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The current situation and countermeasures of the development and application of ecological resources of University sports

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ABSTRACT

The effective development of ecological resources of the sport can achieve harmonious development among people, nature and sport. Therefore, it is of great significance to apply ecological resources to development the sport. Meanwhile, the ecological sport is also the new lifestyle and sport philosophy of modern people, which also makes China's sport had a great change. China is rich in ecological resources of sport, and the potential of ecological sport development is enormous. In this paper, the current situation of development and application of ecological resources of the sport in China's college is studied, the binding mode among regional ecological resources, school sports and family sports and so on is analysed, and the corresponding countermeasures against the model is proposed, which provides new ideas for the development of ecological sports of China, only for reference.

KEYWORDS

College sports ecological resources sports development.



INTRODUCTION

The Eco in ecological sports is referred to the relationship among man, nature, society and themselves. The increasing college enrollment of China lead to many contradiction, such as, lack of teachers and sports venues, and so on. These problems not only affected the smooth development of sports activities, but also led the basic education of three groups not to achieve the purpose of physical education at this stage. Only new educational methods can be used, can PE teachers properly handle these contradictions. Several universities of China is selected as an example so as to summarize that the number of eco-sports in China's universities can be tallied up, how many people are concerned about the ecological sports, the facility usage ratio in the activities of the ecological sports, and the situation of ecological sports combined with local ethnic culture. The situation of development of ecological resources of sports in Chinese universities is studied from these perspectives.

THE STUDYING OBJECTS OF ECOLOGICAL RESOURCES OF SPORTS

Several colleges and universities in Hunan province are selected as an example, taking six colleges and universities, whose categories are comprehensive universities, normal universities, agricultural universities and industrial universities, through questionnaires. The questionnaire distributed is seen in TABLE 1.

TABLE 1 : Statistics of questionnaires

University Name	Number of teacher questionnaire	Number of student questionnaires	Total
Central South University	15	50	65
Hunan Agricultural University	15	50	65
Xiangtan University	15	50	65
Hunan University of Science and Technology	15	50	65
Hunan Normal University	15	50	65
Hunan Industry University	15	50	65

METHODS OF ECOLOGICAL RESOURCES OF SPORTS

In this paper, literature and questionnaires are used to the ecological resources of sports.

Literature

In accordance with the purpose and content of this study, the relevant information on ecological theory and the application of physical education before 2014 are collected, and more than ten research documents and literature related to sports and ecology and physical education are gathered. What's more, a large number of papers related to sports resources in the past three years are also searched, and information related to sports resources in various journals and academic resource site is also searched. The literature and data are classified and studied for further reference and use.

Questionnaire

The problems are selected on the basis of the designed questionnaire. To achieve a better response rate, the cluster random sampling are carried out, organized by physical education teachers, and the questionnaire are filled out on the site with the students. Instructions on questionnaire shall be made to the students before filling out, and teachers shall interpret the questionnaire. The distributed questionnaires are focused on these six universities in Hunan. The questionnaire includes the survey of physical education teachers and college students. 90 questionnaires are distributed to teachers, and 85 questionnaires are recovered. 300 questionnaires are distributed to college students, and 267 questionnaires are recovered.

Statistical analysis

SPSS10.0 statistical software is used for data storage, computing and conventional processing and analysis.

Logical analysis

According to the classification of sports resource and the results of statistical data, the current situation of development and utilization of ecological resources of sports in the six universities of Hunan is analysed, and comparative study are conducted from different angles, and the logical induction shall be made as to the problems arising from ecological development and utilization.

RESULTS OF ECOLOGICAL SPORTS STUDY AND ANALYSIS

The results from investigation of the six universities of Hunan show that sports course are mostly carried out in the semester freshman and sophomore, and sports course are elective basically during the junior and senior, and the unified teaching objectives and methods are used in all grades of the six universities, and teaching content is relatively boring. This

physical activity with full participation can promote feeling exchanges among the students, but it is difficult to mobilize the enthusiasm of their movement, to enjoy the fun of sports, merely to cope with the test.

Ecological structure of school teachers

The smooth exchange and communication between teachers and students must be maintained if ecological sports are smoothly carried out. If teachers want to achieve teaching objectives, communication and exchange must be kept so as to effectively solve the problems encountered in teaching, to improve school results.

The ecological structure of school teachers will also affect the results of teaching, and the number of teachers, teaching abilities of teachers, and personal charisma will affect the ecological structure of the school faculty. If ecological sports is to be achieved success in teaching, teachers and students, teaching materials and teaching methods constitute the ecological structure of faculty. Only a variety of information is timely fed back, can ecological physical education be better carried out among students. The role of teachers can not be over-emphasized, and it should pay attention to the ecological balance of the whole structure of teachers, which will make students feel the fun of physical education by ecology teaching, having an important impact on the formation of students' lifelong sports thoughts, and ultimately, forming ecological sports development of student life.

Curriculum of ecology in physical education

The curriculum of ecological sports needs constantly improving. Although a large number of scholars begins to study ecological sports in recent years, an investigation found that the real application of this model to carry out ecological sports teaching is very rare in universities across China. Although some universities carried out a partial try in ecological sports teaching, for example, small golf, cricket, fishing and expand training and other training courses. However, it is only a partial attempt, there is no formation of large-scale university teaching, and there is no uniform set of ecological courses. Therefore, the curriculum of ecological sports is lack of practice. Only we try to attempt in a courage way, can the partial try be replaced by the whole development.

Eco content of classroom teaching

It can be found through these studies that students in different universities have different understanding of the content of physical education, which is a large part influenced by teachers' personal factors, and is related to the students themselves to a certainty.

The impact of teachers: teachers will play a very important role in the development of ecological sports. Teachers are able to have their right and non-power. impact on students. Teachers are given the right to teaching sports skills in classroom and guidance of students in extracurricular activities. Teachers with seniority are rich in experience, and more authoritative in saying, and able to impart professional sports knowledge and skills to students. The non-power factor includes such five aspects as rewards and punishment, capacity, knowledge, moral character and emotional^[1].

The impact of teaching content: The teaching content of physical education is established in accordance with the provisions of teaching in China's colleges and universities, and it can not meet the needs of students. Sports should change with the times, the student will lose their enthusiasm of participation if there is no fun in the learning process.^[2]

Students for themselves: It varies from person to person as to whether he or she loves sports, or how much sports knowledge he or she has. Therefore, carrying out ecological teaching is a challenge for teachers. Only adding the contents of innovative thinking to physical education and understanding the situation of all students, the correct information on sports can be passed in order to make students actively involved.^[3]

Ecological construction of facilities on site

The survey results show that more than 56% college students of this six colleges and universities have private sports equipment, the most of which are badminton, reaching 220 persons, followed by basketball, up to 180 persons, then followed by rope skipping, reaching 80 persons, and finally, is the football, table tennis and hula hoop and so on.

It can be found according to the above study that the grounds and facilities are of importance to ecological teaching of sports, and the students also attach importance to it. Whether ecological sports teaching or reform of teaching methods, a good learning environment are required to create for students. Ecological teaching conducted in classroom will have impact on the quality of teaching. Only the learning needs are met, can students take the initiative and active participation in sports learning.

Eco teaching facilities will have impact on the quality of teaching. It can be seen from the above table that the students attach great importance to teaching facilities and the environment. Presently, most of the school's grounds and teaching facilities can not meet the needs of ecological sports teaching. Only the surrounding ecological environment and green spaces are fully used for classroom teaching, the needs of ecological sports teaching can be met.

CONCLUSIONS AND RECOMMENDATIONS

Conclusion

At present, the requirements for sports in China's colleges and universities are up to standard of exercise, and the positive and easily-learned items are to be chosen in sports teaching to have good impact on students' body and soul at the same time. The development of sports programs of university in the future should be combined with traditional items surrounding folk, and weaken the rigid part of the teaching content, and strengthen the interest of teaching, carrying forward the characteristics of traditional sports projects of China. At the same time, we must strengthen the evaluation of sports teacher of colleges and universities, win or loss does not depend on score. The ecological teaching environment shall be formed by students' comprehensive evaluation of teachers.

The development of ecological resources of sports in China's colleges and universities should pay attention to the surrounding environment, engage in more outdoor sports, and improve students' independent right to choose so as to achieve effective development and applications of ecological resources of sports in China's colleges and universities.

Proposal

To carry out ecological sports is to integrate the traditional national projects into sports teaching while keeping with the times, which can both enrich classroom teaching sports, and spread the national traditional culture.

It can be reflected from the above studies that the fusion of traditional national sports and classroom sports teaching in many colleges and universities are in the blank, which is largely related to the location of colleges and universities. If beautiful natural environments surround colleges and universities, it is very easy for teachers to guide the students to carry out ecological sports teaching, for example, outdoor adventure and dragon boat racing and so on. The minorities occupy around some colleges and universities which is not affected by the national culture. classroom sports teaching is just to complete the task of teaching. Some teachers will not carry out ecological sports teaching for fear of bearing responsibility, because accidents sometimes happened to ecological sports teaching on the field. For example, dance of ethnic minorities is suitable for carrying out ecological sports teaching, but there is a certain risk.

Countermeasures of the Development and Application of Ecological Resources of Sports in colleges and University To strengthen the development and protection of local ecological resources of ecological sports

To strengthen the development and protection of ecological resources of ecological sports is largely related to the departments of sports, tourism and economy. Due to tourism management system is not perfect in the various areas, and different tourist areas belong to different administrative departments. Therefore, we must strengthen the leading role of the government to establish the group of local government-based, and supplemented by the relevant departments, to manage ecological resource related to carrying out ecological sports. According to the local conditions, research on the supporting ability of ecological environment and cultural resources so as to determine sports programs which can be developed in colleges and universities, and to establish protective measures.^[4]

To strengthen environmental education and training

Strengthening education of ecological sports environment in China, and improving the awareness of ecological sports, have an impact on the quality of ecological sports and the final result. To carry out ecological sports teaching needs improving the quality of management personnel, which is the basis for sustainable development of ecological sports. Only sufficient knowledge can we reduce the destruction of resources, do a good job of protection and utilization of resources^[5].

To conduct the development of ecological sports resource by using the joint method

It is necessary to create local key environment of ecological culture as the projects of ecological sports, to strengthen other ecological sports resources as the auxiliary, and to use the ecological sports resources, and to jointly develop projects combining ecological sports with cultural art. The development should be conducted in a planned and targeted way. The resource which is not destroyed or not severely damaged should be timely protected or rescued so as to achieve the unity of conservation, development and utilization.^[6]

Strengthening ecological Sports of the family

Ecological sports can be combined together with family sports, but it needs strengthening organization and management and building various ecological sports network for the mass, so that material security is further improved, funding sources more exploited, and the planning and construction of sports venues is further strengthened. Meanwhile, it is necessary to strengthen the building of volunteer team related to ecological sports, to play the role of science and technology to support the fitness, to achieve the aim that family is combined with ecological sports through scientific management, to ensure the smooth development after ecological sports is combined with family sports.

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