation of the respect for justice, equality of values; sports is the rules of the supremacy of the career, the sports spirit and the spirit of rule of law natural fit, pursuit of integrity and advocated order, respect for the rules of the game; sports is the cause of unity and fraternity, effectively enhance the between person and person's identity, sense

ISSN: 2005-4270 IJDTA Copyright © 2016 SERSC of belonging, promoted the American family, neighborhood harmony, social harmony and world peace [4]. Obviously, the physical education characteristics of the overall development of college students, as well as the University of Humanities Education have a special contribution and significance.

Sports as a part of university education, what value and meaning of its existence and how to realize it is a question. Along with these problems, from the point of view of sports, culture and human nature relationship, to explore the connotation of humanistic education in Colleges and universities, extension, the value, the object, the design and implementation of, it tries to construct the humanistic theory of university physical education [5-7]. The purpose of this study is to solve the fundamental problems of the concept and understanding of the university sports, which has a certain theoretical significance. First, the humanistic theory of university physical education, in the understanding of the relationship between the essence of sports and based, firm sports humanistic stance, established the basic views of science and the humanities integration, both physique and personality, to clarify the sports unique humanistic education value and significance, the sports which originally contained name the humanistic education content Li said, looking to the humanities education in Colleges and universities of rationality to university sports humanistic education theory to determine the final laid the foundation. Secondly, the university sports education theory, from the perspective of the relationship between sports, culture and human nature, to further explore the true meaning of sports, the sports as a kind of culture and become part of the college education, not only as imparting knowledge and training skills and enhance the dominant education body mass, but also includes the sports itself implication philosophy, art, history and literature knowledge, recessive education and connotation of sports concepts, sports spirit and sports ethics and norms of sports culture, the elements of education to the university sports culture as the carrier, and the implication of students play a subtle role in education, softly, it broke the single teaching organization form the traditional curriculum, the university sports culture influence, the full range of cultural education and the realization of the dominant and recessive coexist, class and class combination, further Improve the integrity and systematization of the theory of physical education. Furthermore, this study except human studies and cultural studies, Marxist philosophy, are also involved in pedagogy, psychology, management science, logic and social science more discipline basic theory, expanded the field of theoretical research of sports education, enrich the content of physical education theory, has a certain theoretical and practical significance.

2. Literature Review

2.1. Humanistic Education

Humanities which the western scholars in the 19th century used to reference Renaissance advocated people-centered, opposed to God for the religious thought, they must pay attention to the value and dignity of the people, and ask people, humanity from religious theology of imprisonment liberate. In ancient times, people were more of a culture of human culture, according to the social standards of the time, to shape through the elements, versatile person [8]. Humanistic education a word has been used very generally, common explanation: humanism education, it is in Europe during the Renaissance, progressive thinker and educator, according to the theory of human nature, breaking rule of medieval scholastic philosophy and church obscurantism education advocated by the human centered, to promote the value and the power of human nature and requirements of freedom and equality, the liberation of personality, advocate to develop physical and mental health, knowledgeable, versatile new humanistic education thought and practice. Second, humanities education refers to the education of humanities, namely literature, history, art, philosophy, language has humanism content or use of

humanistic approach of other social science, and it is knowledge about human values and spirit of the performance [9]. Three is the humanities education is adult education, it is to ignore the people in education, the person as a tool, and put forward to the whole person education as the idea, and strive through the moral, intellectual, physical and other aspects of education and training of the complete person. Normally take in the higher education reform and liberal education, general education and quality education and other measures, in a certain extent is the embodiment of the education thought.

From the above analysis, we can see that there is a misunderstanding about the human education in the education and practice. There is no doubt that it is part of the content of humane education, but not all. If it is limited to this, it will narrow the content of the humanities education [10]. Second, the humanities education in the classroom, focusing on teaching, and the cultural atmosphere of the individual and the students to create a personal experience of life has to be ignored. Therefore, through the integration of the former three kinds of humanistic education, we believe that the humanities education is the "complete person" education, is the free and comprehensive development of human education. It is people-oriented education, people education is not only the starting point, but also the end of education; it is to promote the education of ideal personality, the realm of human ascension education, is the essence of human nature education, the goal is the realization of personal and social value; its core is the conservation of humanistic spirit; the way is wide cultural nourishment, excellent traditional culture is affected, the elegant cultural atmosphere edify and profound life practice experience; the mechanism is from outside to inside of the culture formation and self understanding and spiritual awakening.

2.2. University Sports Humanities

At present, the university sports understanding there are three, one is from the traditional school sports practice, the university physical education is defined as the sports activities of colleges and universities including physical education teaching, extracurricular sports activities, after-school sports training and sports competitions, the two is from the teaching practice, college physical education is often simple understanding of sports technology Tactical Teaching and exercise; three, will rise to the university sports activities or a part of college campus culture, college physical education is that all sports related activities organized by the school, including the addition of physical education, physical exercise, sports and other sports related activities, such as sports research, sports community service .College Sports in this research refers to the same common words, such as College Physical Education, College Physical Education and College Physical Education [11-12]. It is with college students as the main body, enhanced physique, improve health and improve the physical quality, promote student's free and all-round development as the main target, on the campus of the University for space activities, organization and implementation of all sports and related activities, including sports teaching, sports and academic activities, organization and management of physical education, campus sports and cultural activities, sports training and competition and community sports.

External environment refers to the University as a relationship between a whole and the social economy, politics and culture, such as university status, political and economic rights and with the government, the relationship between religious groups and other organizations; internal environment is refers to the formation of university subject as University People (principals, students, teachers and student workers, in order to realize the meaning of existence and the relationship, such as disciplines, educational philosophy, the spirit of University and college management system [13]. The commonness of the university is university as a social organization and the external environment relations, University has the universality. And the University's individuality is a university as an individual, on the basis of long-term school running practice through historical accumulation, the environment, the historical status and school goals and so on to form its

own unique personality. Therefore, different universities in education should not only follow the general law of the nature of the University and the school, but also from the actual situation of the formation of values with the distinct personality, thought of running schools, educational idea, behavior, management systems and physical facilities. This is the university values formed in college life and education practice and is attached to the University culture [14]. College sports culture refers to the sum of the spiritual wealth and material wealth created by people in the course of historical practice. Broadly speaking, the university sports culture is refers to all the staff and students in the teaching of physical education, sports and fitness, movement, competition, sports facilities, *etc.* formation and material wealth and spiritual wealth; narrowly speaking,

College sports culture refers to the concept of physical education and sports consciousness of teachers and students. This research chooses the concept of "college sports culture", which is to emphasize the integrity of university sports culture, pay attention to the education of university sports culture, as well as the essence of college sports culture [15]. It is formed in the university physical education and sports activities in the common sports values and attachments. In this paper, the various elements of the university sports culture do defined with the necessary: one is the main body of university sports culture, this subject is the university people, including college sports organization and management, university teachers, student workers and students. The second is the main content of university sports culture, including university sports value concept is the core of the concept of university sports, college sports spirit and the university sports moral spirit culture, and attached to the body, including material culture, system culture and behavior culture.

Domestic sports humanities education research, only more than ten years, it has achieved fruitful theoretical results, which laid a solid theoretical foundation for the study of this paper. Sports from different angles of view, and established the concept of humanistic sports, further deepen the people's understanding of the nature and function of sports. Especially people, cultural studies, sociology, behavior based, deeply discussed the relationship between sports, culture and people, which not only enrich and improve the theoretical system of the discipline of physical education and further exploration of sports and contemporary social and human development, provides a wide range of research ideas and solid theoretical basis. There has been a lot of research on sports philosophy and sports aesthetics and sports history and other humanities related field of Humanities and social sciences research in sports; sports field, with the guidance of the "education win" concept, more and more people began to study the attention sports and humanistic education integration, advocating caring human life, respect people the value of practice, full of humanist sports; school sports has attracted the attention of academic circles, many experts and scholars in discussion and debate, the university sports gradually recognized as the logical starting point is the practice of humanistic sports concept, research and exploration and to carry out sports humanistic education and curriculum reform, a large number of the construction of campus culture and the construction of teachers.

3. Research Methods and Research Design

3.1. Research Methods

This research takes the university physical education humanities education as the research object, specifically relates to the university physical education, the humanities education and the university sports culture three aspects. This study combines theoretical analysis with historical analysis and practical analysis. On the one hand, theoretical analysis focuses on theoretical construction and logical reasoning, historical analysis focuses on historical description and experience summary, the two have their own advantages, only the two can be well combined to

achieve a better research results. On the other hand, the theory comes from the reality, and finally, we must go back to the reality. Only by combining the theoretical analysis and practical analysis, can we further promote the development of theory, but also meet the needs of the reality. In the literature, due to the large number of literature and need to selected with the effectiveness and authority of the literature, and to ensure that the quality of literature and the degree of correlation, first of all to the Chinese core journals based and by way of artificial, read the title and abstract, according to authoritative periodicals and authoritative experts (above ten years experience in related research, and significant research achievements of scholars) and excellent paper (cited and download a higher frequency of Literature) three standards, relevant literature, as shown in Table 1.

Subject	Search	Core	High-end	Actual
Subject	record	paper	paper	selection
Humanities education	12966	2894	840	95
Humanistic sports	190	74	27	97
Sports	610	220	90	210
Humanities	3853	1154	938	110
University Physical Education	5028	1068	552	112
University culture	4694	1480	360	86
University Sports	424	104	116	48

Table 1. Key Words Retrieval Statistics

3.2. Qualitative Research

The extension of humanistic education in university physical education is a reflection of all objects in the concept of the corresponding specific attributes, that is, the extension of the concept of all objects with the concept of connotation. The essence of humanistic education in Colleges and universities is to humanistic care oriented education of sport culture and its carrier is the university sports culture, the contents of the components is through the specification for the design of university sports culture, Confucianism sports cultural connotation and humanistic spirit and become elements of university sports education. In order to divide it into the spiritual and cultural elements of college physical education, the elements of material culture, the system culture and education and the behavior and culture. Which university sports spirit culture is the core and soul of the humanities education, as the hidden content of the humanities education; it must be loaded on a carrier to realize the value of its education. Like other subject knowledge, the teaching material can be put into practice in the form of teaching material. And university sports material culture, system culture and behavior culture, only by the cultural spirit, to index a unique cultural heritage and unique cultural charm, realize the value of the culture of humanities education.

Qualitative research is to researchers as a research tool, in natural situations, using a variety of data collection methods studying on the social phenomenon as a whole, using inductive method to analyze the data and form the theory, with the research object interaction, on the behavior and the construction of meaning interpretation of understanding a. Methods of collecting data, including observation, interview and material analysis. This study under natural conditions, the participatory observation method was used to observe the implementation of humanistic education in Colleges and universities teachers teaching attitude and behavior, and students on the sports attitude and behavior change, and the observed

information, objective combing and summarized. On the campus culture and sports culture of Chinese colleges and universities are summarized as follows Table 2.

Table 2. Index System of College Sports Culture

First level index	Second level index	Third level index	
Curanto mastanial	Fund investment	sports funds	
	Fund investment	site area	
Sports material culture		books	
Culture	Sports Information	publicity column	
		broadcast	
Institutional culture	Leadership	Specialist management	
	Leadership	work plan	
	Sports system	reward system	
	Sports system	fitness approach	
Spiritual culture	Sports attitude	attitudes	
	Sports attitude	exercise motivation	
	Sports values	ideas	
	Sports values	moral	
Behavior culture	Individual behavior	attendance	
	ilidividuai beliavioi	activity mode	
	Community hohovior	sports Association	
	Community behavior	public services	

4. University Sports Humanities Education

4.1. Characteristics of Sports Humanistic Education

The characteristics of humanistic education in Colleges and universities, is the essential attribute of humanistic education in Colleges and universities, that itself is the inherent attributes, and other things to distinguish the attributes. From its essence, it is not difficult to push the performance, its literary nature, hidden nature, Confucianism, higher sex, diversity, and sustainability and dependency characteristics.

- 1) Humanities: of humanistic education in Colleges and universities "humanism" is reflected in two aspects, one is "people-oriented", stressed in a complete understanding of people based, respect people's subjective value and independent personality, safeguard the people's right to health, care for people's life, survival and living, meet the needs of human development and the realization of human value; second, in practice full shape, emphasizing the transformation of the body's natural, social promotion, personality and to the spiritual world of the human heart guide. A university sports facilities built the, the development of sports activities on campus, and sports organization and management behavior only contains humanistic, in order to become a carrier of Sport Humanistic Education "education", rather than simple material or physical atheism of sports activities, and stiff cold management system.
- 2) Concealment: university sports humanistic education itself is a kind of hidden curriculum is to humanistic care oriented, through the code for design of university sports culture, refraction of sport itself contains the philosophy, art, history, and literature knowledge, and sports concept, sports spirit, sports road de and sports standard sports culture and the human spirit to realize the education of sport culture. The way is mainly in the implicit way, through the unconscious, non specific psychological reaction mechanism to students. This way of education far than first of indoctrination, preaching, such as a University of a sports figure

- sculpture, a sports slogan, an excellent traditional sports, often can play a "self-evident" education effect.
- 3) Confucianism: pan is a part of the consciousness, part of the unconscious of the potential, a long cultural process. The essence of humanistic education in Colleges and universities is to humanistic care oriented education of sport culture, its role on students' education is not forced indoctrination, but by the pseudo Taking the essence of sports culture and through all aspects in university sports culture process, form a network of culture in the spiritual level, material level, system level and behavior level, so that students in the context of culture of people to imply, imitation, conformity and infection, unconsciously, continue to accept the stimulation, the adaptation process. This process without any adverse, also will not force any sense of students is through experience or ear Ru head dye, direct access to the experience, is voluntary.
- 4) Higher education: College Physical Education and physical education in primary and secondary schools are different, mainly reflected in its higher education. Students with higher knowledge, quality and ability, the university campus is their independent living space, college physical education is an indispensable part of their lives, as now or in the future high level talents, they no longer meet the need to enhance physical fitness, improve the health of the base, but hope that through sports and social integration, social the development of personality and psychological improvement, enhance the quality and capacity, which determines the construction of university sports culture to outstanding characteristics of high level, the construction of sports venues such as the rich history and culture, full of times and art; the construction of physical education teachers of high level and high quality fashion show; elegant and artistic, tennis, sports dance, yoga, outdoor sports elective courses, construction projects such as the club; rich in content and form A variety of campus sports and cultural activities, which can be a good way for college students to develop a good life, improve the quality of life provides a favorable condition.
- 5) Diversity: from the perspective of humanistic education in university sports, including not only knowledge and sports related to politics, economy, education, science and technology, military and other aspects, including physical implication of philosophy, art, history, and literature knowledge, and sports concept, sports spirit and sports moral and physical specifications, depending on the carrier relates to sports related party and surface, such as sports facilities, sports slogan, sports management system, behavior of PE teachers, sports tradition and atmosphere and so on are likely to become the carrier of teaching a wide range form.
- 6) Continuity: continuity of humanistic education in Colleges and universities is mainly reflected in two aspects, one is the construction of the sports, cultural and educational environment, not overnight will be able to reach to adhere to the long-term, based on culture and education as a fundamental, and constantly to find and solve problems, improve the educational environment, in order to better service for students; on the other hand is effect of sports humanistic education to students is ongoing, under the influence of the environment of physical culture education, students' learning is unconscious, voluntarily, so often formed some stable individual mental characteristics. A university sports tradition and atmosphere on students' psychology and behavior will have a significant impact, form consistent with the concept of the university sports sports value outlook, the sports spirit and moral, and has the potential to sustain, lasting with the person's life.
- 7) Attachment: college sports humanistic education is the use of the university sports culture, the carrier of the humanities education, the cultural connotation and humanistic spirit of Confucian culture, to play its educational function. University sports culture is the carrier of the content of humanistic education, sports

humanistic education content once left the objective of the carrier, it will lose its value and significance.

4.2. Evaluation of Sports Humanistic Education

With the students' comprehensive understanding of sports and in-depth understanding, as well as the formation of physical exercise habits, their exercise quality and physiological functions have been significantly improved. As shown in the following table, year 2013-2015. The school implementation during the humanistic education in Colleges and universities, the student physique health test pass rate has remained above 90%, with the national Ministry of education undergraduate teaching assessment documents specified in 85% of the qualified rate compared to a substantial lead, visible in the school since the implementation of humanistic education in Colleges and universities since, the student physique healthy overall situation is good.

Table 3. Annual Student Physical Fitness Test Qualified Rate

Year	Students	Test number	Qualified number	Qualified rate
2013	14488	11580	11045	95.3
2014	14456	13157	12144	92.3
2015	15199	14336	13910	95.7

Table 4. Annual Participation Rate of Students' Physical Fitness Test

Year	Students	Qualified number	Qualified rate
2013	14488	11580	79.9
2014	14456	13157	88
2015	15199	14336	95.6

Table 5. Annual Grade Scale of Students' Physical Fitness Test

Year	Outstanding rate	Good rate	pass rate	Failure rate
2013	0.3	30	65	4.7
2014	0.3	35.9	56.1	7.7
2015	0.2	37.8	57.8	4.2

5. Conclusions

Humanistic education in Colleges and universities is to humanistic care oriented, after the code for design of university sports culture as the carrier, enculturation sports cultural connotation and humanistic spirit, subtle, run a silent way to influence the students, promote students physical culture and accomplishment formation and free and full development for the purpose of sports culture and education. Humanistic sports concept, or sports humanistic spirit, is the guiding ideology of college physical education, but also one of the content of education, that is, the starting point of education, but also the end result of education, University Sports has a comprehensive understanding of the students, understanding students, outstanding students' subject status in sports, concern for student's life and health, to meet the needs of the students of sports, respect students' individual differences, the full realization of all-round development of students.

University students, their need for sports is diverse, including enhanced physical fitness, fitness, leisure, entertainment, social and healthy personality and so on, if only relies on the sports course teaching of the single form of sports organizations is unable to meet the diversity of students sports demand. Therefore, it is necessary and after class

sports activities combined, in addition to encourage students to set up the sports club spontaneously, to carry out various forms, rich content of sports competitions, schools have to organize to carry out such as sports and Cultural Festival, sports knowledge lecture, school sports, and intercollegiate sports *etc.* activities to meet students' sports. Humanistic education in Colleges and universities emphasize not only to through tangible, diverse forms of sports organizations to student teach sports knowledge, skills training and enhance physical fitness, but also through wide cultural nourishment, cultivate elegant culture atmosphere, the excellent cultural tradition of infection and profound life practice experience of recessive culture environment construction shape students' personality and the cultivation of students' aesthetic taste, the inner world of the students to guide and promote the socialization of individual students.

For physical educators, they exist in the practice of physical education of many is the question of perception or understanding of sports, university sports humanistic educational theory, from the knowledge level, not only to changes in the concept of sports workers, establish humanistic sports view, but also can further improve the understanding of the true meaning of sports, enrich the content of physical education teaching; from the perspective of value, and guide educators in the way of understanding, respect for the people and is shaped by people; from the operational level, guiding sports workers scientific and rational planning, development, design, implementation and evaluation of physical education work. Secondly, from the view of the development of College Students' needs, humanistic education in Colleges and universities through for students to create a self development and self perfection of situational education, can not only effectively highlight the dominant position of students, caring for students' life and health, to meet students' reasonable needs, fully mobilize the enthusiasm of the students enthusiasm, initiative and creativity, to maximize the development of student's potential, but also can improve the students' cognitive level of sports, change the original concept of sports value and real understand sports, sports, by consciously participate in physical exercise or activity to promote physical, psychological and social adapt to the all-round and harmonious development. Third, from the perspective of university development needs, in the context of international higher education development trends and trends, Chinese universities need to carry out a wide range of quality education and Humanities education. However, this kind of education is rarely achieved through subject courses, and more is to create a kind of elegant, fashionable, positive and healthy campus culture atmosphere. University sports humanistic education is a sports culture education which takes the construction of university sports culture as the carrier, and the educational elements have the unique value and significance in carrying out quality education and humanities education.

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