

# Research on the Training Path of Sports Humanistic Spirit Under the Background of "Internet + Education"

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**Article Info**  
**Volume 83**  
**Page Number: 4188 - 4192**  
**Publication Issue:**  
**July - August 2020**

## Abstract

modern education is based on the scientific outlook on development, taking human development as the core of the work and adhering to the concept of people-oriented education. With the continuous improvement of Internet technology, the advantages of the "Internet + education" model have emerged. Through the Internet technology and the integration of sports teaching work, will not only contribute to the solution of the problems in present sports teaching work, also can stimulate students' learning enthusiasm, real progress on training students' humanistic spirit. In fact, by campus teaching organic integration with the Internet technology, to promote the students' cultural quality, moral level and humanistic spirit, it has become a focus of attention in current education work. Under the current situation, the "Internet + education" model is also shoulding the burden of cultivating its humanistic spirit on the basis of improving students' physique and entertainment

**Article History**  
**Article Received: 06 June 2020**  
**Revised: 29 June 2020**  
**Accepted: 14 July 2020**  
**Publication: 25 July 2020**

**Keywords:** *Internet +; Sports; Humanistic spirit; Cultivating path*

The humanistic spirit is not only a symbol of the human spirit, but also a spiritual trend that has gradually emerged in the history of human society's long cultural development. The continuous improvement of the humanistic spirit will be conducive to the sublimation of one's own ideological realm and the improvement of the overall quality. The so-called sports humanistic spirit refers to the integration of the two by instilling humanistic ideas into sports activities. While developing, the humanistic spirit of sports is gradually being stripped from the original humanities and transformed into a separate system of humanistic spirit. The emergence of the "Internet +" model has also changed the traditional way of education to some extent. As an important component of school education, physical education takes internet technology as the starting point. By leveraging the advantages of Internet resources and changing the knowledge structure in the education field, we will promote the integration of sports and humanities education, and promote the development of physical education while enhancing students' humanistic quality

## 1. THE IMPORTANCE OF CULTIVATING HUMANISTIC SPIRIT IN PHYSICAL EDUCATION

### 1.1 Strengthening the Cultivation of Sports Humanistic Spirit is the Need of Social Development

In order to meet the needs of social development, we must firmly promote humanistic spirit. Talent cultivation is based on education, and physical education is an important component. As a comprehensive discipline, physical education combined with humanities and social sciences has positively impacted the development of students' healthy heart and physiology, and enhanced their practical ability.

Therefore, all educators should focus on cultivating sports humanistic spirit in carrying out teaching work. In fact, cultivating the humanistic spirit is not only the need for contemporary economic and cultural development, but also the basis for the continued development of human spiritual civilization.

### 1.2 The Cultivation of Sports Humanistic Spirit is the Need of Educational Reform

The concept of modern education advocates the development of quality education. Its core lies in persisting in taking people as the main body of development and cultivating high-quality

talents in an all-round way. As part of quality education, physical education should take students' physical and mental health as the direction of development. On the basis of carrying out sports activities, we must pay attention to cultivating students' sports humanistic spirit. In fact, only by adhering to the correct physical education curriculum can we develop all-round development talents that meet the needs of society. However, as far as the current sports education is concerned, there are still a series of problems in its development. In order to change the status quo, existing education concepts should be changed to create a new curriculum model that aims to develop students' minds and ensure their health and fitness. While paying attention to the improvement of students' skills, they do not ignore their physical and mental health problems, and thus improve the overall quality of students, and achieve the purpose of cultivating humanistic spirit in physical education work.

### 1.3 The Cultivation of Sports Humanistic Spirit is the Need of Making Students Become Talents

At present, the lack of humanistic spirit in society has become a problem, and students are inevitably affected by the social tide. The lack of a humanistic spirit can easily lead to students' lack of ideals, emotional vulnerability, selfishness, and sensitivity. Therefore, we should pay attention to the cultivation of students' humanistic spirit and ensure that students have high quality and improve their ability to adapt to social competition. The single physical education job can only strengthen the students' body and fail to achieve the improvement of their internal qualities. Therefore, it should be emphasized that the sports humanistic spirit plays a role in promoting the development of students, and continuously strengthen the development of sports humanistic spirit training.

## 2. THE CURRENT STATUS OF SPORTS HUMANISTIC QUALITIES

### 2.1 Current Mastery of Sports and Humanistic Knowledge

At this stage, there is an imbalance in subject development in the education field in China. Especially in sports teaching, the teaching structure is too single and the overall development needs to be improved. In order to better understand the mastery of knowledge of sports and humanistic knowledge, students, through questionnaires, are divided into five major areas: literature, history, philosophy, law, and aesthetics (see Table 1). It is not difficult to find out through the survey that in the above five fields, students have a better grasp of literature and historical knowledge, with an average score of 12.5 points and 13.1 points. The poor mastery of knowledge areas is aesthetics and philosophy, with a score of only 3.1 points per person and 1.6 points. After analyzing the data, it can be concluded that there are some phenomena in the field of physical education, such as the fact that the structure of humanistic knowledge is too monotonous and the humanistic quality of students needs to be improved. In the process of physical education, students' humanistic knowledge cannot meet the specified requirements. The daily teaching content is simple and lacks humanistic connotation.

**Table 1 knowledge of sports and human knowledge.**

Humanities knowledge	Score	Average score per person	Order
Literary knowledge	20	13.5	2
Historical knowledge	20	14.1	1
Philosophical knowledge	20	2.6	5
Aesthetic knowledge	20	4.1	4
Legal knowledge	20	8.7	3

### 2.2 Current Sports Humanistic Spiritual Literacy

The humanistic spirit is an important embodiment of the humanistic knowledge and level of literacy that sports itself has (see Table 2). When investigating the students' sports and cultural spirit, they found that morality and social life had the highest scores, which was closely related to the state's efforts to increase moral education and the high recognition of sports for its own social contributions. However, the scores in career planning, quality structure, self-learning, and teaching methods are relatively low. In fact, these low-graded areas have certain links with the development of humanistic quality education. To this end, schools should promote the humanistic spirit and emphasize the promotion of humanities education to promote the development of students' learning ability and career planning. As the center of sports and humanistic quality, the humanistic spirit will become the sublimation of the internal knowledge of sports culture, and its lack will inevitably have a negative impact on the overall development of students. The development of sports humanistic spirit will directly relate to the achievements of the current physical education reform and will have a positive effect on the healthy development of students.

**Table 2 Sports Humanistic Spirit.**

Humanities knowledge	Score	Average score per person	Order
Morality	20	13.3	2
Ideals and Development Planning	20	8.1	6
Quality structure	20	9.6	3
Learning methods and means	20	8.6	4
Social life	20	14.1	1
Self-learning	20	8.5	5

## 3. THE REASON OF THE LACK OF HUMANISTIC SPIRIT IN PHYSICAL EDUCATION

### 3.1 Teaching Goal is One-sided

For a long time, people have always been restricted by traditional concepts and regard sports functions as a tool for exercising and upgrading their physical fitness. In actual

physical education teaching, sports is simply used as a tool from the biological level, and physical education teaching is used as a place for training skills and physical fitness, which makes the teaching purpose deviate and generates utilitarian. For educational activities, its essence lies in ensuring that people can develop in an all-round way. However, at this stage, physical education teaching fails to truly adhere to the people-oriented teaching philosophy. It only emphasizes the practice and cultivation of technology, and ignores the importance of emotions and character to students. As a result, people's omnidirectional training has been neglected, which has led to deviations in sports teaching objectives. In fact, because physical education teaching only emphasizes social attributes, it fails to pay attention to individual differences among students, restricts the individual development of students and hinders the progress of cultural spirit.

### 3.2 Teaching Contents are for Competition

At this stage, physical education textbooks will focus on sports knowledge, skills training and other aspects, ignoring the cultivation of human emotions such as student emotions and character. The teaching content of sports also regards competitive projects as the main type of choice. Sports itself is regarded as the main body of physical education, and students' physical and mental development requirements are neglected. In fact, the transition from sports teaching to competitive sports. Although this will, to a certain extent, enhance the students' basic knowledge and skill mastery level, they lack the humanistic spirit because they do not attach importance to the values, personality and communication skills of sports.

### 3.3 Educational Process is Becoming Technical

The process of physical education requires the unity of technology and the pursuit of the norms and accuracy of the movement. In the course of teaching, over-emphasizing the obedience of students has led to a change in the rich content of sports subjects into mechanical operations, which has restricted the overall development of people. Of course, the appearance of a mechanical teaching model also has a certain relationship with the quality of teachers. Although there is no lack of outstanding teachers in the physical education teachers, there are also individual phenomena with narrow knowledge and backward teaching concepts. Because it is too biased towards the technical training of sports, it fails to integrate it with the humanistic spirit and eventually hinders the achievement of the goal of physical education.

### 3.4 Teaching Evaluation is Not Scientific

The evaluation system of physical education will regard summative evaluation as the focus of work, mainly assessing the conditions of sports attainment, theoretical mastery, etc., but it fails to take into account formative assessments, neglecting the extent of student progress and the degree of effort; In the evaluation, the adoption of a unified evaluation standard failed to take into account the individual differences of students; The results of the evaluation are only used to assess student achievement and fail to propose improvement suggestions for students' weak points in sports. Because of the lack of scientific evaluation of the teaching evaluation system, the physical education work guided by it will not only fail to ensure the all-round development of students, but it may also restrict the development of students' spiritual civilization.

### 3.5 Single Form of Teaching

Sports are not only competitive but also include entertainment. Therefore, physical education content should be combined with students' actual needs to carry out various forms of teaching activities. However, in the actual physical education teaching, the "narration-demonstration-exercise-correction-consolidation" model has been used. The focus of the work is on teacher explanation, demonstration, student memory, and imitation. Because in this mode, students passively accept knowledge, their subjective ideas cannot be brought out, and eventually students' enthusiasm for learning declines and enthusiasm is lost. In addition, this model will also hinder the development of teachers' creative thinking, affect the establishment of good relationships between teachers and students, and thus restrict the development of the cultivation of humanistic spirit.

## 4. THE WAY OF CULTIVATING HUMANISTIC SPIRIT IN THE TEACHING OF PHYSICAL EDUCATION IN THE "INTERNET +" ERA

### 4.1 Update the Concept of Physical Education and Pay Attention to Humanistic Sports

At this stage, there are phenomena in the field of physical education in China, including one-sidedness of the goal, overly competitive content, and a single form. The main reason for this phenomenon is the backward education concept that attaches great importance to the training of sports skills and does not pay attention to the connotation of its cultural value. The backward education concept not only hinders the further development of the physical education function, but also leads to the absence of humanistic spirit. In order to change this situation, we should give full play to the "Internet + education" status, change the concept of physical education, emphasize humanistic sports, and promote the overall development of students. First of all, the development of physical education should adhere to people-oriented thinking and attach importance to the cultivation of students' personality. The essence of the humanistic education thought lies in cultivating comprehensive talents, attaching importance to individualized development, and promoting the improvement of students' creative ability. The physical education teaching should regard the student as the center, plan various teaching activities around the student, customize the teaching goal and choose the teaching content. In carrying out the work, according to the differences between different students in accordance with their aptitude, students can achieve individualized and free development. Second, the development of physical education teaching should be guided by harmonious thoughts so as to provide guarantee for the students' all-round development. The physical education teaching carried out at this stage adopts the biological sports concept, which is contrary to the concept of harmony. Physical education can only guarantee the harmonious and stable development if it is combined with science and humanistic spirit and guided by the concept of harmony. Finally, physical education should always implement the spirit of lifelong sports and enhance the lifelong sports consciousness of students. By communicating this concept to students, they are guided to participate in sports activities and improve their own quality.

#### 4.2 Use the “Internet +” to Improve the Integration of Information Technology

The application of “Internet +” as an information and communication technology not only realizes the movement and intelligence of education, but also leads to a shift in learning concepts in this field. Relying on network technology, the emergence of the “Internet +” learning model has broken down the original geographical restrictions and enabled the effective integration of learning resources. At present, there are problems such as unbalanced distribution of force and large gap between urban and rural areas in China’s physical education teachers. By using the Internet platform and using its rich knowledge and information, not only the restrictions between regions can be eliminated, the knowledge blocking in the teaching process can be solved, and teachers can learn. Problems such as further education can also provide students with a learning space and improve the current teacher inequality.

#### 4.3 Create the “Internet +” Platform to Improve Humanistic Literacy

In the process of physical education teaching, we should pay attention to the cultivation of humanistic qualities. Based on the Internet technology, through innovative educational methods, we will create an “Internet +” platform to effectively enhance humanistic quality. In order to better enhance the overall strength of teachers, we should organically integrate information technology and education, and create an online learning platform to make full use of the openness and sharing advantages of the network to meet the diversity of students' learning requirements. In order to speed up the process of cultivating humanistic literacy, Internet technology should be used to build an “Internet +” platform and a special humanities study program should be set up to meet the individual development needs of students and to make up for deficiencies in teachers' humanistic knowledge education. By building the “Internet +” platform, with its rich amount of information integration and convenient use, not only can students expand their knowledge, but also can enhance their level of integration of sports information and enhance their humanistic qualities. In fact, the “Internet +” platform is used to tell the story of the struggle of sports people through media such as cameras, and to enhance students’ interest in sports, thereby stimulating the cultivation of sports humanistic spirit.

#### 4.4 Realize the Organic Integration of Online Learning and Mobile Learning

“Internet +” brings about a change in the traditional learning model. The rise of online media has created a resource platform for students’ learning and life. At this stage, when students use the platform to learn, apart from adopting online learning methods, the mobile learning model is also the main way to ensure that they improve their own quality. By combining the above two modes, it will not only be conducive to building a sports cultural literacy cultivation system, but also improve the integration level of sports knowledge. At the same time, it can also supplement the inadequacies of the traditional learning model and bring a full range of learning experiences to students through the use of resource sharing advantages.

There is a lack of humanistic spirit in physical education teaching in colleges and universities, which will hinder

students from achieving comprehensive development. To this end, physical education should be organically integrated with humanistic education, and sports should be developed as a training ground for humanistic spirit. Of course, the cultivation of the humanistic spirit needs to go through a long process, and this requires the majority of colleges and universities in the implementation of physical education teaching, adhere to the people-centered, and constantly open up new ideas for the development of sports humanities education, thereby stimulating the overall development of students. On the basis of the “Internet +”, physical education resources are subject to geographical restrictions, and uneven development across the country is alleviated. This also creates favorable conditions for the improvement of students’ information integration capabilities and the promotion of comprehensive humanistic qualities.

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