

## **Lack of Scientific Development and Research of Chinese School Recreational Sports**

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### **Abstract**

*The researchers used literature, logical analysis, survey and other research methods, to reveal the connotation of leisure sports in school physical education. The teaching of lifelong recreational activities in Chinese school settings was analyzed. Lack of youth participation requires urgency and necessity of recreational sports in school along with the student and the analysis of its development. The researchers studied the urgency and necessity of school physical education for leisure and sports, as well as its trends. Proposed are the ideas of scientific development. And lastly, new suggestions and theories for the implementation of using research to promote recreational activities in school physical education.*

**Keywords:** School sports, Leisure sports, Science development, Physical education, Recreation

School sports are an important part of education. Looking at the development of domestic and foreign school sports, China has gradually established the full development of school physical education and laid a healthy foundation for lifelong sports with the multiple factors of development of school sports. For hundreds of years, physical education activities focused on teachers as leaders of activities and some lightly student-centered sports. In the authors' opinion, the majority of students do not feel comfortable participating in teacher led sports instruction that includes little to no student input. By promoting students' initiative, interest, and reforming the physical education curriculum student participation and enthusiasm for physical activities is likely to increase. Creating a more relaxed, natural atmosphere in school physical education is the future in China if lifelong participation in leisure sports is desired. In recent years, the rise of recreational sports, a humanistic spirit, the spirit of innovation, beyond the spirit of life has pushed people to pursue the meaning of life existence with freedom, culture, non-utilitarian and initiative features. Recreational sports promote students' understanding of health, and human socialization and personality, which improves the social environment adaptation of the initiative and achieves the goal of growing humanistic spirit within the school physical education curriculum. School physical education, pursues the combination between health education and personality development with diversification, modernization and scientific study. Thus, the reality of recreational stage for the development of school sports accelerates the research for different types of schools at all levels.

Scientific development of school recreational sports is important task and goal for future school sports.

## **Situation of Chinese School Sports**

### (1) Overall situation now

1. Exam-oriented education gives students too much academic pressure; they do not care about physical education. Schools and students are not willing to do sports activities. According to Chinese statistics Education Network, although Sports has 50 points in high school entrance examination, but most students in seventh and eighth grade are only doing broadcast gymnastics. They are forced to do formal sports activities throughout middle school and high school.

Although most universities have state of the art facilities for student participation in physical activities, students do not have enthusiasm to exercise because they do not have the opportunity to develop personal fitness and wellness plans during their pre college years. In addition they have not had the opportunity to exercise and they do not have habit to exercise in school since academics have taken precedence over their own health and leisure.

2. Rising obesity rates, and the students' physical quality drop. In recent years, the physical health test shows that students have a significant decline in physical fitness and increase in obesity rates.
3. Lack of exercise space and limited space to exercise make teachers in some schools teach physical education activities on the roofs of school buildings. Currently, most schools are doing sport events around small basketball court, for instance running. From a medical point of view, running around the playground and broadcast gymnastics are not effective aerobic exercise.

### (2) Country School Sports

1. Although the sports facilities in rural schools have made significant changes, many remote rural schools have not been fundamentally improved, the overall situation is still not optimistic.
2. One of the main factors restricting the development of rural sports school is the lack of teacher resources.
3. The overall situation in the fulfillment of sports, physical education materials and outlines are not optimistic for implementation. Physical education also has a lack of freshness. Models and methods of physical education appear to also lack diversification and using of regional characteristics of rural work to innovate teaching is particularly insufficient.
4. Status of Physical Education. Influenced by the school enrollment rate and the traditional teaching, most school only pay attention to intellectual education and one-sided pursuit of enrollment rate, which became the significant phenomenon. Most school use enrollment rates to decide teaching quality. Education authorities on school physical education examination is not working and a monitoring system has yet to be fully formed.

### (3) China's Urban School Sports

1. The Status of Physical Education. Urban school sports are in the low status at rural schools and little attention is given to physical education.
2. Lack of Goals for Sport and Physical Education Programs. Most schools only allow students do some basic training, because they regard enhance students' physical fitness as the goal of the course, while ignoring the students' individuality, the potential and the ideal of teamwork
3. Insufficient Number of Qualified Physical Educators. Eastern and western regions are very uneven. Eastern areas are severely overstaffed, while in the western region staffing is clearly insufficient. Teacher education programs cannot meet the requirements of the country since they are primarily located in the western region.
4. Sports and Facilities. The city's school funding is enough to build and buy more sports facilities than rural schools. But with the development of society, they do not have enough space to build playgrounds and outdoor recreational areas.

- (4) Extracurricular Activities. Only 27.04% of students that come from rural areas participate in physical activity more than one hour a day; while 72.96% participate in physical activity less than one hour a day. The percentage of students from rural areas that participate in morning exercise is 51.35% of fully executed, 21.44% of partly executed, and 27.21% of not executed at all, while the percentage that exercises between classes is 84.40% of fully executed, 14.46% of partly executed, and 1.24% of not executed at all. Additional data reveals that the participation extracurricular sports activities in country schools are still not optimistic.

## **II. The Lack of Recreational Sports**

1. The sluggishness of physical education curriculum reformation and the lack of recreational sports participation opportunities inhibits students' choices.

2. The singleness of classroom teaching models (teacher centered). Recreational sports education is just another thing to get through, there's no further study of cultural and managerial connotation to improve their understanding and comprehension of lifelong wellness.
3. The extracurricular sports activities cannot be valued and managed effectively. Due to insufficient varieties of extracurricular sports, the teachers basically just let students arrange their own activities and recreational sports cannot be efficiently carried out, they failed to execute arrangements and managements.
4. The extracurricular sports have not been fully introduced into school physical education. Surveys indicate that a significant number of schools have not introduced recreational sports and an inadequate understanding of role and function of sports leads to the lack of recreational sports in school physical education.
5. The shortage of qualified physical education teachers. Comprehensive training of physical education teachers can lead to healthy and lifelong recreational sports, in order to improve the quality-oriented education of students and moral cultivation of all the people this must be improved.
6. The status, role and function of recreational sports have not been fully recognized by schools, the society and families. Numerous studies indicate the importance of exercise for brain health and improved learning yet this research has not been transmitted to local schools.

### ***III. The Necessity of Introducing Recreational Sports***

1. School physical education is an essential part for the students' health, physical exercise is also an important measure for the promotion of academics, recreational sports is known for its new contents, various forms, strong interest, high involvement, outstanding educational functions, it is vital for carrying out a school educational mission and improving students' overall qualities.
2. Current recreational sports education have been shown to be ineffective, students are not very interested in the existing sports, students are not rewarded for their participation in sports and therefore spend most of their time in classrooms, dormitories or playing computer games.
3. Suffering from the high pressure of studying leads to a series of psychological problems. Studying and living happily requires an environment of students' active participation so they can be sucked into the team, relieve frustrations and get away from pressures. Endorphins created during active participation improve overall mental health.
4. The introduction of lifelong recreational sports can enhance their interpersonal and communicational skills, so they can interact with each other closely, thus creating harmonious and healthy learning environment.
5. The participation of recreational sports can enable students to know what kind of person the society needs because of its strong social education. And can lead to better development of indoor and outdoor recreation facilities.

### ***III. Analysis of the Introduction of Recreational Sports***

1. The management of curriculum resources under new curriculum background provides a fundamental guarantee for the development of school recreational sports. The reform of the nation's school physical education programs brings new opportunities for school recreational sports education, which also makes up for the shortage of extracurricular activities. Recreational sports gives physical education a new meaning, which not only makes up for the often times monotonous and boring physical courses, but also creates more options for the students.

#### **2. Strong Compatibility between Recreational Sports and School Physical Education**

School physical education, usually characterized by subjects and activities with unique form of having various of extracurricular sports, and also has educational and fitness function. To improve traditional recreational sports, educators need to cultivate students' flexibility, responsibility, ability to think reflectively, and develop leadership skills as all these above factors are essential for the overall quality of students.

#### **3. Situational Teaching Makes Developing Recreational Sports Possible**

Situational teaching refers to a way of teaching methods, in which the teacher combines mental, emotions, knowledge of daily life, teaching techniques, personal skills and teaching characteristics together to provide appropriate learning environment and teaching methods for the students. In this way, students are more likely to be active in the optimized learning environment. When they combine their feelings with understanding, affective thinking will be stimulated, thus acquiring knowledge, developing intelligence and ability.

Recreational sport, characterized by its rich content and various forms, is fun, challenging and competitive, which also makes it easier to achieve teaching effectiveness by satisfying curious and adventurous students and their willing to experience and explore more.

4. Advocated the slogan "Exercise an hour a day, live happily all your life", a better platform to enrich recreational sports has been provided. It is better to arrange recreational sport in extracurricular time because of the tight schedule and rich content at class. What's more, classroom teaching content needs to be enriched so educators can fully arouse and exert students' initiative.

#### ***IIIV. The Scientific Development of Recreational Sports***

##### **1. Definition of Recreational Sports**

Recreational sports are a healthy leisure past time that combines physical exercise with cultural pursuit, which can relieve pressure and stress and extend individuality. Relaxing is an important life style in human process, also a state of life human beings gradually formed in the natural adaptation and social adaptation. With diverse civilization gathering together, the advent of the leisure era has become a historical necessity. The era of making all social life about wealth accumulation has ended, people now pay more attention to what goes with their taste and interest, therefore recreational sports have gradually been accepted and favored and become an indispensable part of people's cultural life. With the rapid development of society, leisure life has become an important guarantee of individual labor reproduction and laid great foundation for the harmony and stability of society.

##### **2. Developmental Ideas for School Recreational Sports Education**

2.1.1 Reinforce recreational sports research of rural schools.

2.1.2 Reinforce the specificity recreational of sports research.

2.1.3 Research on the balance between recreational sports and physical education in rural schools.

2.1.4. Research on physical education of rural schools in different economy, custom and area.

2.1.5 Research on resource optimization design for physical education of rural schools.

By researching on the above factors, we can enhance the value and status of recreational sports in rural schools and broaden horizons, ensure that rural schools can enjoy recreational sports like urban schools do.

##### **2.2 Quality Education Promotion**

2.3 Setting up New Physical Education Standards, Integrate Recreational Sports into Quality Education

2.4 Implement Every Policy and Regulation on National Physical Education

2.5 Strengthen the Teaching Staff of Physical Education

2.6 Increase Funds

##### **3. Developmental Ideas on Physical Education of Urban Schools**

3.1 Improve the status of physical education course

3.2 Change the aim of physical education course

3.3 More support and funds on school physical education

3.4 Develop and introduce new content to recreational sports

3.5 Provide larger and more spacious sports space for schools

3.6 Cultivate high quality physical education teachers

#### ***Conclusion***

Above all, the current problem of lack of recreational sports in physical education courses should be taken seriously. School physical education mainly aims at cultivating students' basic physical and athletic ability, and developing students' intelligence, regulating students' emotions, cultivating sports humanistic spirit, and then advocating the goal of lifelong sports at the same time. For this reason, to introduce the contents of recreational sports, widely publicizing and understanding of the connotation of recreational sports, and then plan and implement recreational sports are the feasible guidelines of school physical education curriculum reform.

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