Thoughts on the Olympic Spirit

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Abstract. The Olympic spirit is put forward for the development of the times, based on the summary of the Olympic spirit and the phenomenon that the Olympic spirit gradually deviated in the modern society, this paper put forward the spirit of the modern Olympic Games should advocate people-oriented, guide people to establish the correct sports purpose, enjoy the competitive process of sports, all-round development, carry on the Olympic spirit of people-oriented, promote the construction of harmonious modern society.

Introduction

With the progress of human society, the Olympic sport has gradually developed. Now it has become a sports spirit world of mankind, and the heritage of cultural treasures. Its rich connotation and importance for human life is widespread grown with each passing day, the Olympic spirit has already penetrated into various fields around the society [1]. However, the idea of money first appeared in the sports arena due to the involvement of business in recent years, making athletes’ goals gradually deviated, couple with the national training system gaps, all of those have seriously affected the sustainable development of the healthy development of sports and society [2]. Therefore, re-examining the development of the Olympic spirit and reshape the Olympic spirit of glory has a significant meaning for building a harmonious relationship between people and the environment, promoting the harmonious development between people and society, as well as the development of the whole world sports.

The Development of the Olympic Games

The Olympic Games can be regarded as one of the most ancient social cultural phenomena. The origin of the Olympic movement can be traced back to 776 BC, originated in ancient Greece, obtained its famous for the game was held in the Olympic. In 392 AD the emperor of Rome Diaodouxili Christianity at the state religion announced the ancient Olympic Games as a "cult", then abolished of the Olympic Games. The ancient Olympic Games which lasted more than 1000 years declined with the ancient slavery and then disappeared [3]. On June 16, 1894, "International Congress of sport" in Paris at the Sorbonne opened, the General Assembly adopted the resolution on the rejuvenation of the Olympic Games. This congress agreed holding the first modern Olympic Games in Athens in 1896 and then the Olympic Games will be held once every 4 years, the International Olympic Committee was established in June 23rd, which marked the birth of the modern Olympic movement. After more than 2900 years of tortuous development, the Olympic Games has now became the public recognized by human society for
its characteristics about the largest scale. The most huge number of entries, the most comprehensive sports event of the project [4].

**What is the Olympic Spirit**

The Olympic Games is a kind of dissemination of the Olympic spirit and sports philosophy in essentially. The Games carry the Olympic spirit’s development and enrich, at the same time the spirit of the Olympic Games promotes the Olympic development and prosperity. They are blood vessels linked together come down in one continuous line [5]. The Olympic spirit consists of 4 aspects in essence, they are the spirit of participation, the spirit of unity, the spirit of justice and the spirit of struggle. The spirit of participation is the premise, the spirit of unity is the basic form, the spirit of justice is the code of conduct, the spirit of struggle is the soul [6].

The Olympic Games concept and highly condensed of the host countries’ culture is the theme slogan of the Olympic Games, the Olympic Games with its unique theme show the profound connotation of the Olympic spirit. As shown in Table 1.

<table>
<thead>
<tr>
<th>Particular year</th>
<th>City</th>
<th>Slogan</th>
</tr>
</thead>
<tbody>
<tr>
<td>1984</td>
<td>Los Angeles</td>
<td>Participation history</td>
</tr>
<tr>
<td>1988</td>
<td>Seoul</td>
<td>Harmonious and progress</td>
</tr>
<tr>
<td>1992</td>
<td>Barcelona</td>
<td>Forever friend</td>
</tr>
<tr>
<td>1996</td>
<td>Atlanta</td>
<td>The Celebration of the Century</td>
</tr>
<tr>
<td>2000</td>
<td>Sydney</td>
<td>Share the Olympic spirit</td>
</tr>
<tr>
<td>2004</td>
<td>Athens</td>
<td>Welcome to home</td>
</tr>
<tr>
<td>2008</td>
<td>Beijing</td>
<td>One world, one dream</td>
</tr>
<tr>
<td>2012</td>
<td>London</td>
<td>Inspire a generation</td>
</tr>
<tr>
<td>2016</td>
<td>Rio de Janeiro</td>
<td>A new world</td>
</tr>
</tbody>
</table>

**Focuses on the Spirit of Participation**

The Olympic Games is a social movement, has always advocated the "focus on participation", it is more important to participate in the competition than win.

The courage to participate is a challenge, even if there is no hope of success. But the courage to face, the courage to challenge, is also a commendable spirit of the sport. Its significance goes far beyond the rankings and medals, which is because the value of competitive sports is mainly manifested in the process of training and competition, rather than its results. In this process, the athletes' physical got exercised; will got tempered, moral character got improved. Meanwhile, the audience enjoyed the beauty of health and strength, the skills of technical and tactical, the express of sentiment and morality. So this process is the embodiment of the Olympic spirit value [7].

**The Spirit of Unity and Cooperation**

In the Olympic Games, in the front of stage is individual competition but behind it is a collective contest. With the special emphasis on the spirit of team and cooperation with "mutual understanding, friendship, solidarity", modern Olympic Games hope with this to achieve unity and improve sports [8]. The Olympic movement is also consciously strengthening the spirit of a
team and national, and enhance national cohesion by playing the national anthem, raising the national flag. Because sports is also a symbol, a manifestation of strength.

**The Spirit of Fair And Just**

The Olympic Games is the model of all competitions. It is an equal model to make everyone happy to accept and so popular that everyone can accept. It ensures that the participants are equally qualified, equal rights, equal opportunities and equal in the face of the rule. It is expected to establish a social culture without any discrimination in which the sincere understanding between people get cultivated, friendship and cooperation are ubiquitous and the competition under equal conditions. This phenomenon will set up a unique and glorious example for people in other areas of society and only in the basis of fair competition, the competition will truly reflect the Olympic spirit.

**The Spirit of Struggle**

Faster, higher, stronger, is the most familiar of the Olympic motto, just six words, show the full expression of the spirit of constantly enterprising and never stop to struggle in the Olympic Games. It refers to in the arena in the face of difficulties the spirit of the courage to struggle and to challenge, but also the pursuit never satisfied with their own, constantly overcome themselves, challenge to ultimately [9]. It requires carry forward the spirit of great courage, constantly forge ahead, never meet, dare to struggle, constantly overcome themselves, challenge the limit and always maintain vitality.

**Olympic Spirit’s Deviated in Essence in Modern Society**

Occupation athletes as a special group in the labor market, between them and the sports organizations are often involved in many intermediary who organizations and Contract their various activities. Mercenary agent may make the athlete as the biggest economic benefit of "shake Money Tree". So make the original arena of strength and beauty contest become the contest training market of brightest businessman [10]. Competitive sports on the road of alienation go more and more faster, the essence of sports are far behind, the rich connotation of sports also atrophy and decline into various businesses for profit and a multitude of names events. There is no doubt that the Olympic Games will eventually become a patent of professional athletes, in a sense, the goal is to win the gold medal, breaking the record of competitive sports.

**The Commercialization of the Olympic Games**

Chinese athletes’ most time are occupied by heavy training, there is no time to experience the formal school's cultural education. The United States University Students Sports Association rules that the sports team training time shall not be more than twenty hours a week, otherwise the eligibility of participated in will be disqualified. This is impossible in China, because the existing system only cares about the athletes finally achieved ranking, the number of medals is used as a performance that sports big country to sports power change, as for the athlete’s life after retirement never be cared.

In addition, the main factor of professional competitive sports is the box office value which will make some managers to pursue economic benefits and make training and competition
arrangements is not conducive to the physical health of athletes. The three women’s champion Liu Fei retired after the project was forced to leave the provincial sports training center, fend for herself, no one shows any interest in. After the Asian weightlifting champion retired, he as the doorman in Liaoning Institute of physical education, no money to see a doctor, died in poverty finally. The Beijing international marathon champion AI Dongmei were forced to amputate toes due to long-term overload training, after retirement in order to make a living she sold her medals to repay. Even more sad is that standing in the tip of Pyramid after all only a small number of people, more athletes are only dedication of youth and health in silent, until retirement.

Olympic Professionalism

According to the statistics made by the American educator Bloom the outstanding figures in the six areas including the Olympic champion the development of its special ability need excessive learning and training as long as 14-16 years. That means they should spend 25-40 hours weekly on training [11]. Obviously, the difficulty and cycle of motor skill training has been far beyond the need to enhance physical fitness of the ordinary people. The training make athletes so easy fall into sick from with monotonous and overwork or even to pay the cost of life.

In 2000 Sydney Olympic Games, women's weightlifting events were included in the Olympic Games, China has won the gold medal in the women's 4 levels of competition. The Beijing Olympic Games in 2008, Chinese women in the four participating projects, again won gold medal with the absolute advantage [12]. Zou Chunlan one of the Chinese women's weightlifting team who broke the world record in the women's weightlifting only 48 meters tall, with male signs up to fifteen years, suffering from ovarian disease, pituitary disease, adrenal disease, sexual abnormalities and uterine abnormalities, such as a variety of diseases. Weightlifting is one of the high risk sports, a little attention may hurt athletes.

According to a statistics, the average life expectancy of the national first class weightlifting athletes was only 48 years old. In some European and American countries, the strength of training for women's weightlifting is not very big and the damage to the athletes is very limited. Xinhua news agency has published an article entitled "European and American powers why weightlifting is not strong". This paper pointed out that weightlifting are not taken seriously in most countries because it will do great damage to the athletes in the physiology. Many athletes are just amateur just in order to achieve the goal of physical fitness so training is very limited, only those who are for the gold medal will at the expense to development this project.

Although the commercialization and the professionalization of the Olympic Games have adapted to the trend of the development of the times, promote the development of the Olympic Games and the improvement of the level of sports from the objective. With enough commercial sponsorship to support will he Olympic Games could get rid of the financial crisis, the scale and influence of the game could to grow gradually. However, excessive commercialization and occupation will make the Olympic Games forget sports spirit, deviated from the normal track of development, make the athletes become a commodity, make the process of competition is ignored and the result is the most important. As long as you get good results, you can get the honor and bring a series of sponsorship funds that no matter what means to take are acceptable. Then doping are used to improve performance which are contrary to the normal laws of motion. Under the drive of interest, some institutions aim to develop more covert stimulants provided to
interest groups or sponsored athletes to improve performance by means of compulsory and employ trickery. The science and technology which should make a contribution for the social progress now become the interests of the accomplice. Technology is controlled by money, to become the exclusive interests of the group, which will be very terrible.

The Olympic Spirit Should Meet the Development of the Modern Life

Olympic spirit is put forward to meet the needs of the times and meet the needs of comprehensive development of people and society. The sixteen c and core countries put forward the Scientific Outlook on Development whose essence and core is to adhere to the people-oriented, but also to suit the needs of people and the development of economic society. In a sense, the concept between the Olympic spirit and the Scientific Outlook on Development is the same, the former is a useful supplement of the later [13].

In order to better meet the development of modern society, the spirit of the Olympic Games should advance with the times, to complement and improve. People-oriented, no doubt is a powerful supplement to the spirit of the Olympic Games in modern society. Sports should be used to show the strength and beauty of the exercise by athletes, the real purpose of sports is to achieve physical fitness not others. Only dilute the results and pay deserved attention to the game process could reflect the spirit of participation, unity and cooperation, fairness and justice, struggle and so on.

The Olympic Games should offer this platform which could provide equal opportunity for every one of athletes. And in this platform we should respect the rights of each athlete so they can do their best, we should put an end to the behavior that seek nothing but profits and make interest first. Only people-oriented Olympic Games could pay attention to people, show love for people, make people get reasonable enhance and provide a comprehensive and harmonious development space for the athletes.

Summary

Mao Zedong once inscription: “Developing sports and enhancing people's physique”. However, the competitive athletes almost all have injury now, in order to get the ranking the athletes make the intensity of training which resulted in injury. Perhaps their physical their physical quality is good, but their physical health is worrying. The media only focus on the number of Olympic medals and the national ranking. It ignored the purpose of sports, contrary to the spirit of the Olympic Games. The main reason for this phenomenon is that people's pursuit of money, they pay too much attention to the results and ignores the enjoyment of the competitive process, so that they ignoring the purpose of sports competition.

Put forward the people-oriented spirit of the Olympic Games, aims to correct the purpose of physical exercise, to enhance the physical quality level of athletes and to show the charm of sports. The sports should be used to improve physical fitness, enhance physical quality, promote lifestyles and make a good impacted on the quality of life. Every person should establish the correct concept of sports and promote the development of people-oriented spirit of the Olympic Games. All of we should make efforts to promote the translation from the strengthening of physical fitness to the improvement of the level of movement and from the rich cultural of life to the construction of ideological and moral.
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