

Exploration on the Value of Physical Education in Schools in the Process of Socialization of College Students in the New Era

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Abstract: with the Development of the Times, Society Has Become Complicated. However, Due to the Immaturity of the Mind and the Imperfect Values, the Current College Students Are Easy to Hit the Wall When They First Enter the Society. the Physical Education of Colleges and Universities, Due to the Particularity of the Discipline, Prompts College Students to Get in Touch with the Society Earlier, Accumulate Social Experience in Advance, and Can Better Adapt to Society When They First Enter the Society. This Paper Analyzes the Direct Advantages of Physical Education in Colleges and Universities to Promote Students' Socialization Process, and States the Influence of College Physical Education on College Students' Values, Helping College Students to Better Adapt to This Society and Make More for the Country's Development.

1. Introduction

1.1 Literature Review

With the advent of the new era, society presents a complex phenomenon (Shi et al, 2011). In the new era, college students have not fully developed and established their minds and values, lacking the ability to distinguish between right and wrong, and are easily influenced by bad culture and bad atmosphere. College students will face many problems after entering society (Lu, 2015). The process of socialization means that college students, in addition to the university's study life, must also experience rich social practice, initially forming their own values and having the ability to live independently in society (Zhao, 2018). The socialization process is a two-way adaptation process, which is not only a process of cultivating college students into a qualified society but also a process for college students to actively learn to change in order to adapt to the complex and varied society (Wu, 2011). Physical education in colleges and universities is a study subject with outstanding advantages and practicality. In the aspect of college students' socialization process, it has advantages that other disciplines can't match. College students have just come into contact with society, and their understanding of the real society is not deep enough. They are susceptible to some negative factors in the process of learning and interpersonal communication, resulting in unreasonable things and ideas. The physical education disciplines of colleges and universities are separated from the students who are usually in contact with the class, as well as the companions who are training together. The students who often participate in the competition can also reach more people in society, and the level of understanding of society will be deeper. The current process of socialization of college students is a gradual process, which can not be completed overnight. In this important transformation process, physical education in colleges and universities played an important role. Physical education can not only strengthen the physical quality of students but also temper the psychological quality of college students and help college students to build a tough quality will. Due to the particularity of college physical education, it has obvious help for cultivating college students' sense of role, social responsibility, and team concept, so that college students can gradually complete the process of social transformation.

1.2 Purpose of Research

In the physical education teaching work of colleges and universities, cultivating the core values of college students is also an important teaching content in physical education (Qin, 2013). To

strengthen the ideological and political concept of college students, we must proceed from two aspects of teaching. It is necessary to pay attention to the pertinence and real-time value education in physical education (Tang, 2010). The value of lifelong education in traditional physical education provides a direction for the socialization of college students. The entertainment value of physical education provides a guarantee for the socialization of college students. The culture contained in physical education is the essence of promoting the socialization of college students. Actively developing physical education in colleges and universities and cultivating the sports culture spirit of college students can help college students to get in touch with social practice in advance and cultivate their good social adaptability. In the current physical education teaching in colleges and universities, there is a very important teaching task, how to make the college students of Qingyi quickly socialize, to avoid college students from hitting the wall when they first entered the society. The current complex social environment is extremely unfavorable for the advancement of the socialization process of college students and is greatly hindered. Physical education is an important part of the teaching system of colleges and universities. The uniqueness of discipline plays a key role in promoting the socialization of college students. This paper summarizes the direct effect of physical education in colleges and universities, and draws the key significance of physical education on the socialization process of college students, in order to provide reference for relevant scholars.

2. The Advantages of School Physical Education in the Process of Socialization

2.1 Cultivate Students' Aggressive Spirit

In the physical education of colleges and universities, especially for some professional athletes, glory for the country is a noble and glorious thing. The Chinese athletes who won the international sports competition are very happy and excited when they see the scene of the bright red five-star red flag rising in the motherland. This symbolizes that Chinese athletes have once again proved themselves and added luster to the motherland. Although physical education teaching in colleges and universities is far away from the dimension of heat and patriotism, it also embodies patriotic education. Most college students can't directly participate in sports competitions, but through the Internet, TV, mobile devices and traditional paper media, they can get this information for the first time, and they will experience the country's competitive sports. Powerful, this intuitive expression is much better than traditional physical education methods (Yan, 2014). Physical education in colleges and universities teach students professional sports knowledge and sports skills and methods accidents, but also pay attention to the cultivation of students' sports spirit and sports culture. In the teaching, students are organized to observe the excellent spiritual style of the country's outstanding remote mobilization and the quality of consciousness that strives for the country to win glory. When teaching physical education to students, the physical education teachers in colleges and universities interspersed to explain the deeds and spirit of excellent sports athletes and help students quickly understand the power of national competitive sports. Help students quickly develop patriotic feelings and a spirit of active struggle.

2.2 Cultivate Students' Cooperative Spirit

In the physical education of colleges and universities, there are many competitive competitions and activities, which embodies cooperation and competition everywhere. In the athletic sports of sports, you can strengthen the physical fitness of students, and also cultivate students' strong enterprising spirit and tenacious quality will. Sports competitions are not just a competition between students' physical fitness and motor skills, but also a competition for willpower, fighting spirit, wisdom, and teamwork. In the sports competition, "friendship first, competition second" must maintain sufficient competitiveness, but also maintain a good understanding and cooperation relationship with teammates. Maintaining good tacit cooperation and cooperation with teammates can promote the team's overall victory. On the other hand, after the team wins, the individual's achievements are also important indicators and factors when the team accounts for the contribution

value. For example, basketball players who are more like college students, each team member must not only do their own essential work but also defend the opponents. In the case of other teammates making mistakes, they should make up for the mistakes in time. Victory, individuals can make self-sacrifice at certain times and achieve team victory. Physical education in colleges and universities can cultivate college students' sense of cooperation, and students can always maintain their own competitive consciousness. School sports activities are group-based activities, which play an important role in cultivating students' social adaptability.

2.3 Cultivate Students' Correct View of Competition

In all the sports organized by the school, the final result is based on the outcome of the competition. Sports events change rapidly. No one can accurately judge the results. There is no absolute victory or no absolute failure. You can't despise your opponent at any time. The identity of the winner and the loser can be changed in an instant. He told the students that there is nothing impossible. For the outcome of the game, no matter what it is, you need to accept it, no matter whether you win or lose. Cruel sports, in a flash, the results can be changed. On December 9, 2004, the NBA regular season rocket vs. the Spurs in the game with about 1 minute left, the Rockets still 10 points behind the Spurs, the home audience for the Rockets There is no hope, but McGrady created this miracle 35 seconds and 13 points, and was circulated by the classics. There is no absolute winner in the competitive competition. Don't give up at the first time when the team encounters difficulties. Continue to persist and continue to struggle until the last moment, so that the chances of your victory will be greater. College students must experience failure and frustration. You can gain persistence and patience to help you step by step to success and win the final victory. When a college student enters the arena, the winner will inevitably produce pride and complacency. However, in the actual sports, no one has always been a winner. Only when the experience rises and falls, the students can learn from competitive sports. Because success is a temporary one, failure is normal, and arrogance and arrogance can continue to make progress. The development of this concept of winning and losing helps students to move it into life and correctly treat the successes and failures in life.

3. The Value of Physical Education in Schools in the Process of Socialization of College Students in the New Era

3.1 Humanistic Value and Scientific Value

The value of physical education in colleges and universities mainly includes four values: aesthetic value, spiritual value, educational value, and moral value. As important as human values are scientific values, so what is the scientific value? In the physical education of colleges and universities, in addition to enhancing the physical quality of students and teaching students the professional sports training knowledge, it is to use scientific methods to enhance the physical fitness of college students and improve the level of college students' sports. In the specific practice process, all sports laws must be based on the needs of human needs. Sports science value is the general term for sports science spirit, sports science thinking and sports science attitude. The value of college sports mainly includes human values and scientific values. The scientific value is manifested in the explicit, the value of the two humanities is invisible, the essence of the scientific value and the human value are the same, but there is still a slight difference, which can promote each other and promote each other, but cannot replace each other. The humanistic value of college sports without scientific value is also empty talk. A single emphasis on scientific value, for some of the sports ethics and sports malpractices that appear, will be helpless and lose the basic principles of sports. Therefore, understanding the value of modern sports needs to proceed from the scientific law of human existence. Correctly grasp the social value and establish contemporary sports humanistic values.

3.2 Tool Value and Intrinsic Value

The value of the tool is produced by means of methods, means, comparisons, and evaluations to achieve a certain purpose. The intrinsic value is the view or attitude that indicates the importance of something so that the thing itself has value, the intrinsic value has no criteria and requirements for judgment, and cannot be compared with other values. The value of physical education in colleges and universities is mainly reflected in the fact that college students obtain the rankings for their own and schools by participating in competitive sports competitions, promoting the advantages of school sports specialties, recruiting sports special students, and improving the school's enrollment rate. The intrinsic value of college sports is embodied in the survival value, development value, enjoyment value and educational value of people. Only by cultivating talents with all-round development of morality, intelligence, body, beauty, and labor can colleges and universities realize the significance of physical education. The education that comprehensively enhances the lifetime value of students is the education of all-round development. This is not only the mission of education but also the value of school sports.

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