

The Applying Method of Physical and Artistically Cooperative Education under the Vision of “Five Side Education”

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Abstract

The society has witnessed the gradual development of sports and aesthetic pedagogy in each of their own ways and that of itself. However, the process of these developments is inseparable and synchronized. This paper is dedicated to find a practical and effective approach of physical and artistic education through its own functions.

Keywords

Education; Fusion of Sports and Art; Five Sides Education.

1. Research Background

1.1. The New Connotation of “Five Sides Education”

The “five sides education” was originally put forward by Y.P.Cai, who was a educator and ideologist. The idea was based on nourishing a complete personality and broke through the temporal education methods. New contents and meanings are given to the five sides education in the new era from the angle of pedagogy values. Furthermore, the four aspects of the traditional education have now been extended to 5, which makes the educational function of universities more explicit.

Universities are the main base for the moral educating system , and they ought to merge different aspects –morality, intelligence, art and labor –into talents cultivation. Besides, the significance of the union of knowledge, ability and attainment should be emphasized by colleges in order to promote the growth of the talents in practice. Last but not least, institutes need to build up the five sides education as one so that the students can immerse in it and the full development of college students can be achieved.

1.2. The New Requirements of Physical and Aesthetic Education

In October 2020, two documents about the ideas of strengthening and optimizing sports and artistic work in new era universities were published. The documents indicated that school sports is the foundation of improving the comprehensive abilities of students, and universities have to achieve the function of nurturing intelligence and mind with sports while attaching more importance to sports work and constructing the comprehensive system of nourishing virtues. Simultaneously, aesthetic education has numerous positive influence to cultivating minds and promoting creativity. The mutual goal is to comprehensively nurture builders and successors of communist who developed all-sided abilities based on morality.

2. The Practice Significance of Physical and Artistic Education

The society is witnessing a rapid soar in its economy, however, some traditional education methods are showing they drawbacks especially when the evolution of university education is moving forward.

2.1. Sufficiently Showing the Pedagogical Functions of College Physical Educations

The final goal of college physical education course constructions is to promote students' body and mind through systematic and professional teaching patterns. And it is also to build up their will power and virtues and influence them with the idea of lifelong sports. Beyond that, the universities should try to merge PE with art and increase its quality in order to realize the significance of physical education and provide the society with more brilliant talents.

2.2. Promoting the Innovations and Reforms of University Physical Education System

The reforms should aim to the comprehensive cultivation of the students, gradually raise their general capabilities and break through traditional teaching patterns. In the process, colleges need to not only focus on teaching students skills but also their passions for sports, so that to form the concept of lifelong sports and health first. Besides, institutes need to lay importance to both academic and physical developments of the students by constantly optimizing the fusion teaching system of the PE.

2.3. Facilitating the Further Progress of University Aesthetic Education in its All-round Education

Aesthetic education is an essential part of the All-round education, and it is also the crucial component to the education policies for cultivating the builders and successors of communist. In order to achieve All-round education, aesthetic education is required because it has the irreplaceable functions in promoting overall attainments of students. Nourishing a comprehensively developed individual is the goal of All-round education, thus in the aspect of strengthening students' bodies, the education should also play a positive role. In our regard, we ought to combine physical education with that of aesthetics and make it effective in promoting students' bodies, in order to facilitate the sports activities in universities.

2.4. Promoting the Practice and Progress of the Fusion between Art and Sports in Universities

The standard for talents has been enhanced prominently as the society rapidly develops, as a result, not only does it require workers to have supreme skills but also the ability of aesthetics and innovation. Therefore, university education should focus on both the academic performance and aesthetic ability of students so as to better meet the social standards for talents. In short, applying the Sports-art fusion schema to college education has met the students' needs of sports, fulfilled the idea of All-round education, helped to fully upgrade the overall abilities of students and cultivated strong, aesthetic and superior talents. Finally it will remarkably enhance the working ability of college students.

3. The Application Path of Sports-art Cooperation under the Five Sides Education Schema

We need to try to proceed the students-oriented "3 elements education" reforms, reconstruct the general education system in universities, the general teaching system and the managing system of general education. By doing so, we will initially form the new era of the organic fusion between "five sides education" and multi-culture in general education.

3.1. Boosting the Top-level Design of Sports-art Cooperation Education

The Sports-art cooperation education cannot be achieved overnight, and it is a long term work. To begin with, universities need to precisely interpret the present requirements of governmental policies, formulate the appropriate policies for college development according to

the actual situations and enhance the encouragement and help for the construction of the Sports-art cooperation education. After that, the colleges should positively enhance the communications about Sports-art cooperation between faculties and implement the study into the path of Sports-art cooperation education. In this way, the faculties can share experiences with each other and make progress together by communicating because the experiences summarized by faculties are always different.

3.2. Improving the Teaching Connotation and Building up the Sport-art Course System

We ought to adopt the idea of All-round and moral education, fortify the Chinese traditional physical and aesthetic education of students by centering on the goal positioning talents cultivation and construct the “one main line and two classes” cooperative Sports-art education system. The one main line means fulfilling the core values of socialism based on moral education in order to achieve the overall development of students. On the other hand, the two classes means set up Sports-art fused courses in line with the law where students study sports and art. Furthermore, the two fusions consist of sports-health and aesthetics-life cultures which help to build up a 360 degrees stereo Sports-art course system.

3.3. Encouraging Domestic and Social Enthusiasm and Forming All Staff Education Atmosphere

We shall keep promoting the reform of education and the professional skills of teachers by holding public courses, course evaluations, course inspections and skill studying etc. By doing so, the level of education reform and education R&D team can be significantly raised and reinforced. What is more, we need to optimize the teaching quality, consider physical and artistic education as important contents and cultivate the studying enthusiasm and workout habits of students in order to promote the sports-characteristic development level of the university. Finally, we need to initiate and propagandize the scientific Sports-art education idea and form a “family, universities and societies” education optimal environment by boosting the enthusiasm of families and the society.

4. Conclusion

The college should fully implement the idea of overall development education, realize the organic combination of physical and artistic education on the basis of five sides education, nurture students to enjoy sports and strengthen bodies in order to carry forward Chinese sports spirits, promote the sense of aesthetics and cultural attainment while creating superior minds and enhancing the cultural confidence.

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