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## Reflection on the cultivation of innovative talents in sport colleges with the integration of sports and arts

Zhu Jun\*

Office of Teaching Affairs in Xi'an Physical Education University, Xi'an, Shaanxi,  
710068, (CHINA)

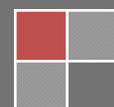
E-mail: 461992604@qq.com

### ABSTRACT

Sports are the "life resources" of art creation. Meanwhile, sports need arts to enrich and develop themselves. To demonstrate characters of sports through drawing on the advantages of arts; to further teaching reform with equal importance of skills and qualities; to set curriculums according to specialty and popularity; to optimize the teaching staff to guide innovation; to create art atmosphere and increase art quality; to explore now channels of cultivating innovative talents. These are of great importance to the innovative talent cultivation in sport universities and colleges.

### KEYWORDS

Sports; Arts; Innovation; Talent cultivation.



China is making efforts to become an “innovative country” in 2020. To cultivate innovative talents has thus become one of the main tasks of universities and colleges. For universities and colleges to cultivate students’ innovative abilities, the central task is to cultivate and develop their creative thinking. One of the significant characters of arts education is that it can potentially change many special functions of arts into important influences on those being educated, one important part of which is creativity. It can be said that, art is a kind of eternal creativity throughout human’s development. The importance of art lies in creativity, innovation and personality. It also lies in following and exploiting the rules of beauty. Sports and arts are from the same origin and will interact positively and develop in coordination in the future. For students in sports colleges, the innovative spirits and abilities formed through sports and arts education will not only be useful in all aspects but also throughout the whole life and will be inexhaustible. Thus, to further the integration of sports and arts in sports colleges is an effective way to cultivate innovative sports talents.

### **INTEGRATION OF SPORT AND ART DEVELOPING NEW CHANNELS FOR CULTIVATING INNOVATIVE TALENTS IN SPORT COLLEGES**

Sport is a kind of social practice, which is usually one of the sources of art creation. For art, sport is the field for materials. All classes of art touch the field of sports to create beauty. <sup>[1]</sup> Especially, the modern dance and music have been used greatly in all sports competitions and performances. The great beauty of the opening and closing ceremony of 2008 Beijing Olympic Games and 2014 Tianjin Youth Olympic Games has taken the combination of sport and art to the extreme. The rise and fall of the Olympics also tells us that sports without arts will be imperfect.

With the development of sports higher education and the constant improvement of sport science system, sport and art combine highly and the infiltration of all kinds of arts provides beauty to people. Art makes sports perfect splendid with the beauty of art. Sports also need arts to enrich cultural connotations. It uses aesthetic judgments to improve the value of ethical evaluation and esthetic ideal to choose the future way of development. <sup>[2]</sup> In recent years, tens of sport universities, such as Xi’an Physical Education University, Beijing Sport University, Tianjin University of Sport and Wuhan Sports University, have opened or added the majors of art music, performance, dance and dancing choreographer and broadcasting and hosting, which makes the integration of sports and arts not only theoretically possible and but also practical in sustainable development. Sports universities can not only cultivate professional talents in arts but also perfect the cultivating Specification of sport talents through the integration of sports and arts and thus explore a new direction for talent cultivation to meet the needs of markets.

### **VALUE OF INTEGRATION OF SPORTS AND ARTS IN CULTIVATING INNOVATIVE TALENTS IN SPORTS COLLEGES**

Early in the 18<sup>th</sup> century, Schiller, a famous German writer, described vividly: “After we have listened to a piece of beautiful music, feelings become active; after we read a poem, imagination becomes alive; after we have seen a beautiful statue or architecture, intellectuality revives.” <sup>[3]</sup> Thus, college students’ innovative instinct oppressed by long exam-oriented education and boring sport training may be activated to different extent by art activities.

Innovative ability is not a sole ability but a comprehensive one with different abilities. This kind of comprehensive ability is a combination of such psychological factors as sense, perception, attention, memory, imagination, emotion and understanding. The special artistic thinking ability cultivated in art education gradually promotes the development of students’ innovative psychological quality in sport universities.

#### **Artistic perception helping strengthen sport students’ sharp observation**

Artistic Perception is different from common ones. It mainly refers to the ability to feel and grasp the external image of the substance, which is generally called observation. Russian writer, Tolstoy thinks: “In art, all lie on the artists’ important observation.” <sup>[4]</sup> Compared to the ordinary people, art creators will always observe and capture necessary materials in the society and quickly grasp the main characters of the observed and make a profound feeling. In sports, sharp observations need to be trained. Observation is the foundation for volleyball players to use basic skills and carry out all complex tactics on the field. The contention of the two sides in basketball matches takes place in many ranges on the whole playground. Because the chances of offence and defense and the cooperation appear simultaneously on several spots, the basketball players must have a quick and motion observation ability in a large view. If the football players can’t observe and analyze complex situations and make accurate judgments in advance on the field, they won’t be able to choose a good place and to deal with the ball well and thus miss the chance to score. Through the training of artistic perception on the students, we can train students the sight of discovery and unique sensibility to gain new feeling and cognition in sports.

#### **Artistic emotive force being the driving force of sport students’ innovative ability**

Emotion is the attitude experience about whether material objects meet our need. It is the direct driving force of creation. The art creators waken their inner creation urge only after having strong feelings and then change their own feelings into artistic works. Susanne Langer says: “All arts are the consciousness forms that are created to show human feelings.” <sup>[6]</sup> In art education, the infiltration and catalysis can often lead students’ minds from calmness to excitation, which will make the mind unusually active and arouse high creation enthusiasm.

Sport dance is an extraordinarily beautiful sport, which combines dance, sport, music, costume, physical beauty and artistic beauty together. The inner feelings are expressed through facial expressions and body language, which are the coordination of physical beauty and artistic beauty. There's special aesthetic value in Aerobics, cheer leading and rhythmic gymnastics, which is the combination of beauties in sports, figure, music, dance and formation. The reason why athletic gymnastics is favored by many youngsters is that it creates unique beauties in adventure and ingenuity through the beauties in forms, implication and move skills. With the help of rich artistic forms and effects, many sports show the feelings of the creators through deriving and creation. Appreciators can also strike a chord because of the crack of "code".

### **Artistic imagination being the promotion of sport students' innovative ability**

Hegel once said: "When we talk about abilities, the abilities of the best artists are imagination. All laboring process is sure to contain imagination. It is a necessary part of art, design, science, literature, music and any creations." <sup>[7]</sup>Einstein also said: "Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand." <sup>[8]</sup>To train creativity, art education has its unique advantage. Art is free, vague and uncertain. These characters provide people wide space for imagination and connection, which enrich people's imagination. Through art education, we can effectively develop students' imagination and provide wings for students' innovation. Because of rich contents and characters, sports play an important role in cultivating and promoting people's imagination. The birth, innovation and development of many sports are from imagination. For example, high jump develops from basic physical activity to leap to scissors to straddle and to back layout. The emergence and innovation of techniques and tactics, the creation of many moves and the design and formation of big sport performances all inspire people's imagination. The sport competition, teaching and training, the conception and carrying out of tactics and the learning and usage of the techniques and tactics all contain and promote people's imagination.

Imagination is the twin of creation. Divergent thinking is a representative one of creative thinking, which is also an important way of creative imagination. The main function is to seek differences and innovate. It can inspire college students to think in different ways, aspects and levels to find out more information. It cannot be limited to one level.

## **WAYS FOR DEEP INTEGRATION OF SPORTS AND ARTS**

### **Drawing on the advantages of arts, demonstrating characters of sports**

It is necessary to innovate diverse talent cultivation models, set up crossing courses between sports and arts and integrate the resources of sports and arts to play an important role in cultivating innovative sport talents.

In an era of sport modernization, the integration of sport and art makes sport art a new performing art that is popular among all social classes. It also becomes a new field of sport culture. Sport universities and colleges are the only one that has an excellent platform of resources for both sport and art talent cultivation. We should catch the opportunity to further the development of spots and arts. On the foundation of exploring and inheriting present sport performances, we shall take the exploitation of new subject fields and teaching methods as the goal and the developing direction of aesthetic forms of sports in the space of arts as the direction.

To follow the teaching philosophy of "drawing on the advantages of arts and demonstrating characters of sports" tightly; to explore the connotation of arts and grasp the characters of sports to combine the teaching and practice, training and scientific research, talent cultivation and discipline construction of sport and art together; to give consideration to theory, artistic creation and scientific research to form distinctive characters of sport art education and increase the level of schooling and further the connotation; and to pay highly attention to the importance and need of the integration of sports and arts. Sports contain arts and arts beautify and direct the development of sports and integrate and show artistic thoughts into boring sports. This requires the administrators, teachers and students should understand the meaning of the integration of sport and art in the innovation of talent cultivation and strengthen the consciousness of art beauty in spots to explore new ways of integration of sports and arts.

### **Using arts to improve techniques and laying equal emphasis on skills and qualities to further the reform of schooling**

Sport universities and colleges combine the artistic platform of music, dance, performance and broadcasting and sport science together, follow the rules of arts and sports, further the reform of schooling and talent cultivation models on the base of culture from the integration of sports and arts, and construct the experimental fields of talent cultivating models of "integration of sports and arts". We should renew the curriculum settings, innovate teaching methods and propose different ways of integration of sports and arts to provide more excellent resources of sports and arts. They should pay special attention to the training of leaning methods and skills to inspire and guide students to open their minds to analyze the problems in sports through different aspects of arts and solve problems in different ways. We should train students to have sharp perception towards sports and enrich their perceptual knowledge and sports practices. We should develop students' imagination in sport practice and provide opportunities for students' creative thinking and cultivate and improve their creative thinking.

### **Setting the curriculums scientifically, taking both specialty and popularity into account**

On the curriculum setting, Specialization and Popularity should be combined together. Sport courses should be ingrate with artistic forms. For sport majors, apart from eight art appreciation courses which are required by the Department of

Education, we should increase the proportion of art appreciation courses among the basic courses and professional ones. To explore actively and innovate the teaching materials and add some crossing appreciation and experiencing courses in sport arts. One of the examples is the course of Sport Art Appreciation. Sport art works are the fruits of sportsmen and artists and the unification of spirit and forms of the art works concerning sports. It includes the dynamic sport art works which are the sport skills with ornamental value and the music, dances, dramas and movies which take sports as the subject. The dynamic sport art works can bring people short, motion and direct art inspiration and enjoyment. The static sport art works such as sport drawing, sculpture and architecture can bring people calm and profound enjoyment. The combination of the dynamic and static sport art works are the integration of “connotation” and “form”.<sup>[9]</sup> For example, the pair skating of Shen Xue and Zhao Hongbo shows great skill of skating. The connotation is the elegant emotion, motion, persistence, innovation and spirit of struggling. In this way, a curriculum system of professional art courses, public art courses and special courses with combination of sport and art will gradually be formed.

### **Optimizing the teaching staff and guiding students to innovate independently**

Students are the main body of sport creation. Creation should be their active and spontaneous action. Teachers are to inspire their enthusiasm and help to guide their creativity. Presently, the development of teaching staff of arts in sport universities and colleges still lay behind. On the one hand, major structure levels are not enough. The art staff in most sport universities and colleges major in music, dance and fine arts, which causes the singularity of the courses. And there are not enough experienced talents with high education degree and teaching title. On the other hand, the imbalance of teacher-student proportion is serious. Because of the short of teaching staff, the art courses in many universities and colleges are only enough for art majors and cannot benefit sport majors.

Thus, we should value the present art staff and lay emphasis on their continuing education to cultivate an art staff with high humanities and rich knowledge. Moreover, we should also increase the understanding of the importance of teachers in cultivating students' innovative thinking abilities and strengthen the research on the development of creative thinking abilities with sport and art to explore further the effective methods and ways for cultivating students' creative thinking in physical education. It's necessary to renew education thoughts and professional knowledge continuously through the training and communication of staff to meet the requirements of the combined development of art and education.

### **Creating a strong atmosphere of sport culture and increasing students' innovative quality**

It is not only necessary but also vital to create a strong sport surroundings and art atmosphere for cultivating innovative ability. Students' Art Groups should play an important part in the extracurricular activities to enrich campus life. In the campus sport activities, it's necessary to integrate all kinds of art resources and innovate the forms and contents of sport culture. Opportunities of experiencing sport arts should be provided to all students through creating a strong atmosphere. Students should break through traditional ideas and constraints of habits to show themselves, create new things and innovate bravely.

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