

# **Analysis on Characteristics and Functions of Campus Sports Culture in College**

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**Abstract**

*Campus sports culture in college has subtle influence on teachers and students for its unique culture atmosphere. On the basis of combining and reading the related documents, this paper points out Characteristic and functions of campus sports culture in college. Studies indicate that fitness, groupment and dynamism are the three external characteristics, and times, guidance, nationality and creativity are the four internal characteristics. Campus sports culture in college has educational, social, health and emotional function. Analysis on its characteristic and functions can provide theoretical basis for better constructions of campus sports culture in order to make it play its role.*

**Key words:** campus sport culture, characteristic, function

## **Introduction**

The campus culture in college, as an important part of advanced socialist culture, as well as the carrier of college vitality, creativity and charisma, is the concrete embodiment of college soft power. Strengthening the construction of campus culture has great significance in promoting the reform and development of higher education, cultivating and expanding the advanced culture, enhancing and improving the ideological and political education and increasing the comprehensive quality of students. Campus sports culture, as a branch of campus culture, is still plays a significant part of advanced culture. It's getting more and more attention because it not only undertakes the responsibility of educating people but also the burdens of guiding sports culture.

### **1. Analysis of the connotation of college campus sports culture**

Campus sports culture refers to the sum of the wealth which can improve health and fitness of teachers and students, show spirits of teachers and students and campus spirits, which are created in sports education, after-class exercise, and group competition by teachers and students under the specific environment of college. This concept includes several layers of meanings, first, teachers and students are the creators of campus sports culture; second, campus sport culture needs to be associated with all kinds of sports as carrier; what's more, the goal of campus sports culture is to improve the health of teachers and students; at last, the content of campus sports culture not only includes stadium facilities, physical activities, sports competition, sports performance, etc, but also includes deep content such as sports value, sports consciousness, sports spirits, sportsmanship, sports behavioral habits and so on. In short, campus sports culture is the sum of wealth related with all sports activities which created by teachers and students.

### **2. Analysis of characteristics of college campus sports culture**

Campus sports culture, as a part of social culture, is a subculture of social culture set in social culture. Its emergence and development is affected by the characteristics of social culture, but still has its own unique characteristics.

#### **2.1 External characteristics of campus sports culture**

##### **2.1.1 Fitness**

The formation of campus sports culture needs a variety of activities as the carrier, such as PE education, extracurricular athletics, lectures on sports and health knowledge, sports associations, sports culture festival and so on. By participating various sports, teachers and students can promote cardiac function, maintain clear mind and good memory, keep nice mood, all these are good to health. Teachers and students can gain more knowledge about health from lectures. Students can choose their favorite items according to their own time and

interest from various sports activities. On the one hand, students can build up their bodies, on the other hand, they also establish lifelong sports concept, which will play long-term role in their future life and work.

### **2.1.2 Groupment**

Colleges are composed by different departments, and departments are composed by different majors and classes, in small range, majors and classes are composed by kinds of dormitories. However, no matter the departments or dormitories, they all exist as a group. Campus sports activities are composed of these big or small groups. All kinds of activities, promotion, lectures, none of these can be held with an individual. Judged from the forms of sports activities, only a few students are willing to attend activities alone and the majority are willing to participate along with others. All there prove the characteristic of group of campus sports.

### **2.1.3 Dynamism**

The main body of college campus sports culture is students and “breeziness” is their natures. A long period of static classroom teaching tends to make students feel bored. By attending various after-class activities, students not only feel delighted by watching sports competitions, but also they can choose their favorite items and enjoy themselves. So they can experience competition, fighting and cooperation which can't be gained from classroom, at the meaning time, the quiet campus becomes moving. It is in this dynamic that students show their features of freedom, happiness and positive. In addition, college students are easy to accept new ideas and new things; it is also the reason that makes sports activities in the process of changing and updating. For example, lots of sports will be popular in college campus, from various ball games to bodybuilding nowadays, from traditional Chinese sports to western sports, from the single competition to a variety of sports club activities and sports culture festival, all these make the campus sports culture in a dynamic process. Furthermore, the group of college students itself keeps flowing and updating, every year new students come and old students graduate. So campus sports culture indicates obvious characteristic of dynamics.

## **2.2 Internal characteristics of campus sports culture**

### **2.2.1 Temporal spirits**

Any culture is the product of times, reflecting the characteristics of times to a certain extent, and keep constantly changing with the development of era. The content and format are being affected by political system, economic system, educational system and cultural system. Therefore, along with times and easy to be influences by times is the characteristic of campus sports culture. For example, at the early years of our nation building, we copy the Soviet

educational system as well as the campus sports from Soviet and eastern European countries and carry out the “Labor Guardian”, which requested students to reach the standard of professional athletes in sports scores; during the cultural revolution of sixties and seventies, physical education was replaced by politics, military activities and labor and it was almost paralyzed, not to mention the sports culture; after reform and opening-up in eighties; Xu haifeng’s gunshot got the first Olympic champion; Chinese women volleyball team won the world champion 5 times in World Cup, World Champions and Olympic Games and it started hot learning in women volleyball, students from Beijing university even shouted slogan of “unity and hard work, revitalize the Chinese nation”, it is the great encouragement to people across the country; basketball fever and football fever in nineties, national fitness program later; after winning bid of Olympics, Olympics become popular, schools made contributions to the success of Olympic Games by organizing all kinds of activities. In recent years, there is a sunshine sport and has always become the theme of campus sports culture is particular era. We can say that the characteristics of sports culture in each era deeply infect campus sports culture and campus sports culture also effectively infects the sports style of era.

### **2.2.2 Leading function**

Colleges are special places where cultivate senior specialized talents that socialist modernization needed, and college campus sports culture must be ensured to be positive and correct and meet the development of society. In other countries, campus sports cultures also reflect features in every country. For example, Germany focuses on military gymnastics, United Kingdom focuses on competition and cooperation, United States focuses on college sports model based on business operations. In china, the modern sports was given too much political purposes, for example, the famous educator Xu yibing pointed out “to make our country strong, education comes first, education especially in physical education”, the sports slogan we are familiar with “exercise and build up our country”, “bodies are the roots of revolution” and so on. In 1950s, Tsinghua university pointed out that “exercise one hour every day and work hard healthily 50 years for our country” , this slogan influenced generation after generation on Tsinghua university students and even people around the country. After the implementation of quality education, “happy sports” was put forward. In addition, from the individual development, all kinds of campus sports not only make the campus full of vitality, but also good for students to establish thinking of “health comes first” and develop concept of “lifetime sports”. These thoughts and ideas will be along with students and bring to the society, guiding them to form a healthy lifestyle, contributing to the formation of sports atmosphere, promoting the implementation of the national fitness program.

### **2.2.3 Nationalism**

China is a multi-ethnic country, the traditional sports made of various ethnic has more colorful contents and forms. We can feel college sports culture in different regions and different nations and they tend towards the same but also reflect different styles. For example, martial from the han Nationality, wrestling from Mongol Nationality, Guozhuang dance from Qiang ethnic Nationality, Swing from the Korean Nationality, Dagon-boat races from the Miao Nationality, throwing stone lock from the Hui Nationality. All these traditional sports are products from various ethnics in the long-time lifestyles and production practices, reflecting the characteristics, aesthetic taste and value pursuit of all the nationalities.

### **2.2.4 Creativity**

Campus sports culture is created with students-centered and teacher-guided. In college, teacher are intellectuals with high culture level , students are active group with active thoughts and full of creativity, and there are rich teaching power, developed media and perfect sport facilities. On the one hand, sports itself encourages and requests teachers and students to keep innovating, because only innovation can be invincible in sports competition, on the other hand, with the development of the era and sports culture, teachers and students also create all kinds of campus sports with more forms and rich content. For example, various pure competitions have evolved to sports clubs, sports salon, sports knowledge quizzes and lectures, sport culture festival and so on. All these are shining with creativities from teachers and students. We can say that during the process of creating various of sports culture, teachers and students not only enrich the connotation of campus sports culture, improve the awareness of sports culture, the more important is providing space and stage for creative thinking activities of teachers and students.

## **3. Analysis of functions of college campus sport culture**

### **3.1 Educational function**

College campus sport culture shoulders the irreplaceable responsibility in the process of personnel training in college. It has obvious educational function, which mainly reflects in its leavening influence, suggestibility and permeability. It is apparently different from traditional model: teachers teach and students learn. The educational functions of campus sports culture can make people influenced by campus sport culture unconsciously, and internalized into own behaviors and habits. For example, students can foster their observation, attention, imagination and innovation by various of stadiums, sports sculpture and sports column and form positive, healthy, progressive, vibrant attitudes under the environment of material wealth.

### **3.2 Social function**

The social function of campus sports culture first reflects in social assimilation function, and it is the process which compels individual to be socialized and it is also one of the school education goals. With the development of market economy, no matter in the school or not, competition exists everywhere. Students need to get various professional knowledge and skills; they also need some helpful social knowledge to improve their psychological quality and social competence. To achieve this goal, students have to rely on fair competition consciousness, indomitable fighting spirit, the survival of fittest principle are indicated in campus sports culture and it plays the individual creative ability.

Secondly, the social function of campus sports culture reflects in social practice function. Students' active ability and creativity can be well improved in kinds of campus sports. Individual who participate in sports, they can get rid pressure of study and torture and expand their interests, having more chances to communicate with others. The ability to adapt to the society and the psychology bearing capacity can be raised during the process of communication and fighting. What's more, individual who participate in sports can improve their organization, coordination and communication skills, as well as the overall quality can be strengthened.

### **3.3 Function of perfect health**

Function of perfect health of campus sports culture reflects in promoting students' physical health and mental health. When teachers and students participating campus sports, the body's blood circulation speeds up, heart function is improved, respiratory function changes and promote the growth of bone and muscle. In a word, regular physical exercise can enhance the anti-disease ability and good to form healthy lifestyle. In the promotion of the mental health of the individual, college students in the ivory tower, though the task is relatively simple, but the fierce competition based on "survival of the fittest" in society is increasingly bringing them greater learning and employment pressure. The campus sports cultural activities with its inherent characteristics of irritation and entertainment can act as a good "relief valve", which can let the students to experience a pleasant feeling, plentiful energy and good mood. It not only can eliminate the fatigue and tense mood from study and work and finally get psychological satisfaction and balance but also in the process of sports can improve students' communicative competence, frustration ability, so as to promote mental health.

### **3.4 Emotional function**

Emotion is a complex psychological phenomenon of human beings. Lenin once pointed out that there is no pursuit of truth without human's emotion. Human's emotion is the basis of the appearance of sports culture emotion, that is to say, no human's emotion, no sport emotion. The emotional function of campus sports culture first reflects its entertainment function. This is the unique function of sports. Campus sports culture, as a part of campus culture, it is a

good regulator to students' life and spirits: both for physical and mental recovery after a nervous study and work and for entertainment, enjoyment and pleasure such as chess, sports dance, aerobics, Tai Ji, sports competition and so on, all of which are always loved by people as their specific and favorite forms for regulation in campus life. These provide possibility to enrich people's spiritual life as forms of recreation. As what Gu baidan says in his *Ode to sport*: Ah, sports, you are the fun! Once thinking of you, my heart is full of joy, blood circulation speeds up, and my thinking becomes open, and mind is clearer. You can make sad people relaxed, make people sweeter". As you see, sport deserves a most active and healthy culture entertainment way and spiritual activities.

It's evident that sports is indeed a most active and healthy form of cultural entertainment and activities of spirits and culture. Secondly, it reflects in its performance of aesthetic function which is a kind of driving force to promote human development. Sports contains rich aesthetic feeling, strong action, great speed as wind, strong and fit body and beautiful skill, all of which make people feel strongly that the existence and call of beauty and arouse people's pursuit for beauty. Through physical exercise, people's physical coordination, dexterity, expressive force and the charm of youth can be fully displayed and long-term physical exercise can make form their beauties in health, figure and posture and further help them to form correct aesthetic standards.

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