

People Oriented—A key to Enhancing the Actual Effect of PE

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Abstract

The 3rd Plenary Session of the 16th CPC Central Committee put forward the concept of people oriented with all-round, harmonious, sustainable development to accelerate the full-scale development of economy and society. The essence of socialism is to fulfill the all-round development of human and PE in school should set up the concept of people oriented, stimulate students to perfect and fully develop themselves. The thesis illustrates the PE meaning of people oriented and the main problems existing in PE teaching, furthermore puts forward the key to implementing concept of people oriented to enhance the PE's actual effect. That is 1) to set up students' subjective concept and enhance students' subjective sense, 2) to cultivate students' subjective spirit, 3) to shape students' subjective personality 4) ways to cultivate the students' healthy personality.

Key Words: people oriented; PE; Actual Effect; Key

The 3rd Plenary Session of the Sixteenth CPC Central Committee put forward the concept of people oriented with all-round, harmonious, sustainable development to accelerate the full-scale development of economy and society. With the quickening development of science & technology and all-round social progress, people's subjective sense is on the rise. In the process of remaking objective world, people come to know that human beings' self-remolding and improvement are the themes of the age. As far as the relationship between man's development and objective world's progress is concerned, man's development is in the leading part. That is to say, economics development depends on the development of science and technology, which is inseparable from talents, and talents rely on education, which consists in the realization of man's potential. The essence of socialism is to fulfill the all-round development of man. Therefore, the concept of people oriented in school's PE should be set up, in order to promote students' self-improving and full development.

1. The meaning of people oriented in PE

The concept of people oriented in PE emphasizes the development of human beings. Man, as both the center and the target of education, both the starting point and the destination of education, is the root and foundation of education. All education should be based on human, which is the ultimate notion of modern education. Man's self-value and self-esteem in modern times, which are no longer measured by money, are in fact the process of self-realization, self-understanding, and self-defining. The concept of people oriented in PE education, which relates education with man's happiness, freedom, the harmonious union of body and soul, and the ultimate value, makes PE an education of man rather than machines. Thus, we should cultivate modern man from their perspective, and develop them fully from the angle of all-round development

The concept of people oriented in PE also lies in humanity caring. The object of PE is man, and man is both rational and emotional. Emotion determines the way to think while ration controls the results of thinking. Convincing man by reasoning can be achieved only by moving man with emotional force. Face to face working styles can not be neglected no matter how advanced educational methods is taken, likewise the harmonies and communications of man can not be overlooked regardless of the fact how developed the modern media is; the

great function of humanity caring can not be ignored in spite of the perfect systems. Therefore we should put emphasis on caring man, helping man, warming man and full of humanity. Love is the core of PE, which can arouse Students' beautiful life and emotion is the soul of PE. Both love and emotion are crucial in PE.

The key of people oriented in PE focuses on the affirmation of humanity, the belief in man's potential and wisdom, the pursuit of harmonious union of body and soul and strong physique as well. That is, establishing the students' subjective position, esteeming their personality, upholding their right to study, accepting their individual differences, respecting the development of individuals, attaching importance to teaching students in accordance with their aptitude, giving full play to students' subjective motivations, making each of them lively and actively take part in sports, learning and exercises, making sure that every student can learn something, can acquire a specialty from study. The essence of people oriented in modern PE is not to regulate, to control, to rule, but to arouse and esteem humanity.

2.The main problems existing in present PE teaching

After the foundation of new China, at the end of 50s and the early 70s, the higher education in China underwent two large-scale reforms. From CPC Central Committee's *Science And Education Working Conference* in 1977, to *the National Education Working Conference* in 1985, which declared implementing *the Stipulations of CPC Central Committee On Educational System Reforms*, this is the third education reform which is in accordance with the socialism construction with Chinese features and socialist economic reform. After another 8 years, *China Education Development Essentials* was promulgated officially in 1993, and in June 14,1994, the National Education Working Conference mapped out and implemented *China Educational Reform And Development Essentials*, This is the further deepening in educational reform during the country's transit from planned economic system to market economic system. In May 1995, a second education working conference put forward *the Stipulations of the State Council of CPC Central Committee On Deepening Educational Reform And Promoting Quality Education*, establishing the direction of 21st century education, making educational reform develop fully.

The reform and development of PE teaching in school keeps the same step with educational reform and development. From the year 1957, when the former China Education Department promulgating *General PE Syllabus* to 1978, the syllabus of general higher education PE has been revised three times. Historic events like *Yangzhou Conference*, *Xi'an Conference*, and the promulated *School PE And hygiene interim Stipulations*, *College PE Interim Stipulations*, *National PE Training Standard*, *National General Higher Education PE Course Guiding Essentials* and so on, not only strengthened PE teaching in school, perfected teaching system, but also became the criterion of exploring the construction of PE teaching in school at socialist primary stage with the Chinese features.

Nowadays, social and educational development comes to a new stage, and we should take a fresh look at the function and value of education. For a long time, people used to treat education as a tool: statesmen considered education as means for political struggles; economists viewed education as a way to improve economic development; parents regard education as a key to a better job. This is a twist of the essence of education and will hinder its development. The making of man — his origin, formation and progress, lies in education. The important mission of education is to mold man's character, to cultivate a sound personality. The ultimate task of education is to make student answer two questions: how a man lives? How to spend one's life? In other words, it is to learn how to be a man.

But with the deepening of reforms in different areas, especially the advancing of quality education, PE's functions are broadened, and its position in training talents is strengthened. Therefore it is necessary to further deepen and promote PE teaching reform. Under the new circumstance, the main problems in PE are as follows.

2.1 The acknowledgement of PE's function and effect is insufficient and limited. This is reflected by the fact that PE teaching staffs are slow in renewing their teaching notions, which result in the task and goals of PE separating from social demand of new century talents.

2.2 Neglecting students' subjective role

PE teaching in school is deeply influenced by traditional teaching notions, focusing on teachers and class; emphasizing on the need of the nation and society; setting the same teaching aim; unifying teaching content, teaching pace, teaching methods and examining criterions; but neglecting the subjects in PE learning and students' need, level and emotional experience of PE; excessively emphasizing teachers' dominating role and their absolutely authority; ignoring the students' subjective feature and the exertion of subjective roles. In the course of teaching and learning, the students center round the teacher and the textbook, completely in a passive position. Thus their subjective role is obscure, the development of intelligence and personality is limited, and real interaction and communication are insufficient.

2.3 It is not quite evident how to form students' life-long PE consciousness in the light of modern education notions of 'people oriented, health first'.

Therefore, PE teaching must shift from the traditional teaching notions to the modern notions of 'people oriented, health first', fully exert students' subjective role, promote their harmonious and all-round development. That is, PE teaching should embody the spirits of 'people oriented'.

3. The key to implementing the concept of 'people oriented' to enhance PE's effect

3.1 Setting up the sound concept that students are the subjective role to enhance their subjective sense. Subjective sense means the realization and awareness of oneself subjective position, subjective potential, and subjective values of people as the subject of realization and practice activities. It is the premise of people's existence as the subject, and the inner conditions to exert subjective role. Enhancing the students' subjective sense is to leading the students to understand their subjective position, historical mission they take and social responsibility, to learn their rights and obligations, to help them to deal with the relations of individuality and society, individuality and collective, oneself and others; being able to realize and exert oneself subjective role, meanwhile to respect and confirm other's subjective role, to make sure that exerting oneself subjective role will all the time contribute to the subjective role of collective and groups. As far as PE teaching in school is concerned, teachers must set up the concept to be equal to the students, and democratic, equal, harmonious teacher-student relationship is the base to promote the students' subjective sense. Only by creating lively atmosphere in class, can they be actively and happily take part in creative PE learning and training, can they promote and publicize their subjective sense. Teachers should be experts in arousing the students' learning motives, and can touch the students by their warm feelings. Teachers should be good at arousing the students' initiative, activity and creativity by all means. On the other hand, students' subjective sense is often in unsteady stage. Some students are often confronted with failures for lacking of good learning methods and hard working. Thus, the students may have negative feelings; some other students used to expect too much of themselves at first, but after exercises and competitions, finding that their actual performance is in wide gap with their goals and thus in low mood, losing their confidence. At this time, teachers should try to arouse, strengthen the students' learning motivations from the angle of "teaching", helping students shift from potential progressing subject to actual subject.

Cultivating the students' subjective spirit. Subjective spirit is the psychological inclination and behavioral performance to adapt oneself to activities, to remark nature and society and to realize and perfect oneself. It is the inner force to exert oneself the subjective power. To cultivate the students' subjective spirit is to cultivate the spirit of self-esteem, self-possessed, self-help, and self-reliance as well as the enterprising spirit of hard

working, and the spirit of exploring, reclaiming unknown field, the spirits of unifying, cooperating as well. PE teaching, for its part, teachers should discard the idea of teaching for teaching's sake, should try to make the students study actively and dynamically from the passive and static stage. Teachers should develop the students' initiatives and self-relying sense to embody the students' subjective role. Teachers should hold the notions firmly that "The students' subjective role can be developed only when their subjective position is esteemed and their learning initiatives are returned to them". Teachers should attach importance to affection devotion, pass on their love to the students with kindness, encouragement, trust, and respect. Thus, students will play their roles actively, learn actively, and learn with interests, learn with individuality, learn with creativity.

Shaping the students' subjective personality. Subjective personality is the combination of moral character, mental quality and behavioral feature that people have as a subject. Shaping the students' subjective personality is guiding the students to set up a sound world outlook, outlook on life and value outlook, to set up a lofty ideal, to form a good moral character, to develop an active affection and strong will, to form an all-round personality.

Therefore, PE teaching should emphasize textbook-constructing quality to influence and edify college students, to improve their moral character. At the same time, teachers should cultivate the students to build up their self-teaching, self-managing, self-serving abilities, to help them to recognize their thoughts and behaviors consciously, to self-adjust and self-correct in order to develop a good moral character, to contribute to a perfect personality.

PE teaching has the following three aspects on cultivating the students' personality:

In the first place, educating the students to form a sound moral standard. PE has its particularities. For example, in the match, it is inevitable that there are many body contacts and body harms, even quarrels. If not dealt with in an appropriate way, the students may make irrational and even immoral choices. So the teachers should guide the students to have a correct understanding of themselves, to put themselves in a suitable position, to deal with well the relations between individuality and collective, to restrain themselves, to learn to cooperate with others, to enhance their ability to adapt to the society, thus lead themselves to civilized behaviors and noble moral accomplishments.

People need to know and understand the society through social practice. PE as a social cultural phenomenon has its unique social features. It is the epitome of life and society. In teaching, Teachers should help the students to realize the essence of PE, so as to understand life and society, to learn to compete, to cooperate, and to respect mutually. Thus teachers can train the students' collective spirit and honor. The wholesome character is the power to push forward the progress of mankind.

In the second place, giving full play to PE' superiority can temper the students' will, develop indomitable will. In the course of PE training and competition, students will bear physiological burden and mental burden with great effort, will meet failures, confusion, worries, setbacks, hurts and other troubles. Thus, teachers should help the students to treat success and failures, favorable wind and setback correctly, to bear any trial from difficulties and pressures, to encourage them to overcome them; teachers should help the students to increase the ability to face setbacks, when in trouble, they can be persistent and dauntless; when in failure, they will never give up, struggle to fight; when in success, they will not be conceited, deal with it calmly. In teaching practices, teachers' noble characters are important to the students, so teachers should be strict with themselves, perfect their own characters. Teachers should pay attention to the character- training effect that PE spirit has on to enrich and develop the teaching methods on PE spirit training.

Thirdly, Because of the particularity in PE teaching, teachers and the students form the relations as partners which will not only contribute to increasing students' learning initiative, but also contribute to projecting the teachers' teaching behaviors and noble characters on to the students so as to produce "character

effect” influencing the forming and developing of the students’ characters.

In PE teaching, while teaching the students skills, building up their health, teachers should pay attention to cultivating their sound characters. Only by developing the students’ spiritual quality, cultural quality and physical quality, can we make great contributions to quality education.

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