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Ecology Sports Studies carried out in School Sports

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Abstract

In the 1970s, people began to care for the environment and concern about the ecology thinking in sports, to study the modern sports facing the ecology problems, to explore "people, sports, environment" the harmonious development of the way. In the paper from the actual conditions of the school briefly discuss the advantages of carrying out 3.3 no complete teaching schemas and the main difficulties it faces, and then propose appropriate measures to provide a theoretical basis for the ecology sports better carried out in school sports.

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1. Introduction

From the 1970s, the International Sports and Olympic Movement has been focus on rendering and emphasizing the impact between the sport and the environment, began to care for the environment and concern about the ecology thinking in sports. In 2001, the Sustainable Development World Summit held in Johannesburg, South Africa and deeply discussed the contributions and shortcomings of the Olympic Games in the "ecology" aspects and the development issues, the meeting addressed the slogan "a sporting chance to the world", which marked the finally establishment of the ecology sports as the core concept of Green Olympics. The Sports began to reflect and study the modern ecology problems the sport facing, to explore the harmonious development of the way of "people, sports, environment". To achieve the ecological of human society, the key is to make the educated get the knowledge, skills and norms of the harmonious development of "people, sports, environment", which is the stress to the development of ecology sports. The Studies of the ecology sport is late in our country, around the 1990s, and only the study of the surface, lacking research on dynamic

2. Concept and classification of ecology sports

Ecology Sports refers to the sports to build a relationship or contact of the physical, cultural and ecology

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environment with mutual coordination and care, symbiotic harmony and common development, which by sports movement in nature and social ecology environment, to show human health physical and personality, reflecting the care for the ecology environment of nature and society and humanitarian spirit in sport, promote healthy, civilized and harmonious way of life, so as to achieve to maintain the harmony and development of the world.

Ecology sports can be divided into two types: one is the "shallow ecology sports" that will be limited to natural ecology, emphasizing the sports activities in the natural environment, reflects harmony and unity between the people, sports, environment, In some ways, a kind of "green products", from its production, promotion, the recognition of society and the green effect to the society, the process is a complex system, the entire ecology chain is in a dynamic equilibrium state; the second category is "deep ecology sports", the understanding of ecology break out the natural ecology, covering the social and human ecology, not only focus on the natural environment, but also stress the social and human environment. Ecology system of sport should be understood as a philosophical way of thinking and the overall dynamic semantics to express the deep and broad of ecology sports status. Schools should give close to nature for physical exercise while having the function of a sense of crisis and life-long physical education, etc. It is an open, diverse and complex dynamic system.

3. Schools To Carry Out Ecology Advantages Of Sports

3.1 Help To Reflect The Concept Of Modern Education

Tap people's potential, develop human's creativity, promote the comprehensive development of human is a top priority for today and the future education. Schools should adapt to the modern education concepts, give full freedom to the students positive initiative. As the learning content-rich, close to nature, form flexible, it can not only enhance students' interest, but also breaking the conventional teaching mode that "teacher demonstration, students imitate" in teaching practice, but the new model that "requires teachers organizations, students active participation, active thinking, independently, ". Therefore, the whole process of teaching is student's independent, active learning, emphasis the association and unity on the need of social development and the need of individual development, in line with modern educational philosophy.

3.2 help to promote student health

Person's mood has a great impact on health and exercise initiative. Although ecology sports lack the competition and confrontation in competitive sports, but a variety of spirits (such as courage, perseverance, integrity, honesty, etc.) that competitive sports required is also sport-oriented. People exercise in nature, have a light heart, inspire with enthusiasm, can well regulate the pulse, respiration and metabolism and make people feel comfortable, relaxed and optimistic, so emotionally produce a virtuous circle: pleasure - activities - happiness have a positive effect on physical health, disease prevention, treatment

3.3 help to promote students' mental health

Mental health problems have become an important factor that affect the quality of the training of talent. The performance mainly of the two aspects: First, the heavy burden of mental pressure to learn.

Table 1 A Daily Schedule Student's Use for Study

Students	Usually stage	Exam prepared stage
College students	6-8	10-15

High school students	11-13	15-16
Junior school students	11-13	14-15

According to the survey (see Table 1), the majority of high school students, the daily study time generally in 11-13 hours, even up to 15 to 16 hours in the examination phase; junior high school is a little less; college students is a little more freely in usually stage, but also takes longer time to learn in the day prepared for examination. Long-term excessive learning burdens on students the lack of sleep, the brain fatigue, anxiety and lack of self-confidence; second, inharmonious interpersonal relationship, difficult to adapt to the environment, in interpersonal relationships, faced with a new process of understanding others and establishing relationships. Now the students are basically grown up in the care of parents, after college or high school, left home and began to live on campus, some students due to lack of interpersonal experiences and methods, resulting in interpersonal problems, appear anxious, lonely lost, distraction and other symptoms, resulting in weariness, depression and other negative emotions. Ecology sports, it is people in their natural manner, to do a certain form of physical activity as a means of psychological experience resulting from the best of the natural activities in a meaningful way. By close to nature, physical exercise can not only transfer and ease the psychological pressure on students, but also get relaxed and happy environment in nature. Fully release the potential psychological burden in the body while body exercise and technical exchange, In order to overcome the difficulties, the students help each other to increase the students understanding and assistance in the physical exercise afield.

3.4 Help to promote students' ideological and moral cultivation

Physical education in schools has a special meaning on ideological and moral cultivation, is conducive to students hard-working spirit and indomitable willpower. Appropriate ecology sports with sunlight, air, water and other natural conditions to exercise, provided a nerve relaxation, emotional exchange, fully express them in a favorable environment for learning students in a tense. In the environment, students will have the moral character and out of self-disclosure, mutual penetration and mutual influence. Activities such as camping for littering, spitting, damage plants and trees and so on should be given timely education, and ecology knowledge whenever and wherever appropriate introduction to the students, for students to increase their knowledge, to enhance students' ecology environmental awareness, and develop good moral character of care about public property and protect environmental resources.

4. Schools To Carry Out Ecology Barriers To Sports

4.1 The lack of systematic research

The ecology sports we studied focus on the basic theory of the study, the study focus on two aspects: First, the definition of the concept of ecology analysis of sports studies; the second is to study the whole ecology relationship between sports and school education. The cultivation of ecology awareness, physical education environment, sports facilities and physical environment in schools, which is still in its infancy, there is no systematic study.

4.2 The lack of evaluation system

At present, the evaluation of physical education ecology research is still blank. Domestic ecology physical education of ecology evaluation mainly refer to a number of the international generally acknowledged the educational environment measurement and evaluation tools, how to use these tools to evaluate the ecology sports reasonable, evaluation of the present study is little, mainly stay in the emotional evaluation of the ecology environment.

4.3 Does not complete the teaching mode

Ecological setting of physical education and organization of content, teaching time, teaching the feasibility of operating conditions, there is a big difference, what ecological characteristics of sport settings, can use the normal teaching time to arrange field courses, such as mountain climbing, orienteering, hiking, etc., can not guarantee that all arrangements for field courses each semester to enable students to fully enjoy the beauty of nature and fun, teachers how to organize students to outdoor games and expand the training, teaching content and location settings, these also need to be further explored.

5. Physical education ecology strategies

5.1 Developing the ecological consciousness of teachers and students, strengthen the construction of ecological ethics

School leaders to strengthen the teachers and students of ecological consciousness training is the premise of the sports in ecology, through the green Olympics idea to school leaders, teachers and students education to set up and improve the consciousness of their environment, form sports and the ecological environment of the interaction between the dialectical understanding. Especially to strengthen the concept of ecological education workers sports internalization and cultures. Continuously optimize school sports nature, society and standardize the ecological environment. To construct perfect school sports material environment, rich extracurricular sports activities in the content and form which centers the students; to control the scale of physical education teaching class according to their mental and physical development strictly, and to balance class size scale and school sports field equipment and facilities, coordinated development. Develop green ecological sports places, strengthen ecological ethics construction, and put the ecological sports and ecological civilization construction together.

5.2 Open the ecological sports course, and make ecological sports teaching plan

Ecological sports course construction is the main channel to spread the ecological information, training environment consciousness. making the ecology sports teaching plan should reflect ecology sports theme and make the ecological sports course construction promote and affect the entire school form new ecological sports concept and improve sports education ecological level. Firstly, to establish ecology sports course should set up "people, sports, environment" harmonious development of new ideas; Secondly, to explore and to build ecology sports course system, implement the renewal of the teaching content and reorganization; Thirdly, to design new teaching methods and means of physical education, teaching plan, edit the teaching material, to ecological as the main line, develop new products of ecology sports teaching activity. Fourthly, the school should try to develop students to human health, promote the sports school sports sustainable development as the core, according with students' physical and psychological characteristics, try to reduce the harm of sports all sorts of sports technology, products, tools and measures. Fifthly, good relationship between teachers and students, the teacher to student's care, students to teacher's respect, etc. These are a kind of ecological relationship, if the ecological unbalanced, can make the sports ecosystem loses his balance.

5.3 The school should from the overall situation, plan wholly, assess scientifically, and manage strengthening

Formulate the perfect ecology sports appraisal system and evaluation method, the implementation of the usual detection, irregular surveillance, regular assessment of the monitoring of the management system evaluation at all levels, and evaluate the results as main index of evaluate school work, leading

performance and the teaching quality of PE teachers. To explore, set up a new ecological management mode is the school sports development of ecological important guarantee.

5.4 Build and use ecological environment and the product accord with sports education law and the student body and mind development

Base on the person, use the ecology sports equipment and product, reduce dust, noise, beautify the environment, lessen damages to human body and develop a good ecological sports behavior (see table 2).

Table 2 School sports venues, ecological equipment and behavior (Implementation content)

	schemes	contents
court	Constructing ecology sports court	First, there are plans to strengthen the new green space, landscaping, use of the natural environment, open up the natural grass, the use of constructed hillside forest campaign trail, ecology sports facilities for students, improve student space share. Second, update the sports facilities and equipment, reduce the Yin and enhance security to conform to ecological standards. Third, in the playground area to set garbage collection points. Fourth, the cement, carbon residue playground timely maintenance to ensure the safety of movement, reduce dust and mud.
equipment	development and application of ecological technical products	First, to increase investment in science and technology, research and development eco-sports equipment and products, reduce the equipment, products, sports venues and human damage, pollution, reduce movement noise, and increase the recycling rate. Second, to eliminate toxic and hazardous products into sports, especially swimming pool water to reduce the degree of harm to human body.
action	codes of conduct for ecology sports	First, students in physical education, extracurricular activities, codes of conduct, for example, forbidden to wear shoes and clothing do not meet the requirements of the sport movement, no spitting, district health care field. Second, develop a code of conduct outdoor activities and safety systems, for example, to properly dispose of refuse, love flowers, plants and wildlife, forests, etc. No smoking. Third, set up warning signs and other sports facilities. Sports eco-technology product development and application

4.5 To strengthen the construction of school sports and cultural ecology

Strengthening the school sports and cultural ecology in ecology construction is the basis for sports, highlighting the physical education ecology sports culture, attracting teachers and students to actively participate in the activities and construction of school sports and culture. The construction of school sports and cultural ecology is not only an important part of sports culture, but also an important manifestation of the advanced culture of the campus. Therefore, we must implement "Sports Culture Ecology" campus plan, highlighting the physical education ecology culture, attracting teachers and students to actively participate in the activities and construction of school sports and cultural activities.

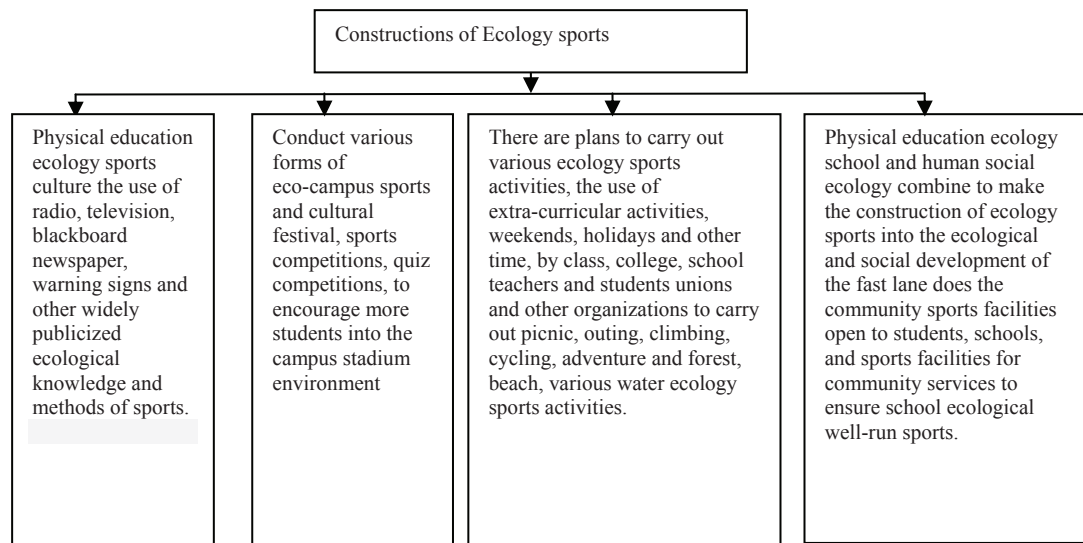


Figure 1 indicates the construction of school sports and cultural ecology column

4.6 The construction of human ecology school sports

"Sports should not be a tool of making a living person into a product, but the physical activity education aiming at respecting people's overall development." Teachers should be concerned about the overall development of students' needs and emotional experience, reflect the dominant position of the students in learning activities, give full play to the enthusiasm and potential of students and achieve the educational purposes of " full development of personality ,personal integrity" and making the school sports tend to humane, ecological. Construction of the school sports human ecology is an important guarantee to carry out ecology sports.

5 Conclusion

All in all, the school ecology sports reflects the integration trend and fundamental pursuit of ecology of human society, is the starting point of social ecology, theory of school sports, is the best expression and crystallization social ecology of the ecology of human society. Schools pay attention to the implementation of ecology sports, the training of ecological awareness of sports teachers and students, the creation of ecology sports courses, making ecology sports education plans, developing a conducting code of ecology sports culture, strengthening e the construction of school sports and cultural ecology , building schools physical human ecology and training the environmental awareness of students in schools physical education so that students learn healthy, civilized and harmonious way of life and know the knowledge, ability and norms of the harmonious development of " people, sports, environment", thus contributing to the ecology of human society.

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