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The development and application of PE ecological resources of colleges and universities under the background of two-oriented society

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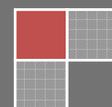
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ABSTRACT

The modern society is gradually progressing the environment-friendly and conservation society. Under this background, it is of great significance to the development and use of PE ecological resources of colleges and universities. Colleges and universities are places for educating people, which also bear a bounden duty of the social development and environmental protection while educating persons. This paper probes into the development and application of ecological resources of colleges and universities in physical education.

KEYWORDS

Two-oriented society; Physical education of colleges and universities; Development and application of ecological resources.



The remarkable achievements has been made in physical education after the development for a long time. Physical education not only improves persons' physique, enhance persons' perseverance, but also maintains political stability in today's society. In recent years, physical education is getting increasingly important in society, which gives rise to a huge benefit to people, but it also has a negative impact on human life, especially causes pollution to the environment to some extent, seriously restrict the sustainable development of sports.

THE CONNOTATION OF ECOLOGICAL SPORTS

TABLE 1 : The characteristics of ecological sports

The characteristics of ecological sports	Content
Naturalness	Sports activities are carried out in the natural environment.
Harmony	Human and society, Human and nature, Human and human
Scientific nature	Eco Sports should be carried out under the scientific basis.
Humanity	Eco Sports is inseparable from human environment.
Entertainment	Eco Sports should be provided with a certain entertainment so as to promote its development.

The understanding of ecological sports undergoes a process from shallowness to depth. As to ecological sports, it is initially thought that people just conduct physical exercise in the natural environment. With the deepening of understanding of the ecological sports, people realize that ecological sports include not only the natural environment but also human ecology. The characteristics of ecological sports is shown in TABLE 1:

In the process of studying ecological sports, it is necessary to deal with the relationship among human, sports and environment in a proper way from the angle of protection of the nature and ecological environment, so that humans are able to conduct physical exercise under the good ecological environment, and the ecological sports play a large role in the promotion of ecological sports. TABLE 2 is questionnaire whether persons are willing to conduct morning run or not (500 persons, the interviewee is told that their own time is allowed to conduct morning run before the survey).

TABLE 2 : Questionnaire

Environmental conditions	Good environment	Common environment	Fog weather
Willing to conduct morning run	480	300	0
Unwilling to conduct morning run	20	200	500

It can be seen from the data of the questionnaire that the attitude of people to physical exercise of the ecological environment. Therefore, in order to achieve the sustainable development of sports, colleges and universities should more pay attention to the development and utilization of ecological resources in sports so as to promote the rational development of sports.

THE ECOLOGICAL FUNCTIONS OF ECOLOGICAL SPORTS

Many Chinese experts on sports conducts detail study of the functions of ecological sports, the main contents are as shown in TABLE 3.

TABLE 3 : The main function of ecological sports

Character	The main content
Zhou Zhonglin	Eco Sports is mainly provided with such functions as the creation of life, nursing life and prepotency and so on. The creation of life is mainly embodied in the promotion of harmony between human and nature, and nursing life is mainly embodied in the promotion of human health, and prepotency is mainly embodied in changing social and natural properties through movement.
Gong Zhengwei	Eco sports is provided with functions of entertainment and fitness.
Geng Haiyan, Liu Huiying	Eco Sports is provided with functions of entertainment and fitness.

It can be seen from TABLE 3 and the characteristics of sports that ecological sports is not only provided with functions of physical health, entertainment, and education, but also with function of strengthening the ecological consciousness. It can be seen that the ecological sports has great impact on the ecological environment.

THE PROBLEMS OF THE DEVELOPMENT OF ECOLOGICAL SPORTS FACING COLLEGES AND UNIVERSITIES

The bad ecological environment on campus

In recent years, with the improvement of persons’ environmental awareness, the establishment of the stadium and other sports facilities has been further improved in many colleges and universities, but with the continuous expansion of college enrollment, the per capita area of the stadium in china’s colleges and universities has decreased a lot. At the same time, the upscale indoor sports venues in many colleges and universities are usually closed, causing college students unable to take advantage of the sports resources on campus, and the venues for students’ physical exercise are getting smaller and smaller, and the hardware of ecological environment within colleges and universities is no way to meet the students’ demands on resources of ecological physical education, which also accelerates the deterioration speed of ecological environment on campus and has a serious impediment on carrying out ecological sports^[1]. In addition, compared with other investment in teaching facilities, the investment in the purchase and construction of sports resources of China’s colleges and universities is minimal. The ecological environment around the sports field is often be the worst ecological place on the entire campus, and sports venues is unsightly poor, and the environment is severely degradation. The playground will be dusty while blowing wind, and the playground will be muddy while raining. Sports equipments are used year-round without proper maintenance and repair, leading to severe wear and tear, and there are large danger in sports equipment, so that it is difficult to carry out ecological physical education in colleges and universities, and students are unable to carry out normal physical exercise, resulting in inharmony relationship between sports and the natural environment^[2].

Poor awareness of environmental protection

Currently, the college students in China are provided with good overall quality, but the awareness of environmental protection is poor, a lot of students do not even realize the relationship between physical exercise and ecological environment. As a result, the requirements of ecological sports can not be met so that some bad behavior often occurred in physical education^[3]. For example, the rubbishes are left about regardless of the occasion, and spitting is everywhere. Management within the movement area on the campus is more relaxed, and a variety of vehicles appear in the sports area, and waste causing pollution to the environment will be left on the exercise sports venues after the end of the movement. For example, white trash, and stones used as the simple goal. The conditions in moving areas are unable to keep up with the demands of students, such as poor lighting, which the more serious security risks are left to the students participating in physical exercise so that sports safety can not guaranteed and ecological sports is difficult to carry out in colleges and universities^[4].

Lack of course of ecological sports

The training of environmental awareness must be achieved through the course of ecological sports. In the process of building course of ecological sports, “eco-friendly” thinking can be achieved through the ecological physical education in colleges and universities. TABLE 4 is a survey report on sports of college students in China.

TABLE 4 : The survey report on sports

The proportion of students	Sports type
76%	Ball
18%	sports curriculum flavor of the times, such as, aerobics, yoga, swimming,and camping
6%	Track and field

As can be seen from the data in TABLE 4 that the traditional physical education of colleges and universities can not meet students’ demand for sports programs. Compared with China, America pay more attention to the development of ecological sports teaching in physical education. For example, the physical course of San Jose State University contains boxing, dance, ice sports, and outdoor sports. Compared with physical education of the United States, the physical education of China is single in content, lack new physical education curriculum and enough ecological sports curriculum. The content of ecological sports curriculum for students to choose is less, and can not adapt to the times, and at the same time can not meet the needs of students’ body development.

COUNTERMEASURES OF ECOLOGICAL SPORTS TEACHING

Strengthening the cultural building of ecological sports

In the process of construction of ecological sports culture, not only the composition of the sports culture needs to be heeded, but also the propaganda of the ecological sports culture needs more to be strengthened on campus. (1) the ecological

sports should be widely publicized through the rational use of publicity on campus, for example, the blackboard, bulletin boards, warning signs, radio on campus. (2) the organization of activities related to ecological sports^[5], such as the organization of knowledge competitions taking ecological sports as the content, holding cultural festival of ecological sports so that more students understand ecological sports and protect the ecological environment on campus, and vigorously promoting ecological sports, replacing the traditional farming project with ecological sports project so as to improve students' initiative of participation in physical exercise and to improve students' awareness of protecting the environment. At the same time, ecological sports activities taking college or class as a unit can be organized when the students are leisure, for example, outing, hiking, forest games, and so on.

Raising awareness of ecological sports

Currently, an important reason for restricting the development of ecological sports of colleges and universities in China is the poor ecological awareness of leaders, teachers and students of colleges and universities in China. The relationship between ecological environment physical exercise must be understood in a proper way, and the awareness of workers engaged in physical education in colleges and universities in China especially needs to be strengthened. The natural environment and the social environment should be fused in a reasonable way, and the content of ecological sports of colleges and universities should be further expanded surrounding the needs of college students. It is necessary to strengthen the construction of green and eco-friendly sports stadium. The concepts of green environmental protection of the Beijing Olympic Games can be used as the core concept on the guidance of the concept of environmental protection of ecological sports^[6].

Building more eco-sports courses

It is necessary to guide students to pay attention to the effect of ecological sports course while carrying out ecological sports. In the process of building ecological sports course, we should strengthen ecological sports publicity, which is the main way to protect the environment. The rhythm of ecological environment must be reflected in the construction of ecological sports course which is of great significance to promote the development of students' ecological consciousness. The building of ecological sports course of colleges and universities may start from the following aspects: (1) The establishment of ecological sports curriculum, promoting the harmonious development among students, sports and environment. (2) In the process of construction of ecological sports course, it is necessary to choose the content which is in line with ecological physical education, and to restructure the educational content in a reasonable way so as to improve the initiative of students to participate in the ecological sports. (3) It is necessary to establish the sound teaching mode of ecological sports, to select the teaching content, to set a reasonable teaching plan, to create a reasonable ecological sports activities based on the actual situation of colleges and universities, so as to improve the teaching effect of ecological sports.

SETTING THE TEACHING CONTENT AND TEACHING MODEL OF ECOLOGICAL SPORTS

The teaching model of ecological sports break the traditional routine of teaching, teaching content is more flexible, and the teaching content can be set according to the actual situation.

Setting teaching theory course of ecological sports

Colleges and universities of China more focus on training athletic skills and less pay attention to impart theoretical knowledge of sports in the traditional physical education, ignoring the role of theoretical knowledge in physical education. The ecological sports teaching emphasizes on putting the physical education curriculum into the nature^[7]. How to deal with the relationship between man and nature in the process of physical education? It is required that students should master a wealth of theoretical knowledge, avoid doing damage to the environment in sports teaching. At the same time, the students also need to master some measures of preventing danger and the urgent treatment after encountering danger. Therefore, it is necessary to enhance students' adaptability to ecological sports teaching by relevant theoretical teaching before the ecological sports teaching. Meanwhile, the setting of ecological sports programs may be determined by the human environment and the actual situation of local college. For example, if there are hills around the college, students can be organized into the turf on the hillside in order to carry out sports theory teaching. The students are able to not only master a wealth of theoretical knowledge, but also to appreciate the beauty of nature, and to love nature from the heart and to protect the nature.

Setting teaching content based on natural resources of China

China is a country with vast land, and rich in natural resources, such as forest, mountains and numerous lakes on the earth' surface, and the natural beauty vary greatly from place to place, and there is a huge difference between the north and the south, the rural and the urban, the western and the eastern, which provides convenient natural conditions for setting teaching curriculum of ecological sports of colleges and universities in China. In the process of development of ecological sports, the natural environment surrounding college can be used in a reasonable way, and the ecological sports curriculum can be set on the basis of the natural resources. Students can choose according their preferences while choosing ecological sports teaching. The feelings between students and the nature can be further enhanced through ecological sports teaching, and students' consciousness of protecting nature and caring nature can be improved^[8].

Setting teaching content based on seasonal characteristics

China is a country with four distinct seasons, and rich climatic resources provide convenient conditions for the development of ecological sports teaching. For example, as to the setting of ecological sports course, fun “kite lesson” can be set in the warm spring, and students can be organized to carry out sports activities in the vicinity of the woods in the hot summer, making students experiencing the cool in the shade so as to improve students’ enthusiasm of participating in ecological sports, and students can be organized to conduct excursions and see the fruits of the harvest in the autumn, and students can be organized to conduct ecological sports activities in the cold winter, such as skating, snowball fights, and so on. According to China’s actual characteristics, the setting of appropriate ecological sports curriculum not only allows students’ corporeity exercised, and exercise skills improved, but also enables students to fully appreciate the unique charm of nature, so that students form a kinds of impulses to protect nature from their heart.

Setting teaching content based on the local culture

China is a country with long history. all ethnic groups have formed a rich sporting and cultural resources in the long history. These culture can play a guiding role in the ecological sports. For example, the Confucian idea of “Harmony” is permeated with “ecology” thinking, which can be used in the ecological sports curriculum in a reasonable way in ecological sports teaching, guiding students’ values. At the same time, there are many sports with local characteristics in China, such as, “DaYangGe” of Haiyang of Yantai, “Kite” of Weifang, “boat racing” in the south of China, and so on. These movements in the nature can be a sports item of ecological sports curriculum after being reasonably improved. The ecological sports curriculum with ethical characteristic not only allows students to experience the fun of sports curriculum, but also makes the students feel the charm of national culture.

CONCLUSION

Ecological sports is the mainstream direction of physical education of China’s colleges and universities. As to the ecological sports teaching, China is at the stage of development. To carry out ecological sports teaching in colleges and universities is an important measure to accelerate ecological sports teaching. From the current situation, the theory of ecological sports teaching in China is not mature, and not able to provide strong support for ecological sports teaching. At the same time, the current articles on the development and application of ecological sports resources in China are fewer. It is expected that the above content can play some role in helping the development and application of ecological sports resources of colleges and universities in China.

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