Interpretation of Sports Spirit in Sports Competition

Peng-Yang KANG

School of Physical Education, Shaanxi Normal University, Xi’an, 710119, China
bobby197896@163.com

Key words: Sports competition; sports spirit; meaning; methods of cultivating

Abstract: This paper analyzes the sports spirits of each individual, group, nationality which are displayed in a competition by using document analysis, and logical analysis. The results reveal that with the rapid development of sports, we should focus on improving the harmonious development between spirit and sports in athletic competitions. As for the domestic significance of sports spirits, it plays an important role in the development of competitive sports, school physical education and community sports. As for the international significance of sports spirits, firstly, as a bridge between countries, sports can develop the understanding and friendship among countries; secondly, it can provide opportunities for political, economical and cultural exchanges; thirdly, it can put forward the methods of cultivating sports spirits.

Introduction

The sports spirit is a kind of cultural consciousness and social consciousness which is formed by doing sports. It is a combination of consciousness between man’s power, wisdom and enterprise. Besides, it is the supreme products of doing sports. The Olympic spirit is a kind of social ideology; it is also a kind of spiritual wealth and invisible cultural relics created by human beings. This spirit can not only promote the progress of our society, improve human’s diathesis, build a harmonious society; but also it is the main element of maintaining world peace and international culture. The sports spirit which is embodied in an athletic competition is not only showed in the practice of Olympic Games, also it is throughout the whole Olympic Games. “The spirit and purpose advocated by Olympic will be spread and advanced more and more widely,” former President Hu Jintao pointed out when he met President Jacques Rogge on Nov. 11th, 2004. With the coming of Beijing Olympic Games, Olympic sports is developing flourishingly, the Olympic spirit will nourish every Chinese’s minds, it will also strengthen every Chinese’s body, the Olympic culture will stimulate new vitality of Chinese culture.

The objects and methods of the study

The objects of study

The objects of this study are the spirits showed in the individual, group and nationality sports.

The methods of the study

Document analysis, logical analysis

The manifestation of sports spirit

Personal sports spirit

We often see some individual sports spirit showed in some competitions. It made us see the charm of sports. We can learn a lot from these competitions. For example, in the finals of balance beam in 2004 Athens Olympic Games, Aleksei Namov conquered the whole audience with his almost perfect highly difficult performances. Although he did a good job, the referees were unfair. He got a point 9.725 which is not fair at all. This caused strong discontent in the audience. The audience from different countries all rose to their feet to greet the referees with boos and hisses. The referees
were forced to re-assessment; Nemov finally got a score of 9.762 points. However, the audience still refused to accept this result, boos rang again, Hands making thumbs down gesture. The United States athletes to play awkward can't play standing on the edge. Nemov to contest the stage first to bowed as the audience truth. Then the gesture begged viewers to keep calm. With his continuous efforts, the boos gradually subsided. Although Nemov won no medals, but he won the highest compliment in the audience, is still the "champion" in the eyes of the audience; he didn't beat his opponent, but he was in their tolerance conquered the audience, we should salute to the arena of "moral champion". He is no gold medal champion, he with individual sports spirit touched each in the presence of the audience and the front of the television audience, he did not and the audience with the referee expressed dissatisfaction, this is him as a world champion has a spirit, and his own personality and moral values. Can say, Nemov with practical action interpretation of the "faster, higher, stronger" Olympic spirit, and sends out the different nationalities, different colors of collective audience booed is calling and defense of the Olympic spirit.

Team sports spirit

In sports competitions, not only the performance of the individual sports spirit, but also the team sports spirit is needed in some collective projects. Team sports spirit is built on the basis of individual sports spirit, but the strength of team spirit is greater than the strength of the individual sports spirit. A team is a formal group consisting of individuals who can complement each other and work together for a common purpose and goal. The so-called team spirit, is refers to the team members in the interests of the team is the most important task, conscientiously to the interests and objectives of the organization for heavy, interest at any time of the maintenance team and the respective work dutifully, through the improvement of team performance to achieve personal interests, voluntary and active and other members of the active cooperation and common efforts of the wishes and style.

National sports spirit

In sports competitions, there is a personal sports spirit and team sports performance; there is a broader, far-reaching national sports spirit. National spirit is the core and soul of national culture, is in the history of a nation full of vitality of the excellent thoughts, noble character and strong ambition, is the concentrated reflection of the national culture, with the national strength, external display the national image of the mobilization of the important function of [1].

Before the founding of the people's Republic, regrettable when the country difficult, poor people and sports development is difficult, in the Olympic arena derided as the "sick man of East Asia", after the founding of the people's Republic of China, in "the development of sport, enhance know the people's physique," the correct guiding ideology, sports get unprecedented development, gradually get rid of the "sick man of East Asia" humiliation hat. From the Chinese athletes in 1984 in the 23rd Olympics in Los Angeles.

From the Chinese athletes in 1984 in the 23rd Olympics in Los Angeles, the United States in one fell swoop to achieve gold medal "zero" breakthrough so far, China gradually entered the ranks of the sports power in the world. In the 25th Olympic Games in Barcelona, and the 26th Olympic Games in Atlanta, China achieved gold medals to rank the fourth which were outstanding achievements. In the 27th Olympic Games in Sydney and the 28th Olympic Games in Athens, China's total number of gold medals ranked respectively third and second place. Former Olympic Games three tripartite confrontation situation no longer exists, replaced by will be leading the United States, Russia, China, China has entered the ranks of the trio of Olympic Games. When the National Anthem of the people's Republic of China sounding, the five-star red flag fluttering in the game, every Chinese is captured with a strong sense of national pride in heart. On July 13 2001, China successfully won the bid for hosting Olympic Games, the Chinese people finally fulfilled their century-old Olympic dream. The golden age of fifty years of new China, China is a long history of patriotism formed the main line, to respect national unification, ethnic unity and social stability as the theme of national cohesion, is an important manifestation of the national spirit, is the impetus for the survival and development of the Chinese nation, the Chinese nation is to promote
the continuous source of strength towards the progress of civilization. It is not only on the progress of China in ancient civilizations of different nations produced a positive impact, but also has great significance for our socialist spiritual civilization today [2].

**The significance of sports spirit**

**The domestic significance of sports spirit**

In China, with the rapid development of sports in recent years, sports as a part of the construction of our country socialism has demonstrated his unique features and charm, more and more people join in the sports. This is mainly manifested in the development of sports spirit in competitive sports, school sports, community sports.

**Sports Spirit and the Development of Competitive Sports**

At this stage, competitive sports develop rapidly which comes with the development of society and which demonstrates the development of a country's comprehensive strength. Xu Benli believes that the development of modern competitive sports tends to be commercialized, professional, social, scientific, blending and international [3].

The commercial operation of sports has injected new vitality into the development of competitive sports, and has brought infinite business opportunities to the development of sports industry. With the continuous development of business activities, the sports industry in an unstoppable momentum swept away, no matter which country, which society, can not escape the reality. And business activities are popular in a society and the world in general. But under the temptation of huge bonuses and profit, people unscrupulously chase gold and often ignore the moral and put too much emphasis on capturing the meaning of "gold" win glory for the motherland, all these formed the "humanitarian crisis" of the modern sports. The professionalization of competitive sports is an inevitable development trend. It has become a relatively stable, economic and specialized work of the workers. With the establishment of the socialist market economy system in China, the sports are defined as the third industry. The development of market surely accelerates the professionalization of competitive sports. With the development of science and technology, the tendency of competitive sports is becoming more and more important, and science and technology has become an important factor in the development of competitive sports. In specific, sports talents selection, sports training, sports competition, equipment, sports management are all tend to be scientific.

The spirit and value of sports is to build a strong national system, positive national mentality, resection for the rules, the social atmosphere of fair competition and the quality of citizens. The Olympic Games hold high the banner of peace and development, and put forward the slogan of "participation is more important than winning" in the spirit of friendship and solidarity beyond the outcome of the competition. No matter what time the development of competitive sports, also cannot lose competitive sports rules and the principle of fairness, equality, peace. The development of competitive sports must develop together with the spirit of sports. It has to both pay attention to external sports development and the inherent spirit of sports.

**Sports Spirit and the Development of School Physical Education**

With the rapid development of competitive sports, school sports got the corresponding development, driving by competitive sports. School physical education should pay attention to the guiding ideology of "health first" and "people first", to construct the system of lifelong sports. "Health first" is the guiding ideology of school physical education in the new century, and the school physical education must be carried out around this guiding ideology. The idea will be penetrated from the determination of teaching content to the compilation of textbooks in physical education, and from the use of teaching methods to the choice of teaching methods. School education should establish the guiding ideology of "health first" and strengthen the physical education, which is an important direction for the future education reform, and it is also the focus of school physical education work. Therefore, the effective implementation of the "health first"
guiding ideology of school sports has ensured the sustainable development of school sports, and is also conducive to the cultivation of competitive sports reserve talents. "People first" is the times ictus of social development in 20th century, and the embodiment of China's "quality education". And this trend will be existed in the development of school physical education in the new century [4]. Therefore, to carry out the "people first" for school physical education will be not only the guarantee of achieving the goal for the school physical education, but also a basic guidelines for their own development. The traditional teaching idea which takes the teacher, the class and the textbook as the center is gradually replaced by the modern education thought of "taking the student as the center", which is the important embodiment of the student's subjectivity. In the new century, the key point of the reform of physical education is to put people first and focus on human's sustainable development.

School education, as an important part of school sports, will appear in a lifelong, socialization, individuation, life, scientific development trends and characteristics. The goal of school physical education is no longer limited to single "only biological effects", but to the high level, multi-function, multiple objective of fitness, entertainment, sports, cultural and social, etc. The task of school physical education is not only to transform people's physiology function, mental state and social behavior through the movement, but also to make people receive more comprehensive and healthy development [5].

**Sportsmanship and the Development of Community Sports**

Since the reform and opening up, people's lifestyle has undergone great changes, more intensive urban population, and most of them live in a particular community. With the continuous improvement of people's living standards, the consumption structure was further optimized, so that there is a growing emphasis on community sports activities. The promulgation of "National Fitness Program Outline" brought a vast space for the healthy development of community sports. Culture construction is the soul to promote a harmonious community sports construction. Culture construction of community sports is based on community, originated in community, and developed in community, through sports facilities and cultural concepts, with the variety forms of sports culture constructive activity to attract a diverse group of community residents’ positive participation, this can effectively make sports culture to meet the spiritual needs of different groups in the community, and to unite people, so as to achieve the spiritual harmony of the community. Community sports tend to form a community sports organization network which is based on street office: more sports amateur groups, more spare-time for sports activity, more investment on sports, higher usage of the sports area, community sports financing by the government, society, institutions, collective and individual contribution to the financing of a comprehensive mechanism has been gradually established, the form of community sports activities is more diversified.

Community sport is an important part of China's sports undertakings, it directly related to the physical and mental health and the happiness of adults which is the vast majority of the country's population. Adults are the backbone of a country or nation, their physical and mental fitness, happiness and health is directly related to social stability and prosperity of the country, and thus bound to become an important sign to weigh if a nation’s system superior or whether a nation’s civilization is high or low[6].

**The international significance of sportsmanship**

Sports function as a bridge between people of all countries to improve mutual understanding and friendship, and it is also a channel for developing friendly and cooperative relations [7]. With the rapid development of international sports, especially the Olympic movement, the international sports exchanges have become more and more frequently, and the sports standard has already gone beyond national borders, which has formed the trend of internationalization and globalization of sports.

Modern Olympic movement is open, and it is the "global" peace movement which is involved in the peoples of the world. It also set the purpose of promoting the establishment of a peaceful society, which makes it have the necessary and favorable conditions to play an important role in the
stage of world exchanges and cooperation. In this stage, there is no nationality, no racial discrimination, people of different colors, different nationalities gathered on the big stage, and fight for their interests of their own countries in a peace, free and fair environment. Raising the national flag, playing the National Anthem, which are the special and noble forms to show the honor of winners have becoming the highest goal for athletes. It can rouse national spirit, cultivate patriotism, and enable members of the community feel the strength that their own countries and social groups have. It can also cultivate a sense of national pride, and inspire the passion of people to fight for the country and nation further development. The modern Olympic movement, as a carrier, has become an important link of unity and cooperation between all the peoples of the world, to promote the international political relations, and has also become an important force to push harmony between countries friendly direction in the field of international political development. [8] To host the Olympics is the affirmation of the international community for a nation's international status and popularity of ascension. Through holding the Olympic Games, It is a good chance show to the world the politics, economy, culture, science, technology, education and environment of a country, thus it will become the promotion of the country's international status and prestige booster. Sports as a carrier of international exchanges and cooperation in the new situation will develop a broader development world.

Ways to cultivate the spirit of sports

Establishing the correct sports values

Sports values are the comprehensive performance of people's subjective judgment of the sports values and the emotional experience of participating in sports activities [9]. It has the characteristics of subjectivity, selectivity, relative stability, periodicity, guidance and systematization, in which the internal factors play a great role. According to the characteristics of sports values, in order to take part in the sports activities, you must develop sports interests and understand the effects of the sports activities, and then you can experience the fun brought by sports and take part in the systematic and purposeful sports activities and finally establish lifelong sports consciousness and belief.

To create a good atmosphere of sports culture

To create a good sports culture atmosphere can guide people’s the pursuit and yearning to sports. Sports culture not only includes the contents of sports facilities, sports activities and sports competitions, but also includes the deep connotation of sports ethics, sports spirits and sports values. To create a good atmosphere of sports culture needs to create a superior sports atmosphere, develop sports consciousness, increase the propaganda of sports health knowledge. Meantime, it also needs to increase the investment of sports venues and sports equipment, pay attention to the quality and occupation moral spirit of coaches and referees, and carry out rich and colorful sports cultural activities.

Advocating scientific spirit and carrying forward the spirit of innovation

Sport is science. In sports training and sports competitions, we need to analyze and research the laws rationally and seriously, and then summarize and master the laws. In order to achieve the best results, we need to use theory to guide action. At the same time, it also requires bold innovation and carrying forward the spirit of innovation.

Summary

Through the research and analysis on the sports spirit in sports competition, cultivation of sports spirit in the process of sports, relates to the future development of China's athletic sports, school sports and community sports, which has a direct impact on the prospects for the development of sports in our country. Strengthen sports spirit is very necessary for people to form a correct world outlook and sports values. It especially has far-reaching significance for the implementation of
quality education, improvement the quality of the people, enhancement of comprehensive national strength, revitalization of the Chinese nation, and the modernization construction of our country. 2008 Beijing Olympic Games will bring us the best opportunity, we should carrying forward the Olympic spirit, at the same time, strengthen the construction of spiritual civilization and promote the wealthy and harmonious society as soon as possible.

Reference


