Reform of School Physical Education from the Perspective of Sports Migration Value Theory

Yu-Jie LIU\textsuperscript{a}, Jing-Min LIU*, Zheng-Yan TANG\textsuperscript{b} and Xiao HOU\textsuperscript{c}

Sport Science and Physical Education Division, Tsinghua University, Beijing 100084, China
\textsuperscript{a}317846401@qq.com, \textsuperscript{*}ljm_th@mail.tsinghua.edu.cn, \textsuperscript{b}tzy0565@sina.com, \textsuperscript{c}403629677@qq.com

Keywords: John Ma; Sports migration value theory; School physical education.

Abstract. Through the elaboration and analysis of John Ma's "sports migration value theory", combining with the current situation of school physical education in China, the author puts forward that the development of physical education in schools attaches importance to moral quality and the cultivation of physical education teachers, the humanistic value of sports and the overall effect, and finds new ideas for the development of school physical education.

Introduction

John Ma (1882 ~ 1966), a native of Gulangyu, Xiamen city, Fujian province, was a famous sports thinker and educator. He was one of the pioneers of modern sports in China and was known as "a flag of China's physical education field" and "a model of physical education masters" [1]. He devoted all his life to the development of physical education. He has been working hard in the sports department of Tsinghua University for more than 50 years. It cultivates the ethos of loving physical exercise among teachers and students of Tsinghua University and establishes a good sports tradition [2]. While working in the sports department of Tsinghua University, John Ma went to Springfield college in the United States to study, and completed his master's thesis "Sports Migration Value Theory". It discusses almost perfectly the influence of sports on physical health, personality, intellectual development, moral quality and even the whole society from many angles of natural science and social science. It can be said that "Sports Migration Value Theory" is the earliest research paper on sports science in modern China.

John Ma believes that physical education is an important part of education. School sports are still faced with many difficulties. Such as, lack of innovation on the development of school sports, sports curriculum is unreasonable, cancel risk projects such as long-distance running, swimming, and so on [3]. These are the "pain points" of school sports in our country today. Therefore, our research attempts to re-plan the development route of physical education and clarify the status and significance of school sports through Mr. John Ma's theory of "Sports Migration Value Theory".

Sports Migration Value Theory

Put Forward the Theory

"Any learning is carried out on the basis of learners' existing cognitive structure, knowledge and experience, acquired motor skills, acquired attitudes, etc., and the new learning process and results will have an impact on learners' original knowledge, experience, skills, attitudes and even strategies. The interaction between old and new learning is the transfer of learning. "[4] At the end of the 19th century and the beginning of the 20th century, the traditional Herbart pedagogy was replaced by the pragmatic educational thought (represented by Dewey). As a Christian who grew up in the United States, John Ma was deeply influenced by American education. At the same time, Russian physiologist Pavlov put forward the theory of conditioned reflex, which laid the theoretical foundation of early behaviorism psychology, and these thoughts undoubtedly influenced John Ma [5].

John Ma came to the United States in 1925 to pursue his master's degree at Springfield college.
He believes that the function of sports includes physical, intellectual, moral and other aspects. He agrees with Williams on sports goals: "the goal of sports should be to provide every person with an opportunity to make his actions beneficial to the body, encouraging and satisfying psychologically, and noble socially." [6] Through a lot of research and practice, and John Ma in the master's thesis uses the most advanced theory of the physiology of neurons and conditioned reflex theory and behaviorism psychology research results, and the sociology of science demonstrates the migration of "sports value theory", also cited some famous educator migration of sports value positive point of view, in order to enrich its argument [7].

The Elaboration of Theory

The Value of Sports. The educational value of physical education courses mainly includes two aspects, namely physical strength effect and educational effect [8]. Physical effects refer to the physical training and activities that can improve the physical quality of students, for example, exercise the muscle strength, speed, balance and flexibility of students, is the direct effect of sports. Educational effect refers to the process of sports activities and exercise, cultivate students good character quality, for example, through the student sports meeting and sports competition, can hone the will quality of students, cultivate students' sense of competition and cooperation, and after many games, can also establish students' self-confidence; In addition, through team competitions, students can also develop their observation and willpower, and improve their leadership and organization. All these show that physical exercise can form a positive transfer for young students in terms of physical strength and educational practice.

The Convertibility of Moral Quality. The transformation of students' moral quality depends on their own physiological conditions, whether the overall harmony, the full use of past experience, the greatest degree to stimulate students' nature and interest in these four aspects. From this, the following two points of view are generated: sports make students' senses more acute, develop students' consciousness, and then promote the development of intelligence. Sports can also stimulate students' action consciousness, so the character formed in sports will be transferred to social life. Sports can make citizens better.

The Key to Migration is Management. After specifically expounding the value of sports activities and the fact that values can be transferred to social life, John Ma further made an analysis that moral qualities formed in sports, no matter good or bad, can be transferred to social life and have a great impact on life. The reason and process of cultivating a virtue and producing a bad quality are roughly the same. Improper management of sports will undoubtedly produce bad quality, which is of no value and will also cause certain harm to the development of society and education [6].

The Significance of Theory to School Physical Education

After a lot of research and practice, John ma proposed that "physical education is the only comprehensive and complete system in education, which develops physical efficiency and attaches equal importance to spiritual quality" [6]. The value of sports transfer expands the value of sports activities and is no longer limited to sports. The educational value and significance of physical education are clarified. Physical education is not only the education of the body, but also the education of the character, and it will be transferred to the social life. John ma's theory established the important position of physical education in education and greatly improved the image of physical education in the whole education. In practice, physical education can improve students' physical quality and adjust students' psychological state. In theory, sports can have a positive effect on a person's character, and it can migrate to the way people behave when doing other things. So school sports, on all counts, should no longer be ignored or used as an adjunct to some schools' efforts to raise graduation rates.

Suggestions for the Reform of Physical Education in School

School Physical Education Should Attach Importance to Moral Education

In the report of the 18th national congress of the communist party of China, it is clearly pointed
out that the fundamental task of education is to cultivate talents by virtue. School physical education is also one of the important ways of school ideological and moral education [9]. Because of the transfer value of sports, John Ma also paid special attention to the cultivation of moral character in sports activities. Because there is no great difference between the formation of virtue and bad quality, schools should do a good job in physical education. As Flexner said, "the school spirit is more effective than any facility or organization in ensuring the high standard of the school."[10] Through physical education, the school can train students to bear hardships and stand hard work and persevere, help students to establish the spirit of initiative and never give up, and try to transfer the spirit of physical education into students’ study and life, so as to achieve the organic combination of physical education and moral education.

In addition, regarding the unfair competition behavior in the sports competition, must adopt the zero tolerance attitude. Sports games can set up the values of fairness, justice and abiding by rules, and cultivate students’ sense of teamwork. However, it is inevitable that some students, eager to win, will make some inappropriate moves, such as pushing and trampling people in football matches. These in the competitive sports arena will also appear, so schools and teachers must pay attention to, and pay attention to the guidance. To establish correct "school spirit" through sports, fully understand the value of sports transfer, and cultivate students with both morality and moral integrity.

School Physical Education Should Pay Attention to Humanistic Value

The transfer value of physical education is centered on people, and students are the main body of school physical education. In order to give full play to the educational value and transfer value of physical education, the subject status of students must be clearly defined. The degree of school sports’ attention to people and the embodiment of humanistic value of sports mainly depend on the overall attention to "people", which focuses on the attention to people's spirit and emotion, as well as whether to respect people’s subjective initiative and creativity [11]. However, the current school sports managers are more likely to regard sports as a "tool" and take sports simply as a means to enhance students' physical fitness, or they can score extra points for entrance examination for secondary school or college, sports competitions can bring honor to the school, sports specialty students can improve the graduation rate and so on.

The reason why this phenomenon is common is that the administrators of school sports have not realized the value of sports migration at all, let alone the humanistic value of sports. So the school sports value of sports humanistic value, give full play to each student, let them really feel the benefits brought by the sports and change, understand the cultural background behind every sport, not just a simple learning technology, really like sports, maximum full play sports value of migration.

Excellent Teachers Should be Cultivated in School Physical Education

The role and role played by teaching managers in the classroom will affect the effective transfer and transformation of sports value. The main reason for the failure of physical education is that the psychological and physiological pathways of sports transfer cannot be opened [12]. It is not difficult to see the role of teaching managers, namely PE teachers, in the process of the transfer of sports value, and they often grasp the direction of value transfer. The quality of students formed in the process of sports activities, to a large extent, depends on the guidance and check of physical education teachers, they are the people who have direct contact with students, their own moral quality will also have an impact on students. This also requires schools in the process of teacher selection to be strictly assessed, physical education teachers in the curriculum and arrangements should be carefully prepared, pay attention to the "knowledge, ability, attitude and emotion” the integration of the three unity.

School Physical Education Should Give Full Play to Its Overall Effect

The transfer value of sports not only depends on school sports, but also can be generated by sports activities at any time and place. Therefore, school sports, as one of the most important links, should be
clearly defined as the main body status and give full play to the overall effect. We should extend intramural sports to extracurricular sports, intramural sports to extramural sports, and organically combine intramural sports with intramural sports and extramural sports. At the same time, cultivate the concept of "lifelong sports". It also requires that students in the learning process at school can feel the fun of sports, with one or more sports skills, such as the teacher to arrange some small sports games in the classroom, with physical activity, and division of labor, mutual cooperation and competition, in the exercise at the same time can make students learn technology, development of moral quality, fun. Students benefit from physical activity after class or outside of school.

Conclusion
It has been nearly 100 years since John Ma published the migration value of sports in 1926. Now it seems that this theory still has a strong reference to the development of today's sports. Unfortunately, influenced by some historical factors, it is widely believed that Mr. Ma's practical experience in sports is much stronger than his theoretical level. At present, there are few studies on the transfer value theory of sports, and most of them are preliminary analysis and introduction. Only one study combines the transfer value theory of sports of John ma with students' ideological and moral status [13]. This paper attempts to use Mr. John ma's "sports transfer value theory" to open up new ideas for the development of school sports in our country today, which is also lack of practical support and only stay in the theoretical level, which also puts forward requirements for further research in the future.

References
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