Research on the Influencing Factors and Countermeasures of Humanistic Quality Education for Physical Education Students in the Universities*

DAI Jiao-qin, WANG Jun-min
Nantong University, Nantong, China

Dr. Neil Lotantin, the honorary president of the Harvard University, once said, “We should weaken the professional training of universities, but strengthen the humanities education of college students.” In fact, under the background of higher education, the cultivation of students’ excellent humanistic quality should be based on the cultivation of technical ability, which is the basic core of the current quality education. This paper mainly studies the humanistic quality education of college physical education students, points out the influencing factors affecting the connotation of their humanistic quality education, and puts forward corresponding countermeasures, hoping to develop a new way for college sports majors to effectively carry out the correct humanistic quality education.

**Keywords:** humanistic quality education, physical education major in universities, influencing factors, countermeasures

**Introduction**

The students of physical education in universities are specific for their professional reasons. Although they are not high in the level of cultural knowledge, they have the ability to be more than ordinary people in the field of physical education. At present, in order to cultivate high-quality and comprehensive development talents, the humanities quality education is specially trained for the professional students of college sports. It is hoped that they can also have good humanistic quality in the course of physical education and training, so that they can form their correct social outlook and values. It is also an increase in their emotional quotient (EQ) to certain extent.

**Humanistic Quality Education**

The term “humanity” is defined as “generally refers to all kinds of cultural phenomena in human society”. Only those excellent culture that sublime the spirit and value of human can list the connotation of human culture. But there is no strict definition for the humanities quality education circle. In the book of the new century—humanistic quality education, the humanistic quality is defined as the inner quality of a person, which is composed of many factors, such as knowledge, ability, idea, and will, which is manifested as one’s

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DAI Jiao-qin, mater degree candidate, School of Sports Science, Nantong University.
WANG Jun-min, Ph.D., associate professor, School of Sports Science, Nantong University.
personality, temperament and accomplishment. From the structure, the quality of man’s measurement includes the following four aspects: the knowledge of man’s law and social science, such as linguistics, literature and art, history, psychology, economics, law, philosophy and other basic knowledge; ability, such as analysis and induction, language use, aesthetic ability, and so on. To understand the world and understand the society at the angle and level. Moral reason—a sound mind, a critical inheritance of traditional ethics, the pursuit of goals and ideals, and a correct cultural concept.

The humanistic quality education in colleges and universities is to bring the excellent cultural achievements of mankind, through the imparting of knowledge and environment in many forms, and promote the educated to gradually form a stable internal quality and value orientation through their own internalization and development, and the main purpose of the educational Omega education is to make the educated to be correct. To deal with the relationship between man and nature, man and society, man and man, and to strengthen his self-cultivation of reason, emotion and will, the aim is to improve the cultural, theoretical, and moral qualities of the young students, and make them a person with both knowledge and how to be a man. It is mainly to guide students to selectively absorb all outstanding cultural achievements, so as to make their choice and price in the direction of political thought.

The Necessity of Humanistic Quality Education

Humanistic Quality Education Has Become an Important Issue in the World Today

The competition among countries in the world today is manifested in the competition of economic strength, national defense strength and science and technology. Whoever wins the advantage of human quality will win the initiative of international competition. Therefore, all countries in the world attach great importance to the improvement of people’s quality. It can be seen from the above that humanistic quality education has become an important issue concerned by all countries in the world. In the face of a series of new ideas, new demands, and new measures in the training of talents in all countries of the world, our country should speed up the pace of education reform and improve the quality of talents in order to meet the needs of international talent competition in the 21st century.

We Need to Strengthen the Humanistic Quality Education of Sports College Students

In the era of knowledge economy, the core of promoting knowledge growth is the development of intellectual resources, and the improvement of the quality of talents. The development of the era of knowledge economy shows that the development speed is fast and the transformation cycle is short, that is, while the scientific and technological knowledge is constantly updated and eliminated, the cycle of science and technology conversion to productivity is shorter and shorter. It is highly differentiated and highly comprehensive and highly integrated as the subject, especially natural science, technology science and humanities. The infiltration of science, the trend of cross convergence and the role of humanities in promoting the economy and society are becoming increasingly evident. Many important and urgent problems facing human society need a variety of disciplines to solve the problem of C. At the same time, the new discipline, new technology and new technology are constantly emerging, the cycle of knowledge renewal is greatly shortened, and the economy and society also have great influence on the modern economy and society. There is no urgent requirement that colleges and universities should cultivate high-quality talents with innovative spirit, innovative thinking and innovative ability. The training mode of innovative talents is based on acquiring
knowledge, developing intelligence as the means and developing innovative ability as the core. In the training mode of innovative talents, quality is the soul and the root of talent training. To do this, we must strengthen the students’ humanistic quality education, based on higher humanistic quality.

**Strengthening Humanistic Quality Education is the Need of Education Reform in China’s Sports Colleges and Universities**

As a single discipline Sports Institute, it has become the main base of sports talents training in China for decades. From the present point of view, the task of the sports specialty is to cultivate high quality sports special talents, sports educators and social sports workers for the society, among which the proportion of professional sports talents is relatively large. In the long run, to adapt to the development trend of the sports industry and the popularization of competitive sports, the training direction of sports professionals will be changed from single sports professionals to sports educators and social sports workers in order to meet the rapid growth of health, entertainment, sports and other needs. The graduates of future sports majors shoulder

**The Influencing Factors of Humanistic Quality Education for the Students of Physical Education in Universities and Colledges**

Generally speaking, the two factors that affect the humanistic quality education of the students of physical education in universities and colledges should mainly come from the school and the students, so the following four factors are also pointed out in this paper.

**The Students of Physical Education in Universities and Colledges do not Attach Importance to Humanistic Quality Education**

As mentioned above, the overall performance of the students of physical education in universities and colledges are not high in the humanities. Because they are learning through the specialty of the sports specialty, both schools and their individuals focus their daily studies on the training of physical skills, which seriously neglect the study of cultural courses and lead to physical education students weak performance in the cultural foundation, especially under heavy academic pressure, the students of physical education in universities and colledges cannot follow up the progress of other students. In long-term, their sports technology may have improved, but have little knowledge humanities and culture, some physical education students even give up the study of cultural lessons directly, so they are in low humanistic quality is not surprising.

**Utilitarianism of The Students of Physical Education in Universities and Colledges is too Strong**

The students of physical education in universities and colledges may have a personality defect, which is not interested and impatient with the knowledge of learning culture. In some colleges and universities, it can be seen that the physical education students are more interested in the project content of fast learning and shorter cycle. It is not careful for the basic skills in the culture course. Again, influenced by the influence of the “national system” training in China, the students of physical education in universities and colledges also have a great impact on the colleges and universities themselves. Whether they are universities or physical education students, they all hope that the students of physical education in universities and colledges can fight for the school through competitive competitions, and students themselves dream of becoming sports stars. Emotions can cause them to think very easily in the face of reality, and impatience makes them more prone to failure, and their own personal character makes the students of physical education in universities and colledges unable to consider the various factors of the outside world and even directly affect their own factors. Therefore, it can be
said that universities sports students in some degree listed very utilitarian, they blindly worship, blind action, which also brought some hidden dangers for the school student management.

**The Students of Physical Education in Universities and Colledges Lack Innovation**

The students of physical education in universities and colleges will be influenced by the traditional educational system in our country. They may be rich in the knowledge space reserve in the background of accepting the test education for a long time, but they have been hindered by serious development in thinking innovation. This is because universities limit their creativities and spirits, and the urgency of exam-oriented education may be overwhelming them. Under the deep-rooted traditional education concept, the physical education students pay attention to the training, competition and unchanging all day, rarely accept the real education influence from the complex social environment, which also causes them to become extremely vulnerable in the inner world, fear of failure, and have low endurance capacity.

**The Students of Physical Education in Universities and Colledges Lack Sense of Responsibility**

Students majoring in physical education are about to move towards society, but in fact, they lack sense of responsibility in their learning and life on campus. For example, they are unwilling to admit their mistakes, stubborn, and even are not willing to be responsible for their own mistakes even they admit them. And their values tend to focus on self-centered, too much of the pursuit of material life, and the pursuit of the ideal of a big ideal, the pursuit of the whole spiritual pursuit is always in a vacuum, easy to lose themselves on the path of life. If they are not given humanistic quality education, they will have serious consequences (Shi, 2013).

**Solutions to the Influencing Factors of Humanistic Quality Education for the Students of Physical Education in Universities and Colledges**

**Building a Correct Ideology and Sports Talent View**

The university sports major should construct the correct ideological consciousness for its own sports education and set up the correct view of the sports talents in the modern society, so the college physical education should integrate more humanistic quality education content and meet the realistic needs of the educational reform under the background of the new curriculum reform. Specifically, it is through subject specialization and interdisciplinary penetration to meet the students’ changing learning needs, such as the realization of interdisciplinary and cross learning in the physical education of colleges and universities, and the establishment of rational knowledge values for the students. For example, the content of music teaching is penetrated into the course of physical education, and music guidance students are trained to train students’ good sense of rhythm and coordination, so as to realize the course of musicization. Furthermore, the teaching content of the English subject is penetrated into the teaching of physical education, encouraging students to learn English well, using more English dialogues and the historical biographies of English characters to penetrate the humanistic values, not only to cultivate students’ good ideological and moral character, but also to make their English dialogue and communication ability to be raised. High to meet the current needs of international sports talents. In a word, it is to deal with the training process of sports comprehensive talents in the college physical education major, set up their correct talent values in the interdisciplinary teaching, and combine the commonness of the two persons with the talent and personality effectively to form an educational resultant force.
Realizing the Optimization of Curriculum

The optimization of the curriculum should not only include the rich cultural courses, but also increase the content of a certain amount of humanities courses to improve the comprehensive quality of the students. The sports major are different from other literature and science and engineering major, and the “contradiction of learning and training” is obvious. In the traditional sports courses, the humanities are set less, so the students’ humanistic quality is relatively weak with the cultural foundation. Therefore, in the new curriculum, we should focus on the optimization of this aspect. We can set up the humanities curriculum for the students, attract students’ attention through various art paintings and posters, so that they can look at the sports capacity from the ordinary angle, learn aesthetic optimization and deepen the sports. The impression of content also learned to appreciate works of art. In addition, the school should enrich the curriculum content of the sports professional associations, organize the students to participate in the community activities between schools and participate in the activities of various schools. In the activities of the community, the sports skills are compared to the good friends. This can also combine the social humanities with the sports professional knowledge and higher the physical education quality and connotation of the universities (Liu, 2017).

Improving the Comprehensive Quality of Teachers

The cultivation of humanistic quality education for college students majoring in physical education lies in teachers. The training of university teachers is very important for professional development. In the field of humanistic education, teachers must be a teacher’s watch. Through the training of professional knowledge and humanistic quality of teachers, teachers should first improve their humanistic quality, and then establish a scientific evaluation index system for teachers, select regular or irregular evaluation activities for teachers in university, set up teacher evaluation and student evaluation. It is recommended that teachers who are most conscientious, with the highest academic level and the best moral quality should be elected to achieve “recharging” education for teachers. In the process of teacher training, we should sum up experience and achieve mutual complementarity among teachers through teacher communication, so as to ensure the professional quality and humanistic quality of teachers.

Co-Education of Home, University, and Society

It is necessary to form an educational resultant force among schools, families, and society, and form a co-education between family and university. To this end, the university should clarify the relationship among the three, through more cooperation with social organizations to cultivate students’ professional ability and humanistic quality, such as school enterprise cooperation, through selecting students to participate in enterprise internship projects to exercise their humanistic quality and ability. The university should also cooperate with the parents of the students to ensure the supervision, request and encouragement of the students’ progress, and improve the students’ humanistic quality by (Chen, 2013).

Conclusion

The specialty of physical education in universities and colleges should be aimed at the cultivation of the students’ humanistic quality, which should be targeted, reasonable, and faceted, thinking from all directions to the students’ education and training methods, combining the interdisciplinary knowledge content, the university, the family, and the social co-educated methods to cultivate the high quality and humanistic sports talents.
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