The Research of Sports Education Ecological Imbalance and Regression Research

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Abstract. With the progress of the society development, people gradually are to the ecological and harmonious sports activities is more and more attention. How the school sports teaching in the healthy development of the environment, will need to set up and improve the sports ecological education. However, in recent years, the school sports teaching are in a state of imbalance. Based on this, the ecological imbalance in physical education is discussed in this paper, regression and has important practical significance.

Ecology as a discipline research, the main research direction is the relationship between biology and biological, as well as the relationship between the non-biological and biological. In the sports in the teaching process, with a variety of interconnected relations, this relationship is the relationship between teachers and students, the relationship between the students, and sports teaching environment and the relationship between the teachers and students each other. And sports teaching activity that ecosystem is the micro in ecological system, therefore, the research of ecological sports teaching is in line with the law of ecological system, and in such an environment, the ecological sports education system appeared a serious imbalance, the students’ physical quality gradually reduce, the teacher also does not carry on the innovation of the physical exploration research, sports as part of the ecological system, more and more lost its balance effect, these factors will be the health sports teaching have very big effect.

Ecological Imbalance in the Physical Education Research

Sports Education in the Teaching and Learning of Imbalances in the Analysis

Currently has a large number of promotion of sports education in our country, but in the exam-oriented education under such system difficult to change. In order to test the middle school sports as takes an exam the education content is still the teaching goal, the goal is to adapt to the high school examination and examination, in the classroom teaching is the medicine balls, pull-ups, standing long jump test subjects for practice. Students subsequently lost in P.E. class, fun, and grew to hate gym class. In addition, the school sports education is widely as a minor course, other subjects often occupy it’s class, even in physical education classes, students can free time, its value in the high school examination and will not be able to reflect in the examination, examination only as a form of cheating in their stead, such as serious examination process. The student to the physical education curriculum is not seriously, consciousness and ignore the value of it, the sports education also showed negative emotions, also formed the sports education related courses, not harmonious environment between and
among teachers, students and the balance of this teaching, a serious impediment to the
development of quality education.

**Sports Teaching not in the Balance of the Ecosystem**

The ecology theory, the evolution and development of biological must by breaking the
original ecological balance, to obtain a new ecosystem circulation system, because the
ecological system in a certain time and stability conditions, each of its parts and functions are
in each other to adapt to the dynamic balance, also adapt to this environment. Sports, for
example, the actual teaching process, we put the except external factors, just to give students
teach sports knowledge technology, physical education idea. And so on, this kind of sports
teaching will be negative, by the idea of students form because the consciousness of the
students form their own will to pay attention to such sports knowledge, because related to
students’ interests are not sports education, but education, in terms of the relevant
examination, sports is one of the most not be concern and attention, even if the school in
teaching content and teaching method and hard working man, is also of no help, at the same
time such a long time physical education teaching idea, method, pattern and so on can affect.
To the students’ interests, the effect of learning will be discounted; physical education reform
can’t run smoothly. The present situation of physical education class is the lack of such
dynamic balance, leading to the development of physical education teaching cannot
effectively, physical education teaching quality also not very good, also is not very obvious in
the physical education reform.

**PE Teaching Environment Imbalances**

Current situation of university development is constantly expanding, a sharp rise in the
number of students in university, in such an environment, sports teachers and sports facilities
which are not corresponding increase and improve, students still have to learn in this
environment, also for the unbalanced ecological environment silently accepted. In some
schools, for example, in the limited interior space, the number is a lot of cases, in order to
realize more classes, and under the condition of different teaching contents in class at the
same time; At the same time, the outdoor sports facilities is also very limited, many
universities are still using the cement ground, small amounts of plastic area is also be used as
the activities such as tennis, basketball court; Site use is limited, more than one class and
mixed in limited space, each other by the interference of noise, dense environment to make
the students free space narrow, killing the student movement’s enthusiasm, initiative, also lost
the practical significance of the life is movement, thereby impede the development of
undertakings of physical culture and sports.

**Research on Ecological Regression in Sports Education**

**The Imbalance of the Sports Education System of Reflection, and Regression Analysis**

With the constant improvement of the level of education and further improve the system of
higher education, we should also in the context of globalization, draw lessons from foreign
advanced education concept, and other schools. Although our country sports teaching in their
own practices is affected by the complete teaching system has been formed, and a
comprehensive teaching environment facilities, the influence of the values and teaching
theory, but also faced many difficulties in the process of reform, but we can’t because of such
barriers and for physical education ecological system imbalance does not add value. In the
process of ecological construction of physical education teaching, the “reflection” is the most critical, only by constantly reflection, we were able to constantly review our teaching thought and teaching behavior, discovering problem, solve the problem. Sustainable development of the student’s life is the embodiment of ecological sports teaching values, the value pursuit of this abandoned western value thinking mode of binary opposition, also no longer dispute for a long time for our “personal” and “social” the choice of value, the value pursuit of “person” and “social” unity now student the sustainable development of this form of life. Under the ecological sports values, the students as “natural person”, natural persons of the most fundamental value pursuit is “life”, this is also the student as the main performance of the natural person naturalness. In the process of sports teaching to reflect the social value of the students and the sustainable development of life and the gradual improvement of the social value is to rely on human progress and development can be achieved, only to carry out the students the value of sustainable development, in order to guarantee the sustainable development of social significance.

The Choice of Courses with Ecological Consciousness

The idea of reasonable choice of the course is very important, must be sustainable development and the fear of life. Because sports teaching for students physical constitution of a kind of education, physical education teachers in the teaching process to have ecological consciousness, the course content and curriculum resources to make the students in the experience of life, to effectively understand respect, care, understand, pay attention to history of traditional sports culture and the relationship between nature and the unity of life. In the sports teaching to learn a kind of ability of sustainable development, and lets her lifelong benefit, in order to adapt to all kinds of challenges in the development of society.

Dy Ecological Symbiotic Performance between Teachers and Students Get Along Well

Harmony between teachers and students must pass the ecological symbiotic, based on things the same way of dialogue, exchanges and grow with each other. Teaching practice, the real communication between teachers and students must be built on communication, dialogue and mutual understanding, deepen the spiritual communication, using the concept of democracy to promote the ecological balance of the teachers and students. This kind of communication and communication is different from the traditional lecture, more not consulting, but in the process of teaching knowledge, emotion, meaning the friendly exchanges, in the process of teaching and learning gradually grow, relying on each other, form a harmonious teaching environment, the teacher must abandon the previous standards, for students of different views and questions, more tolerance and actively encourage, rather than through the suppression to solve, must stand in the student position experience and feelings, find their inner consciousness.

Design Sports Education of Ecological Environment

Design education needs to have a psychological, physiological and ecological environment the basis of material things, so you can smoothly to carry on the education of the establishment of the ecological environment, the teaching purpose is in order to develop a dynamic of healthy people, the physical education in the content of sports teaching. Sports teaching compared with other teaching has its particularity, the site should be suitable for teaching. The establishment of the sports venues to conform to the teaching purpose, safe and comfortable environment, complete equipment should also be used in the physical education,
and modern physical education teaching, so as to effectively promote the healthy development of sports teaching.

**Conclusion**

At present, our country school physical education is developing rapidly, also created serious imbalance phenomenon in teaching, the students lost interest in PE class, did not realize the importance of physical education curriculum, at the same time, the school sports teaching facilities and limited space, in the past the values of sports form resulted in the sports teaching in the teaching system out of balance, therefore, to be positive for physical education teaching reform, it must ensure that the ecological balance of sports teaching and form physical education ecological system of coordination between the various factors and orderly, harmony between teachers and students, teachers reflect on their own teaching practice, promote the sports teaching, much change point of consideration for the students. School for sports teaching provides a good environment, sports equipment, such as teachers, let the sports teaching can play place, so that is beneficial to ecological system of the complete set of physical education and make healthy development of sports teaching in the education of ecological system. “Ecological balance”, to realize sports education system must also do sports education structure and education function coordination; Physical education content and form of mutual coordination; The purpose of physical education and sports education means mutual development; The sports education input and output mutual postpone etc.

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**References**


