

A Shallow Talk of Moral Education and Measures in PE Teaching

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Received: June 19, 2013 Accepted: July 23, 2013 Online Published: August 1, 2013

doi:10.5539/ass.v9n10p324

URL: <http://dx.doi.org/10.5539/ass.v9n10p324>

Abstract

A man's intelligence and success are mostly determined by his morality. Among the so-called talents' morality, intelligence, knowledge and insight, morality is in the first place, the other three are dominated by morality. The PE education plays an important role in college students' moral education, it promotes the college students' personality development and let them have their own special advantages. This passage will show some opinions about advantages we benefit from college PE education in the field of college students moral education, and put forward some suggestions on the implementation plans of moral education in sports teaching.

Keywords: PE teaching, moral education, measures

1. Introduction

Imparting knowledge is teacher's sublime duty. Not only should teachers impart knowledge, but more important teachers should take the responsibility of educating students. We should let imparting knowledge and educating people run through each link of teaching. By doing that the PE education has more advantages.

1.1 PE Teachers' Superiority in the Work of College Students Moral Education

College PE class is an obligatory subject of college curriculum. It goes through most time of each term. Everyday extracurricular activities, besides PE classes, let PE teachers interact with students frequently, the morning exercises, physical exercises after class and competitive sports increase the chance of interaction. No any other classes can do this. In this frequent contact, teachers communicate and exchange message with students. This gives a chance to teach students specifically about morality. Compared with classroom theory education, this specific, natural, talkative education is better.

Physical education teacher together with students participate in various sports activities, and it is easy to build true friendship. Therefore, students will have a kind of equality, amiable feeling towards the teacher. They then become more willing to be close to PE teachers and more willing to tell teachers what they think. The more contacts between teachers and students, the more common language there is. Some students just treat their teachers as their friends, the teachers have speciously advantages in knowing the students' thoughts, and then know more about their psychological characteristics, so it become more targeted in the sports teaching and ideological education.

1.2 Physical Education's Special Function in Educating People

There is no doubt that political theory, moral education and school system is the main way of ideological education of college students. But, there is a special point in PE teaching, if we can take the thought education into physical education teaching and find out the best combining point, and then take the thought education into the whole teaching practice, and this will produce a subtle effect. Take the moral education into physical education teaching will make students learn a lot without their awareness and without rebellious attitude. College students is energetic and active, they have broad interests, and they like sports. Physical education for college students provides many training opportunities and the environment for all of them. In PE teaching, the relationship among individuals, the collective, and between individual and collective are very complex, students' thinking activities are very active and their advantages of morality will appear unconsciously. This provides a very good opportunity for the specific ideological and moral education.

In the process of sports teaching, we should put the student thought moral education and physical activity together naturally and harmoniously. It is more suitable for young students' physical and mental characteristics

development. This is good for the students' organically moral education and sports teaching. This also makes the behavior of students in the activities directly tested by practice.

Sports as a kind of noble culture activities could enrich the students' leisure life, occupy students' leisure time, and has a significant effect on the erosion prevention and the control of bad ideas and create a good environment of campus culture.

2. Discussion on Methods of Moral Education in PE Teaching

2.1 Should Be in Accordance with the Nature and Characteristics of Physical Education

As everyone knows, physical education teaching and training process, has the general characteristics of teaching process, and the aim is to realize the nature of teaching education task, in accordance with the principle of teaching theory and other general education principles course system. At the same time, physical education also has strong special characteristics. First of all, physical education is to teach the unique movement and development of people's physical quality. Secondly, development of the human body and sports education is closely related to each other, in aiming at the development of the whole society of human factors, physical education as the optimal physical education form, has a special role. Thirdly, majority of physical education is carried out in a certain space of movement. The characteristics of physical education, determines the methods of moral education in physical education teaching is different from other disciplines.

2.2 Should Be in Accordance with the Objectives and Tasks of Physical Education

Physical education goal is to utilize the various physical factors, in order to make the people's normal physical development, combine the all-round development of human physical quality and the ability, and the social positive people and cultivation of spirit and moral character. On the basis of this guarantee every social member to be prepared for productive labor and other important social activities.

First of all, in the optimization of physical development, all-round developments of people's physical quality help people to improve motor skills and to maintain health for many years. Secondly, physical education aim to form the system in various kinds of sports skills which is necessary for life and reserve related knowledge. The two set of tasks express the special direction of physical education. The purpose and task of physical education is the foundation of the methods of moral education in sports teaching.

3 The Principles of Implementation Plans of Moral Education in Sports Teaching

The plans of moral education which teachers implement in PE teaching should follow the principles in the teaching practice. Correctly understanding and implementing the principles of moral education in sports teaching is of great significance to improve the quality of physical education, research on the method of moral education, explore and discover new method.

3.1 Combine Imparting Knowledge and Educating People

This is the most basic principles of physical education teachers in moral education. Physical education teachers contact with students most time in the teaching process. Sports teachers not only teach the knowledge, skills and the development of athletic ability in teaching process, but also cultivate students' noble sentiment. First of all, teachers should impart knowledge to students well in order to implement this principle. Teaching is the basic means of education, education is the purpose of teaching. To dig deeper into the sports teaching thought, and do the moral education in sports teaching, PE teachers should be concentrated on the study of teaching content of moral education of the coherence and integration, serious consideration of moral education opportunity and methods.

3.2 Combine Strict Requirements and Love for Students

It makes the teacher' requests can be easily transformed into the conscious action of the students to combine the stringent requirements and love for the students. The teachers should be responsible for the all the students without exception, love them from the heart, and care them from the life of students, such as, learning, training. Student performance can improve enormously and quickly if their teachers are strict with them. On the contrary, the students could not develop good thinking, efficient style of work, even more, they may fall into bad habits. Strict requirements are not equal to treat students with harsh attitude, or even force students to obey teachers without questions. Only according to student's different situation, can the consistency and stability of strict requirements be implemented well.

3.3 Pay Attention to Students' Personality

Students' age, sex, personality are all different, furthermore, their state of mind, the level of understanding,

accept ability and the ability to exercise differ in thousands of ways, so when teachers are doing the moral education, they should teach and educate the students according to the specific circumstances of each one. In order to achieve this goal, teachers should establish a correct view of the students, understand and grasp the characteristics of students. We can say that the key of moral education is to teach students in accordance of their aptitude.

3.4 Pay Attention to Collective Education

Collective education is an important content of moral educating. In the sports teaching, the teachers should pay attention to the development of students' collective idea. Through collective education, students can deal with the difficulties of contacting with different character type of people. Having a good command of communication skill, each student can handle human relationship tactfully, so that they can participate fully in society in the future. The students through collective education know more about the importance of cooperation than those who are taught separately and given special treatment.

3.5 Mind Teachers' Words and Deeds

Teacher's words and deeds have a great effect on their students. The young students are often the most good at imitating the teacher's words and deeds, so the teachers should take heed of their words and deeds. It can shoot students' heart, and enable the students to respect and be proud of their teachers if the teachers match word to deed. On the contrary, if the teachers don't pay attention to their words and deeds, they will have bad effect on the students. Especially, teachers should be broad-minded and have a calm mood no matter under what circumstances.

4. How to Nurture Students' Morality in the Process of PE Teaching

In the process of sports teaching, educating and nurturing body complement each other, in nurturing accompanied with the process of education, the completion of education is benefit to nurturing body. How to nurture the students' morality in the process of PE teaching? We put forward the following discussion.

4.1 Teachers Should Pay Attention to Their Words and Deeds

As the saying goes, the force of example is endless. The power of personality is the greatest invisible power in the world. The basis of students' respect for teachers is the model from teachers, especially their words and deeds which have strong appeal. On the contrary, if teachers do not do what they have said it is easy that students will have rebellious attitudes. Confucius once said that if a man's action is good, it is fine without lines; if not, lines will not have any effect. Because PE teachers are closely related with students, that is to say, teachers' words, action, appearance, attitudes for work, cultural accomplishment, the moral cultivation and will quality have direct and deeply effects on students, teachers must set strict demands on themselves. They must do first do what they asked students do, such as they can affect students with their own noble personal character and rich professional knowledge, create a good education environment, influence them with power of character and so on so that subtle edification will happen on students' mind and action.

4.2 Teachers Should Educate Students in Combination with the Teaching Material

PE teachers should delve into teaching material carefully, and fully dig into education factors in textbook. In the process of teaching, teachers should try their best to shape the soul of students and cultivate the students' personality, emotion, will, faith by combining the quality of the teaching material. For example, teachers can cultivate students' bravery and fortitude character, and train their hard-working, tenacious struggling, pioneering and enterprising spirit combining with gymnastics teaching materials. Also, teachers can encourage students' enthusiasm of patriotism and senses of national pride by listing the ancient and modern, Chinese and foreign celebrity anecdotes. Besides, teachers can cultivate students civilized behavior and develop their imagination combining with national traditional sports concept.

4.3 Teachers Should Use Training, Competing and Comparison to Cultivate Students' View of Life and World

Training and competing contain lively philosophy of life. On one hand, competition can urge college students to make progress continuously, on the other hand, sports rules is helpful to educate students to respect others, cooperate with each other in competitions and form good moral quality. Comparison can make students easily realize that the degree of individual efforts affects collective honor and the collective honor can bring the collective sense of honor. In the competition or after that, teachers' should teach students how to succeed, how to deal with failure, how to get trust from others, how to adapt to complex and changeable world, as well as how to control themselves on the key points of life in time according to all kinds of phenomenon. We could see a broader outlook of life from the arena, find the answers and solutions of the joys and sorrows in our life and

work.

4.4 Teachers Should Guide Students Correctly and Timely

Students' physical condition is different. In the process of PE teaching, naturally there will be differences. For students who have poor constitution, we should lose no time to help and protect them, it can increase students' confidence. Furthermore, we should warn for bad behaviors and offer correct guidance timely. For example, students should be told that it is uncivilized when they laugh at others, and tell them that this is dangerous even hurt other students' self-esteem.

4.5 Teachers Should Absorb the Essence of Conventional Teaching

In the conventional teaching, there are many factors which have significant effects on the moral education. For example, students help each other when they borrow and return sports equipments, this involves vivid moral education factors. It helps to cultivate the students' social morality, cultivate their consciousness of serving other people, and improve their sense of responsibility. Students also learn to deal with the relationship between individual and collective, freedom and discipline. Besides, it is beneficial to form the students' quality of solidarity and discipline, and pursue good quality of honesty and integrity.

4.6 Teachers Should Carry out Moral Education Regularly

Formation of people's minds is a long-term process, college students' ideology are very active. They have strongest ability to accept new things, but it is difficult to let students accept all the new things just for one time. Moral education could not be achieved at one stroke. Most physical education teachers have more chances to talk with students, they communicate frequently with the students, understand the inner world of students. They are students' good friends and good teachers who gain students' trust and respect. Even so, the moral education should be carried out regularly. From shallow theory and minor truth to deepening the education, teachers achieve the purpose of moral education from surface to insight, from easy to difficult.

4.7 Teachers Should Try Their Best to Carry out Efficient Lessons

Imparting knowledge is also a process of educating people. PE teachers should love their own work and teach students really useful knowledge. The teacher's sports enthusiasm in class will have subtle influence on students. PE teachers should be positive in delve into teaching material, inspire students to pursue a higher goal, and train the student to study hard and cherish the spirit of humility. In the aspects of action quality, teachers should continuously put forward high requirement, and make students become more effectively in the process of overcoming difficulties.

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