



Understanding of Competitive Sports Conducted by School Under the New Curriculum Standard

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Abstract

Because some teachers and the leaders as well as many sports theorists have some conceptual misunderstanding of competitive sports conducted by school, there're some differences of opinions about competitive sports in physical education field, it would have a negative effect on the development of competitive sports in school. This essay is mainly on the basis of the new curriculum standard, which analyzes competitive sports conducted by school from three aspects such as concept, classification, process of systematization, it makes a conclusion: the competitive sports is formal, semi-formal or informal one that has take the school practical situation into consideration, it conforms to the basic idea of the curriculum of sports and the health curriculum, the requirement of teaching content as well as the needs of development in body and mind.

Keywords: Curriculum standard, Competitive sports, Health

1. Introduction

As the concept of competitive sports is often defined as a formal, high-level tournament competition in many textbooks of physical education(P.E.), and hence two extreme views come into being: (1) Quite a few P.E. teachers hold a negative attitude towards competitive sports, as a result, it is excluded form sports on campus. (2) Teachers treat P.E. as specific training curriculum, lay too much emphasis on formal and professional training, consequently, the school changes into the reserve base for the training of talented people. However, it is not strict rules in the teaching content, but basic requirements for selection of teaching content that in the new standard of P.E. curriculum. In order to completely change these erroneous ideas, help competitive sports to be rightly conducted in school. In the light of the P.E. new curriculum standards, this essay mainly elaborate on the concept of competitive sports, its process of classification and organization, made recommendations on how to conduct competitive sports so as to provide reference for P.E. teachers.

2. Objective and Method

2.1 Objective

This assay takes school competitive sports for object of study.

2.2 Method

2.2.1 The Method of Collecting Documents

This essay mainly collected documents about school competitive sports, and sorted out the data in them.

2.2.2 The Method of Logical Analysis

Under the requirement of the new curriculum standard, make use of the collected data to analyze the competitive sports conducted by school in order to put forward proposals for how to conduct competitive sports in school.

3. Discussion and Analysis

3.1 Misunderstanding of competitive sports

Competitive sports is defined as "competitive sports is to give full play to the athletic ability of individual or team, it turns to be a special training and competition with the goal for outstanding achievements, breaking the record of oneself or rival". In fact, competitive sports is a self-beyond sports. The moral traits such as justice, equality, solidarity, cooperation, friendship, honesty and so on, play a very active part in the growth of adolescents, from this, it can be seen that competitive sports has a rich cultural connotation, so it is necessary to look upon the role which competitive sports

plays in school P.E. curriculum.

3.2 The concept of competitive sports

With the development of society, the concept of competitive sports is constantly changing. Competitive sports is a component element of social and cultural activities in a special cultural state, it is important means of promoting health, physical development, the growth of adolescents and adults, cultivating strong will, carrying out education of moral and aesthetic appreciation, raising the level of national culture, in addition, competitive sports are often organized social activities, with a view to popularizing nationwide sports and raising the level of sports technique (Soviet Sports Theory). Competitive Sports is of game, and also a match that one competes with others, or overcome the natural obstacles (International Association of Competition and Sports). The core of competitive sports is match, regardless of the level of match, the purpose for good score, body-building and entertainment, they are all within the range of competitive sports (Japan Sports Dictionary). Competitive sports is also defined like this: "Competitive sports is a kind physical activity that consists of rules, competition, challenge, entertaining and uncertainties" (by Chinese scholar Aiguang Chou). And thus, the connotation of competitive sports has been simplified, and its extension has been expanding, at the same time, it can also make people to realize that the high-level competitive sports is only one kind of competitive sports, rather than the whole competitive sports.

3.3 The classification of competitive sports

According to different standards, competitive sports can be divided as follows: 1. Nature of tournament: amateur sports and professional sports. 2. The objective of tournament: recreational competitive sports, healing competitive sports, body-building competitive sports, etc. 3 The place of tournament: competitive sports in factory, competitive sports in rural area, competitive sports in school, competitive sports in street or community. 4. Age: competitive sports for middle and old age, competitive sports for young adults, competitive sports for youth, competitive sports for child. 5. The health of body: competitive sports for normal people, competitive sports for handicapped people. (Qu, 2002) and therefore, as an important component element, competitive sports in school is especially for school to conduct, and it is bound to have some features of school.

3.4 The formation of competitive sports

Competitive sports originated from outdoor games in the United Kingdom, all competitive games are the primary form of tournament, and integral parts of competitive sports as well. The development of modern Olympic games has promoted the development of formal competitive sports. During the continuous development of society, the process of gradually organization and standardization of these games is also the process that they gradually evolved into its modern competitive sports. This development has underwent several stages as follows: non-formal competitive games → semi-formal competition → formal competition → professional tournament (Qu, 2002). In the formal competition and the above stage, the rules are established by international sports association; with regards to semi-formal and the below stage, its rules can be partially or completely established by the participants, that is, rules is flexible according to different situations.

3.5 Competitive sports conducted by school under the new curriculum standard

New standards of P.E. curriculum has put forward four basic ideas: 1. Adhere to the guiding ideology "health should come first", and promote the healthy growth of students. 2. Inspire interest in sport and train the students to lifelong sports consciousness. 3. Take the development of the students as orientation, value the dominant position of the students. 4. Pay due attention to individual differences and different needs, benefit each student. Additionally, there are no exact demands but some requirements in the new curriculum standard. : 1. Be in accord with the features of age and gender in the development of students' body and mind. 2. Have lively form to stimulate interest in learning. 3. Be of body-building, information, science. 4. Take effect in promoting body and health. 5. Be simple and easy to carry out (Zhu, 2003). Actually, in the teaching process, it is of much importance is to change or get rid of the outdated teaching models and practices, so as to achieve the desirable goals.

4. Conclusion and Recommendations

4.1 Conclusion

I have made an analysis of competitive sports conducted by school on the basis of the new curriculum standard, from three aspects such as concept, classification, process of systematization, and make the conclusion: the competitive sports is formal, semi-formal or informal one that has taken the school practical situation into consideration, it conforms to the basic idea of the curriculum of sports and the health curriculum, the requirement of teaching content as well as the needs of development in body and mind.

4.2 Recommendations

In order to make competitive sports reflect its innate value in school, and promote the development of the physical and mental health of students, I specially made the following recommendations for a majority of P.E. teachers:

(1) Update traditional sports concept, enhance theoretical study and improve the quality of personal theories. Any

implementation of P.E. teaching activities must depend on teachers. If the ideas of P.E. teachers still remain the traditional concept, any reform for P.E. curriculum is helpless. Therefore, the teachers should be clear about the purpose and significance of the reform for P.E. and health curriculum, the requirement of the new standards of sports and health curriculum. And they should also know the status and role of P.E. teaching in school, always improve individual theory quality and students' physical fitness.

(2) Resources of P.E. and health curriculum should be fully utilized. According to the present conditions of schools, to make full use of resources of P.E. and health curriculum is both significant guarantee and prerequisite for the desirable goal. Therefore, P.E. teachers ought to allow students to create favorite sports events of their own, to meet the requirements of the new curriculum standards, improve the personal qualities of students.

(3) P.E. textbooks should contribute to the goal of P.E. curriculum. All fit for achieving the goal could be included in P.E. textbooks. So P.E. teachers should choose and adopt sports events in P.E. curriculum (Meng, 2002). "Transform Sports into P.E. means and vice versa" means making processing, transformation, extraction, distillation and reconstruction on the complex competitive sports events for students to develop body and enhance physical fitness, health, and promote the comprehensive development of them, under the law of education and sports as well as the development of the human body. And hence, on the basis of the entity, effectiveness, and acceptance, selectivity, education, fitness, fun and safety, P.E. teachers should improve some competitive sports events to meet the needs and achieve the goal of the new curriculum standard: 1. Simplify the technical structure and reduce the difficulty of sports to achieve the goal for enhancing body and health promotion, and reducing the physical and psychological burden on students sports; 2. adjust specifications of equipment in ground field, make revision on athletic competition rules, so that they can adapt to the students' practical situation and meet the requirements of the new curriculum goals, "to benefit each student" the concept of the curriculum requirements; 3. Level down standards, minimize the sports load, to meet the students health needs.

(4) For the purpose of improving students' physical fitness, P.E. teachers should uphold guiding ideology and philosophy of physical education and health curriculum standards in the practice of teaching, to make the school physical education assume responsibility for cultivating a generation of high-quality talent.

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