

# Exploration on Effective Ways of Moral Education in University Physical Education Class

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**Abstract.** Physical education (PE) can improve the students' physical quality and it is meanwhile an important means of developing the students' moral quality. In PE teaching activities, we should use proper teaching method to foster PE spirit and mind the details in teaching which contribute to the formation of the students' PE spirit. In a period when teaching reform keeps deepening, developing PE spirit is a higher goal in PE teaching. It not only toughens the students but also enhances the students' moralities of discipline, honesty, intelligence, activity and enterprise, to grasp PE characteristics and deliberately co-mingle moral education (ME).

**Keywords.** PE in colleges and universities; PE teaching; morality; moral education(ME)

Moral Education is education on ethic, ideology and politics. The content of ME ought to include three main hierarchical aspects. The first is the education on basic code of moral conduct. The second is education on moral and political quality of the citizens. The third is education, at high levels, on world outlook, philosophy and ideal, etc. PE in schools is a specific portion of the Party's Education Policy and it is required to develop noble character in students during PE teaching. It is the task of school teaching to improve the students' morality and promote socialist spiritual civilization construction. It has been proved that only by strengthening the sense of organization and discipline and only by intensifying the education of collectivism and patriotism can PE teaching tasks be accomplished.

## 1 Links between physical education and moral education

### 1.1 PE contains ME

PE is a process of ruggedizing human body by educational means. Through exercising human body and training sports skills, PE promotes normal physical development, reserve physical fitness, enhances will power and ultimately achieves overall development both physically and mentally. Taking exercise and ruggedizing body is direct effect while toughening will power and enhancing physical and mental development is the profound target. The former belongs to PE category and the latter belongs to ME category. PE and ME are co-mingled with each other in cultivating human being and they co-exist in the integrated structure of education. PE, for non-PE majors, is a basic subject. Many students focus on their major courses while being indifferent on other courses. They are wrong. None of the subjects could exist independently. One would sooner or later be eliminated if one lingers in only one major. Basic courses in colleges and universities aid the comprehension of specialized

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courses, making the students utilize their specialized knowledge in a more comprehensive way after their graduation. PE not only toughens the body but also boosts will power.

## **1.2 ME guides PE**

PE and ME are closely related and mutually contributive. ME is contained in PE and promotes the development of PE. Only by setting up positive notions for physical exercise can the spirit of perseverance and courage be reflected. In this way can physical exercise function more effectively. The students are not required, in PE class, to perform as the best Marathon athletes do. But they should at least show striving spirit in a certain game or contest on class. If the students persevere with the tasks on each PE lesson, they would definitely develop grittiness and indomitable spirit. In a basketball match, students cheer the players of their own side. Under the encouragement, players would become more active. This is the activating power of honor. And it stimulates the potential of the players to the greatest possible extent.

## **2 Significance of PE in colleges and universities in promoting ME for undergraduates**

### **2.1 Dynamic nature of sports determines the interactive nature of ME**

PE activities are carried out in action, which is determined by direct participation. ME contained in PE activities has distinct dynamic nature which utterly reveals the students' physical activities and psychological tendency such as learning attitude, motivations, capabilities, initiative, enthusiasm, sense of discipline, mood, determination and attention. This provides the teachers with first-hand and true information and creates a good educational environment.

### **2.2 PE in colleges and universities is a significant means to develop ME**

As a part of higher education, college PE class not only saddles the task of popularizing PE knowledge, training PE skills, and strengthening corporeity, but also is a significant means of developing the students' moral quality. College PE roots in syllabus and ought to be connected with ME. PE and ME are mutually related and contributive and they commingle with each other. Strengthening ME during PE is convenient for teachers to enrich their teaching contents, smoothly carry out curriculum teaching and avoid sterility and monotone. A PE lesson is a complex process of organization which demands strict regularities.

### **2.3 College PE promotes the collaboration between undergraduates and nurtures their strive-forward spirit**

School PE is intensely collectivistic in the aspects of both content and form, and in the aspects of both methods and requirements. Therefore, participation in any appraisal and contest helps to enhance the students' sense of group honor. Therefore, in sports activities, spirits such as mutual respect, teaching and learning from each other, collaboration and team work ought to be advocated. Through these activities, participants abandon self-interest and value the selfless collectivism. While being engaged in colorful sports activities, their taste gets cultivated. Their mentality of striving forward and their philosophy of competing in harmony, come into being. Competition in the future is the competition between talents which again is substantially the competition of talent quality. Under a circumstance full of competitions, teachers ought to develop the students' spirit of striving forward through fully utilizing the elements of competition during PE teaching. And students ought to store up knowledge, enhance their abilities, adjust mindset, develop excellent skills, enhance morality and

develop themselves universally. This is significantly realistic in boosting quality of the whole nation and explores new horizons for the integration of college PE teaching and undergraduate ME.

### **3 ME contents in college PE teaching**

China's moral education includes education not only on ethics, but also on ideological, politics, world outlook, philosophy, even psychology and circumstance. The most distinct characteristic of PE teaching is the simul-action of body and mind. The character and state of mind get disclosed most utterly in sports activities. Therefore, PE teachers have more opportunities to cultivate the students with ME.

#### **3.1 Patriotism Education**

During PE teaching, the teacher is allowed to touch the students with examples of China's sports elites winning gold medals, developing their patriotic spirit in osmosis. Meanwhile, teachers ought to enrich the students' knowledge on PE learning and definitize that a healthy body is the significant substantial foundation of the Modernization Drive.

#### **3.2 The education of collectivism**

Normativity in PE teaching can cultivate sense of discipline and law-abiding consciousness. For example, the teacher ought to emphasize that, during queue formation rehearsal, the nonstandard action of any single participant would be enough to affect the overall effect. Therefore, the teacher ought to advocate, during rehearsal, the spirits of hardworking, earnest and discipline-abiding so that all the participants have swift, accurate and unified action. In this way are their sense of discipline and collectivism cultivated.

#### **3.3 Cultivation of will power**

Students suffer great sarcous pain and fatigue during exercise in the process of PE teaching. Teachers ought to take advantage of this suffering on purpose to develop the hardy merit in their students. For example, long run cultivates endurance and toughness while parallel bars develops bravery, decisiveness and persistence in overcoming difficulties.

#### **3.4 Development of sense of competition**

Competition is the most prominent feature of sports. It exists throughout the process of PE teaching. PE teaching could activate and stimulate the students' sense of competition through organizing various sports activities and make the students become aware of their potentials in these activities or contests. Thus a strong sense of competition and fighting spirit is form in their mind. For example, the teacher could arrange a packet relay to make the students taste both success and failure.

### **4 Educational measures taken in ME on PE lessons**

#### **4.1 To sternly implement PE Lesson Regulations**

PE Lesson Regulations is an essential series of requirements to teachers and students that ensures the smooth proceeding of PE teaching. It is an important part of school PE teaching managements. Implementing the Regulations makes crucial contributions not only to setting up orders in teaching and organizing more rigorously but also to consolidating ME and construction of spiritual civilization. Nowadays, exotic values and cultures continue pouring in. And such a kind of open and diversified

ideology has been having considerable impacts on students' values and moralities. It has already brought about such problems as ethical deterioration, perplexity for the absence of faith, lack of civism and alienation. The Regulations ought to be sternly implemented on each PE lesson. Any disregard would not only lead to hinderances in smooth advance of teaching, but also cause undesirable curriculum habits in the students. The teacher ought to popularize the sense of punctuality which means not being late or leaving before due time. And the teacher is committed to make the students know the truth in life and in business, by timely pointing out and correct their misconducts.

Each good PE lesson has a sports game which again has specific rules, theme, and competition. Teachers ought to nurture the students' habit of initiatively abiding by the rules. Breaking the rules makes the game impossible to continue. There are various kinds of sports games that can develop many good qualities in the students. For example, the terminal success in a collective sports game requires the students to coordinate, collaborate and act together with each other. The coordination, collaboration and acting together are reflections of the sense of collective responsibility. Teachers ought to discover and organize games that are abundant in educational values. College graduates trained in this way are eligible for social demands and excel in their work.

#### **4.2 To choose suitable teaching and educational methods**

Choosing suitable teaching methods contributes not only to mastering knowledge, techniques and skills but also to training the students to view problems from positive perspectives, without fussing about personal loss. Thus a positively progressive spirit comes into being in their mind. For example, ME items, such as being prompt and unified, abiding by disciplines, not fussing about the quality of equipments or site, mutual understanding and sympathy, could be carried out under the necessity of changing contents, sports equipments and sites during PE teaching.

While correcting movement errors, the teacher could criticize on possible ideological problems and give certain encouragements to their students. Rigorous form of PE lesson organization and strict technological requirements demanding, individuals ought to submit personal will to collective demands. Only in accordance with PE regulations are individual conducts successfully accomplished and acknowledged by the collective. For example, mustering, lining up, head count and number report take place at both the beginning and the end of each PE lesson. And the middle teaches of doing exercise are required to be carried out in order. Being constrained by these requirements and regulations, the students normalize their behaviors. Meanwhile, they could strengthen their sense of discipline and developed morality through successfully managing the relationship between individual and collective, between liberty and discipline, between individuality and commonality.

To deal with emergences on PE lesson, the teacher ought to get to the bottom of the situation, then give practical and realistic sermon that displays good judgment, and choose a proper time to give praise and criticism. Thus desirable effects can be achieved. College graduates educated in this way would never be law-breakers and they would be holistic and qualified citizens.

#### **4.3 Improving psychological quality is a good method of ME**

Psychological quality refers to the level to which one's psychological enginery has developed. And it also refers to an extent to which one's psychological state is normal or abnormal. PE teaching, which is the same as Chinese and maths teaching, has underachievers. These students are commonly poor in physical quality or holding incorrect learning attitude. Their exercise effects fail in tallying with the teacher's requirements. In other words, they fail to achieve desirable effects during exercise. And this may lead to inferiority. Students with inferiority are usually over sensitive to critics. They immediately lose heart and become unwilling to continue their exercise once they discover other people's comments contain even the slightest critics. Although it would be fruitless to preach bravery, tenaciousness, assiduity, tact, agility or decisiveness in such a situation, students still desire praise from the teacher or classmates. Therefore inferiority is not irreversible. It is merely a psychological state of temporarily losing balance. Inferiority is got rid of once this balance is recovered.

Teachers ought to take measures to help the students recover psychological balance. They ought to timely seize the shining point and give encouragements and praise in order to develop sense of achievement in their students and consequently enhance their determination and courage for overcoming difficulties. In this way could the students' negative psychological state be converted. If students are required to compare their current situation with their past, they would see clearly the progress and success they have achieved. Consequently, their interest could be stimulated, their confidence could be set up and their potential could be completely explored. Teachers' confidence and favor of their students is substantially a particular kind of praise and encouragement that could arouse enormous progress of their students. Therefore, it is a good method of ME to enhance the students' psychological quality.

#### 4.4 The model role PE teacher play

The Soviet Union educator G. Dovjonsky said, "The educational power in the influence, of an educator himself on adolescent souls, is irreplaceable by any textbooks, ethical trend, or means of praise or punishment." Students admire a teacher just because of the examples set by this teacher with admirable behaviours. This admiration would further extend to the subject taught by the teacher.

Aspects, of PE teachers, such as manners, work attitude, academic cultivation and moral style, has profound influence in the students. A teacher must achieve what he/she requires his/her students to achieve. Teachers could carry out education and be exemplary models only if they are virtuous and self-disciplined. When a student arrives late for class, he suffers loss individually. When a teacher arrives late, he imposes loss upon the whole class. Some of the PE teachers are not perfectly conscious of the significance of ME and are not fully aware of the position of ME in PE teaching. Methods introduced into teaching have overthrown the cramming method. These new methods are exhilaratingly fascinating. It has greatly enhanced the learning interest of the students, stimulated their creative passion and is warmly welcomed. These new teaching methods also reflect the "student-centered" spirit.

### 5 Conclusions

It is a measure of school ME to carry out ME on PE lessons. And it is an effective complement to school ME work. The ME effect of PE teaching is multi-sided and multi-leveled. PE teachers ought to fully utilize this characteristic to carry out ME. Students educated under an ME-free circumstance would make no contributions and even do harm to the society though they might have excellent academic performances and satisfactory professional skills.

PE and ME work in colleges and universities are interactive and mutually promotive. Analysis, in this paper, on the advantages of ME in PE teaching aims at stressing the significance of ME and promotes the accomplishment of college PE teaching tasks. To bring the superiority, of ME, into full play during PE teaching, teachers ought to clearly understand the relationship between school PE and ME and manage to enhance their occupational level and academic cultivation. Each teaching staff, especially university faculties, ought put ME at the first place and carry out academic teaching after that. Education is successful only if it is carried out in this way. Only educated in this way is university graduates qualified and only in this way are talents contributive to the society.

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