

Research on the Educational Function of Campus Football in China under the Goal of “Building a Leading Sports Nation”

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Abstract: Campus football is the foundation of China's football reform and the strategic cornerstone for achieving China's goal of becoming a leading sports nation. At the moment when the country vigorously promotes quality education, campus football should also take the path of educating people. This paper analyzes and studies the educational function of campus football in China using research methods such as literature review. Research has shown that regular football exercise can effectively improve students' ideological and moral level, cultivate their correct sports values, improve their intellectual ability, physical fitness, and aesthetic level, and lay a solid foundation for the comprehensive improvement of students' overall quality.

Keywords: Leading sports nation; Campus football; Educational function; Competence education

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In August 2019, the General Office of the State Council issued the "Outline of Building a Leading Sports Nation", which deployed the promotion of the construction of a leading sports nation¹. The improvement of China's overall football level can further enhance the international influence of Chinese sports². Campus football is a key project in promoting the comprehensive reform of physical education in schools, and should take the path of "football education"³. By carrying out campus football activities, students' comprehensive quality can be improved, and the popularity of football among the general public can also be improved, laying a solid foundation for the implementation of the strategic goal of building a socialist modern sports power in all respects.

This article mainly uses the literature review method⁴ to collect and carefully read relevant literature and materials from major domestic journals, and studies the educational function of campus football from four aspects: morality, intelligence, physical fitness, and aesthetics.

I. The Moral Education Function of Campus Football

“Cultivating Virtue and Cultivating Talents” is a guiding principle explicitly proposed by the Party at the 18th National Congress for China's education reform⁵. School physical education courses and campus football activities are also important links in school education. It is an inevitable trend to carry out campus football activities under the goal of building a strong sports nation by conducting moral education for students through physical exercise, which is completely different from studying cultural courses.

1.1 Cultivate students' awareness of rules

Mencius once said, "Without rules, one cannot form a circle." Rules are the fundamental condition for conducting all sports activities, and compliance with rules is a manifestation of people's quality and the development of social civilization⁶. At present, social forms are complex and complex. To quickly adapt after entering society, it is necessary to cultivate a good sense of rules during the student stage. The rules of football and matches involve many aspects, and while students understand football rules and abide by them in daily training and matches, their understanding and understanding of the content of "rules" will gradually deepen, and they will unconsciously abide by the corresponding "rules" in all aspects.

1.2 Cultivate students' enterprising spirit

The motto of the Olympics is "higher, faster, stronger, and more united", and its deep meaning is to promote the rapid development of sports and even the entire human society with a spirit of continuous progress⁷. By carrying out campus football activities, it is possible to cultivate students' spirit of being proactive and never giving up. Currently, with the popularity of actively promoting campus football nationwide, the number of students participating in football training is also continuously increasing. However, a football team can only have eleven players in the starting lineup, so students can only get the opportunity to play games by becoming more proactive and improving their skills during regular training. After a period of training and competition, students will gradually incorporate their enterprising spirit into their learning and life, consciously pursuing self-improvement in all aspects, and thus become an excellent and proactive talent.

1.3 Cultivate students' awareness of fair competition

Sports emphasize fairness and impartiality, and actively participating in campus football and various sports competitions helps cultivate students' awareness of fair competition. At present, under the governance and supervision of the Chinese Football Association, the fairness of football matches at all levels can be basically guaranteed, and the coaches of youth training clubs and school teams at all levels can also ensure fairness in material selection. After students continue to participate in training and competitions, this awareness of fair competition will gradually integrate into their worldview, driving them to handle things fairly and impartially in life, and cultivating their excellent moral character of fairness and honesty.

1.4 Cultivating Students' Team Spirit

Unlike individual sports such as tennis singles, football is a highly team oriented sport. In football matches, the key to winning is whether the team members can demonstrate excellent teamwork skills, and only when the team performs at an excellent individual level can they be more outstanding. Therefore, actively carrying out campus football can also cultivate students' team spirit and excellent qualities of sacrificing themselves for the overall situation. Over time, students' ability to handle personal and team relationships will be improved.

1.5 Cultivate students' spirit of respect

In a student football game, after the game, all team members will bow hand in hand to the referee and opponents to express gratitude and respect to them. This behavior teaches students to respect every participant who has put in energy and effort for the game. Since then, in daily life, students will also show more respect for the people around them and gradually learn how to interact with others, ultimately forming a correct social outlook and laying a solid foundation for entering society.

1.6 Cultivate students' correct sports values

Sports values refer to people's evaluation of the existence and development of sports as a social phenomenon on a scale of need, which determines people's sports behavior and attitudes towards sports^{8,9}. Due to various reasons, there are varying degrees of misunderstandings in the understanding of sports in society today. By carrying out campus football activities, allowing students to participate in sports and unleashing their inherent educational functions, students' comprehensive qualities can be gradually improved. Through the improvement of students' comprehensive abilities, it can gradually alleviate the stereotypes of parents and teachers that sports are useless, and more importantly, it can gradually change the public's perception, promote the participation of the whole people in sports, and form a good awareness of "lifelong sports".

II. The Educational Function of Campus Football

Intellectual development is influenced by various factors and is a prerequisite for mastering scientific culture and various knowledge and skills¹⁰. Physical exercise and intellectual development are inseparable, and only by organically combining the two can they achieve development and progress together.

2.1 Improving students' intellectual abilities

Football is a sport with high requirements for students' learning and thinking ability. It is very important for students to choose running positions and observe the positions of teammates and opponents when participating in football matches. As the game progresses, there may also be situations on the field where the opponent's tactics and playing style compete or their own physical fitness reaches a certain limit. These situations require students to constantly reflect on the scene and make decisions they believe are correct in a short period of time. After participating in football training day after day and constantly participating in various games, students can significantly improve their observation and spatial perception abilities, their ability to judge and respond to unexpected situations, their ability to analyze the technical characteristics of different opponents, and their ability to read the progress and future trends of the game. Therefore, actively participating in football

training can also improve and enhance students' perception, thinking, and judgment abilities, as well as enhance their intellectual level.

2.2 Improving students' learning efficiency

Students spend more time sitting and studying on weekdays, which can lead to long-term fatigue in both their body and brain. Over time, it can lead to a series of physical illnesses, as well as a decline in learning efficiency and even academic performance. Firstly, actively participating in football training can effectively improve students' cardiopulmonary function and blood oxygen supply capacity, ensuring that the brain and various parts of the body are in a relatively active state, laying a solid foundation for fully immersing oneself in cultural studies. Secondly, transitioning from a static learning state to an active football activity is also beneficial for alleviating the fatigue caused by long-term learning in the brain. After the exercise is completed and students return to learning, it can directly improve their learning efficiency. Finally, it can also improve the quality of sleep. Adequate sleep helps to repair the functions of various parts of the body, allowing students to fully participate in learning the next day.

III. The Nurturing Function of Campus Football

The goal and task of China's sports work reform and development in the new era is to build a strong sports country. China should strive to achieve the transformation from a sports power to a leading sports nation¹¹. Good physical fitness is a necessary condition for achieving the dream of becoming a sports powerhouse, and physical exercise should be started by students. As a sports sport, football's primary role is to cultivate physical fitness.

3.1 Improving Students' Physical Fitness

Football combines aerobic and anaerobic sports and is a sport that requires high physical fitness. According to statistics, an excellent student athlete can run an average distance of 9000 meters in the 90 minute race time, and because of the fast conversion of attack and defense in the race, students will also have a lot of high-intensity and fast-paced turn back runs. Therefore, actively participating in football exercises can improve students' cardiovascular function, muscle endurance, and physical responsiveness.

Football is also a sport with intense physical competition, and the strength of athletes' muscles directly determines whether they can win the competition. When engaging in different confrontations, it is necessary for the muscles of various parts to work together. So actively participating in football can improve students' muscle strength, reduce body fat rate, improve metabolism, and make their bodies healthier.

3.2 Improving Students' Psychological Quality

Berg's research suggests that regularly engaging in moderate intensity activities for 20 to 30 minutes each time is beneficial for improving mood¹². In today's school life, most students are under high academic pressure and intense competition for further education every day, which inevitably leads to varying degrees of psychological adverse reactions. By carrying out campus football activities and regularly engaging in medium to high intensity training, students can effectively improve their negative emotions, alleviate their psychological pressure, and improve their psychological quality.

IV. The Aesthetic Function of Campus Football

The aesthetic function of sports is to cultivate students' correct aesthetic views, improve their ability to experience and create beauty, and promote their comprehensive development¹³. By participating in football activities, students can directly experience the beauty of behavior and morality in football. They can also improve their imagination, creativity, and artistic appeal, thereby gradually forming good aesthetic character.

V. Conclusion

As an important part of China's goal of becoming a sports powerhouse, campus football in China is currently developing rapidly, with the number of football characteristic schools and football fields rapidly increasing. This has laid a good material and environmental foundation for the development of campus football. However, the current development of campus football is still facing numerous difficulties, and there is still a widespread corrupt concept of valuing culture over physical fitness in society. We need to clarify to society the importance of the educational function of sports, including football, which requires the support of schools, families, society, and other parties. We must be based on the long-term and must not rush for quick success. Only with the concerted efforts of the whole society to contribute to the development of campus football can the educational function of campus football be fully realized, and students can achieve comprehensive growth. Only then can campus football and even Chinese football truly develop.

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