

Universities to carry out the meaning and significance of leisure sports education

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Abstract

With the gradually development of economy and society, people have yearned for the leisure era has arrived. As a kind of education activities, to improve the quality of individual and social life of leisure education has become the focus of education field. This article obtains from the theory of leisure education, as the beginning of college leisure sports education research, by using the methods of literature research, field visit, analyzes and discusses the significance of leisure sports in universities and importance, for colleges and universities to develop leisure sports education suggested that certain theoretical basis.

Keywords

Universities, Leisure sports, Education significance, Importance.

1. Introduction

Today, more and more leisure time in this era of leisure sports has become a essential element in daily life. Leisure Sports Leisure is an integral part of education is very important, and now, many colleges and universities have the leisure sport into the sports system of theoretical courses for college students to establish a correct concept of sports, sports develop good habits, improve the quality of sport and the ability to have a very important role in promoting[1].

2. The domestic and international leisure Education Theory

2.1 Foreign leisure education theory

Leisure studies into the man's vision has been a hundred years of the last century, the Swedish philosopher Pi Puer book "Leisure: Culture foundation," a book, known as the classic Western Leisure Theory. The book pointed out that "casual" is the kind of spirit and attitude of mind of people, it has the following three characteristics: the people's leisure is a mental attitude, it is the kind of peace and quiet to maintain the status of people; leisure is to immerse yourself casual is frank, high good, Thatcher, those who can accept the casual nature of the acceptance of a godsend; in the creation of capabilities and opportunities. After that, many US scholars leisure theory promote a new stage, a new perspective on their own their own understanding of "casual" are described. The perspective focused on the social and personal lives of two levels, to us on this simple but leisure complex concepts and phenomena, it is part of our survival. Today, the West has become a leisure studies an independent discipline, and formally entered the university, the educational and leisure attendant generated can occupy a great share of the entire education sector. Shimizu Japanese thinkers have mentioned several Taro fully come Leisure Times is the third major crisis in the world, in the face of this crisis, people fear the most, this fear stems from no experience and preparation. Thus, it must be guided through education and leisure use positive leisure attitudes and behavior to get useful results, research on leisure education needs to be worldwide[2].

2.2 The domestic leisure education theory

Our theorists started relatively late for the study of leisure education is the only concern in the reform and development research. In 1992, Wang Yalin from the book and other "leisure Culture" sociological study of the "casual", but also in order to open the "Leisure education" precedent. Subsequently, various books have come out, such as "On the general leisure society", "the people on

busy", "Leisure: Human beautiful spiritual home", etc., which works on the theory and practice of leisure issues were discussed system, there are outstanding foreign scholars leisure studies conducted extensive research work in various perspective presents people only focus on the current work ethic, but they ignore leisure ethics, humanity desperately chasing material wealth, are becoming a slave to money, and the irrational use of leisure time proposed Ji asked. While leisure is not the only cause of all these phenomena, but it is a very important factor. Thus, the proposed education to spread through casual leisure positive attitude, spirit, values and methods. As an important aspect of higher education, sport should also be a direct means of implementation of leisure education, leisure sports should be as Higher Education Reform in important aspects, to promote the development of leisure education.

3. The significance of Recreation Sports Education College

3.1 Function and Value (a) of Leisure Sports

Leisure sports by means of rest time, to meet the needs of modern society and personal interests, and to achieve a nourishing the heart, fitness, intense learning environment swap purposes. Leisure sports informal sports a voluntary participation, it has a relatively large degree of freedom in behavior, in a link to the feature contemporary health needs of the students were contacted. In today's era of education reform, leisure sports to university campus life injected new impetus for the further development of university sports. [3]

Leisure sports can cultivation, cultivation, Therapy, relieve tension, regulating spirit, eliminate fatigue. At the same time, there is conducive to the development of leisure sports students' psychological needs and personality pastime entertain, it can be self-organized competitions and leisure sports enthusiasts, athletes will transform the stadium in order to promote friendship and exchange of skills, style show civilized place and further stimulate their movement and competition consciousness. University recreational sport has an amazing centripetal force, the number of sports enthusiasts to maintain the same in a sporting spirit, and in virtually cultivate their sense of belonging and a strong group of sports consciousness noble culture.

As all kinds of talents training base, college for all sectors of society with an endless stream of qualified talent. Leisure Sports for the university to create a positive spirit and sports atmosphere for college students individuality, giving vent to psychological broaden the channels so that their release from the pressure of learning, emotional, mental, physical and other aspects, and the most stamina and energy to meet the new opportunities and challenges. Students who through recreational sports, learned how to use a scientific approach positive innovation, control behavior, advocacy organizations, to carry out social activities, so as to provide a way to develop capacities to better explore the self-worth.

3.2 The importance of leisure sports in colleges and universities

comply with the direction of Reform of Physical Education

Guiding Programme of PE Teaching in Universities have been proposed in the current basic guiding ideology sports work, namely "health first." In today's environment advocate of quality education, to carry out leisure sports can effectively improve the quality of life and leisure awareness of university students, to enable them to participate freely and fully to obtain self-realization to meet, so as to promote the comprehensive development of all aspects of their quality. Thus, in the leisure sports with various colleges and universities to carry out the guiding ideology of physical education for college it is the same. Therefore, to leisure sports has become the inevitable choice for major colleges and universities.

conducive to harmonious campus

Our thousands of years of feudal society left behind many negative leisure, plus colleges and universities arrange courses more relaxed, a lot of students for discretionary time, so many bad campus leisure activity is quite popular, For example, gambling, drinking, playing cards, etc. some of the students even indulged in the virtual world can not extricate themselves. This series current situation of higher education put forward higher requirements, it is necessary to intervene student's

free time. As a healthy form of recreation, sport has been widely recognized, colleges and universities should actively encourage students to participate in various sports and leisure activities. In addition, a good sports culture is a positive human environment, it is values, moral culture, awareness and behavior of students with a subtle guide. Thus, to carry out leisure sports for harmonious campus also has a very important role in promoting[4].

To help students improve the ability to adapt

Typically, University Students should have a high quality and strong ability to adapt. Leisure sports can effectively improve the students 'ability to adapt to society, not only to promote the upgrading of college students' interpersonal skills, but also helps improve the ability to adapt to college students. Therefore, Colleges and recreational sports programs, individual students can interact and role. In addition, students can learn the process of collaboration leisure sports, competitive and inclusive, both to enhance the students' sense of responsibility, while enhancing their ability to adapt.

promote the development of the cause of fitness

In the course of Leisure Sports of Colleges and Universities, one can enhance the quality of life of university students, on the other hand can also stimulate the development of national fitness cause. Students are leading groups in society, Recreational Sports promotion can lead social trends, and actively promote the universal sports and fitness. College students are a good target National Cohesion and fitness business, to promote the development of social undertakings by public health students, this has a good sense of the development of a harmonious society.

help develop students' social consciousness norms

No rules no standards, social norms play a crucial role in social management, leaving the social norms of social chaos will present scene. Leisure sports in colleges and universities to carry out, can cultivate social consciousness norm of students, so that students consciously participate to the appropriate movement to confront and experience the limits of sports rules, norms to improve social awareness of students.

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