

Research on the Role of "Chinese Women's Volleyball Spirit" in College Volleyball Training

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Abstract

Comprehensively promoting the ideological and political construction of college courses is an important measure to adhere to the direction of socialist education and implement the fundamental task of morality and people. Taking the ideological and political practice of college volleyball training courses under the background of the integration of sports and education as the research object, a systematic study was carried out on the integration of "women's volleyball spirit" into the ideological and political construction of college volleyball training. On the basis of in-depth analysis of the glorious history and development model of the Chinese women's volleyball team, the value of the times reflected by the "women's volleyball spirit" is extracted, which provides valuable reference and guidance for the healthy and healthy development of sports including competitive sports.

Keywords

Chinese Women's Volleyball Spirit; Course Ideology and Politics; Volleyball Training.

1. Introduction

In recent years, the reform of curriculum ideological and political education in colleges and universities across the country has gradually emerged. National sports colleges, as an important part of colleges and universities across the country, are also actively promoting the development of curriculum ideological and political reform. The integration of ideological and political concepts into curriculum in physical education colleges and universities across the country is an important channel for cultivating all-round development of socialist builders and successors. College volleyball training is a course for students' daily training and learning. It is necessary to make good use of the main channel of volleyball training courses to build an era model of volleyball training that incorporates ideological and political concepts, and combine various educational resources to promote the ideological and political volleyball courses in sports colleges and universities across the country. education reform.

2. Research Object and Method

2.1. Research Object

This paper takes the spirit of the Chinese women's volleyball team as the breakthrough point, and systematically analyzes the role and influence of integrating the spirit of the Chinese women's volleyball team into the volleyball training of Yunnan colleges and universities.

2.2. Research Method

2.2.1. Literature Survey

Through the library, CNKI and other channels, I checked the literature about the Chinese women's volleyball team, the spirit of the women's volleyball team, and the value of sports. These documents provide the theoretical basis for the research of this paper.

2.2.2. Questionnaire Method

In order to do a good job in this research, I specially developed a questionnaire to integrate the spirit of Chinese women's volleyball into college volleyball training. In order to make the research more solid and effective, on the one hand, the questionnaire has been carefully revised many times until it meets the requirements of the questionnaire. On the other hand, existing questionnaires with high reliability and validity were used. 300 questionnaires were randomly distributed and 295 were recovered, with a recovery rate of 98.3%. There were 285 valid questionnaires, with an effective rate of 95%.

2.2.3. Mathematical Statistics

Using sports statistics knowledge, SPSS 17.0 software was used to integrate and process the data, and to find and mine various characteristics revealed by the data.

3. Research Results and Analysis

3.1. The Connotation of "Chinese Women's Volleyball Spirit"

3.1.1. The Spirit of Patriotism

Since the beginning of the establishment of the Chinese women's volleyball team, winning glory for the country has run through the development process of the Chinese women's volleyball team. "Unite and revitalize China" is the spiritual driving force of the Chinese women's volleyball team. It is precisely because of the deep patriotism and the mission of winning glory for the country that Cao Huiying fought for the country with her knees buried in steel nails. "Hammer" and hard work, Sun Jinfang, Zhou Xiaolan and other players never complained about the injuries caused by training games. The Chinese athletes of the 10th Olympic Games suffered stings and humiliations that generations could not forget in Los Angeles; more than 50 years later, the Chinese women's volleyball team has won immortal feats for the motherland enough for generations to look up to; Lang Ping twice Going back to China to coach alone, carrying the banner of the Chinese women's volleyball team, just because the phrase "the country needs me, I will come back" shows Lang Ping's pure side. If the spirit of the women's volleyball team is constantly enriched, then concentration and dedication are the core of it. Hui Ruoqi had an operation for a heart problem, but she used the "steel heart" to light up the spirit of the women's volleyball team at the Rio Olympics. Wei Qiuyue also experienced two Years of minimally invasive debridement of both knees and arduous rehabilitation. "If there is any panacea, it is the five-star red flag flying in their hearts!" It is this kind of patriotism that disregards injuries, does not care about personal gains and losses, and does not care about status and status, and explains the patriotism of selfless dedication.

3.1.2. The Spirit of Collectivism

"One person walks fast, a group of people walks far". Volleyball is a collective sport. The Chinese women's volleyball team has won many championships because of the collective spirit of teamwork. As Lang Ping said at the opening ceremony of Beijing Normal University: "There is no perfect individual, only a perfect team. The so-called teamwork means winning. It is a fine tradition of the Chinese women's volleyball team to understand and tolerate each other between players. In 2015, the women's volleyball team became the world champion again. On the podium, everyone raised the jerseys of Hui Ruoqi, Xu Yunli and Yang Fangxu, three teammates who missed the game due to injury. The word "unity" appeared in the hearts of every audience again. The women's volleyball team climbed up from a trough back then. There was no pride in the capital, that is, in the most difficult times, everyone thought in one place, worked hard, and treated the coaching staff and players of the women's volleyball team as their own family and fought for their families. , Fighting for the dream, only achieved this proud record that convinces the world.

3.1.3. The Spirit of Hard Work

The development history of the Chinese women's volleyball team is an inspirational history of hard work and hard work. In the early days of reform and opening up, material resources were scarce, and the training conditions and environment of the "Bamboo Pagoda" were extremely harsh, but the Chinese women's volleyball team did not back down, did not compromise, worked hard, kept improving, overcame the dual physical and psychological tempering, and paved the way in cinders, fine sand, and soil. They carried out intensive and intensive "devil training" on the same field. They were not afraid of hardship, difficulty, or injury, and made the "impossible" possible, and eventually became the first team in the history of world volleyball to win five consecutive championships. The "Volleyball Era" belongs to China, and the spirit of the women's volleyball team has long gone beyond the sports field and has become the spiritual wealth of all walks of life. In the past 40 years, the Chinese women's volleyball team has undergone reborn changes from the inside to the outside, but the banner of "Going off the podium and starting from scratch" is still a true portrayal of the hard work of the Chinese women's volleyball team, and it is also a true portrayal of the women's volleyball team's outstanding achievements again and again. The key to performance.

3.1.4. Tenacious Fighting Spirit

Sunshine always comes after wind and rain. The road ahead for the Chinese women's volleyball team is not all smooth sailing, but the Chinese women's volleyball team must be the best. From 1986 to 2022, the Chinese women's volleyball team has twice missed the world championship for more than ten years. After decades of silence, when faced with external doubts and accusations that the women's volleyball team has lost its spirit, the Chinese women's volleyball team gritted its teeth and persisted. He has overcome all kinds of difficulties, strengthened his beliefs, worked hard, and kept accumulating his own strength. In the 2003 and 2015 Women's Volleyball World Cups, he proved that his achievements have changed, but his spirit is eternal. As Lang Ping said, the Chinese women's volleyball team may not be the strongest team, but it must be the most unafraid of difficulties, the most tenacious, and the most tenacious team; tenacious struggle must be the name of the Chinese women's volleyball team, and it is also the embodiment of the Chinese people's backbone and strength ! Whether in troughs, hardships, or adversity, the Chinese women's volleyball team has written legends one after another with this indomitable fighting spirit.

3.1.5. The Spirit of Innovation

The future development of competitive sports must be realized through substantial reform and innovation. Starting from the formation of the women's volleyball team, coach Yuan Weimin drew on the strengths of many families and proposed a comprehensive team that is both high and flexible, capable of offense, defense, high energy and fast. "One" formation, and blazed a path to the world championship with full attack and full defense; Coach Chen Zhonghe boldly used newcomers based on the characteristics of the women's volleyball team, and formed the "golden generation" of the Chinese women's volleyball team to return to the peak; Coach Lang Ping based on the current women's volleyball sports With the development trend of "tall and masculine", the "new generation" formed has become the "killer" to compete with European and American teams for hegemony, enabling girls with an average age of less than 24 to achieve greater success in the Rio Olympics. Technical and tactical innovation and cutting-edge thinking are the core elements of the development of China's competitive sports and the key to the excellent results of the Chinese women's volleyball team. The Chinese women's volleyball team has created a series of achievements in volleyball technical and tactical theory and practice. ; Boldly use the technique of making the ball with the upper hand; and the technical and tactical play and theoretical system of "leveling and spiking", "echelon", "full attack and full defense, fast and changeable", all of which have laid the foundation for the Chinese women's volleyball

team to return to the peak. Solid foundation. In addition, the substitutions made by the three coaches at the critical moment of winning the three Olympic championships were also a stroke of genius. The three newcomers successfully disrupted the opponent's rhythm and played an important role in winning the championship.

3.2. Analysis of the Effect of "Chinese Women's Volleyball Spirit" on the Value Education of College Students

The 19th National Congress of the Communist Party of China specifically mentioned the development of youth. General Secretary Xi Jinping also emphasized many times: "The prosperity of the youth will make the country prosperous, and the youth will be strong, and the country will be strong." Most of the current college students are after "00", they are in a psychological and During the active period of physiological development, the world outlook, outlook on life, and values have not yet been finalized, with strong plasticity, but the experience is simple and lack of judgment, and sometimes it is easy to fall into a state of self-confusion and distress. At the same time, due to the influence of multiculturalism, some college students have some undesirable phenomena such as blurred ideals and beliefs, lack of social responsibility, weakened spirit of hard work, and poor concept of unity and cooperation. For a long time, sports have played an irreplaceable role in inspiring the national spirit, and the spirit of the women's volleyball team comes from sports competitions. The audience watching the women's volleyball competition can directly feel the power of the women's volleyball spirit on the field, and then generate an impulse to learn and imitate. At the same time, as the "spirit" of the Chinese spirit, the Chinese women's volleyball team has never forgotten its origin, absorbed foreigners, and faced the future. From winning the world championship for the first time in 1981, to its return to its peak in 2004, and to creating greater glories today, the women's volleyball team has inherited and integrated the spirit of the women's volleyball team. It reflects the national spirit and the spirit of the times, shows the Chinese spirit, Chinese values, and Chinese strength, and provides spiritual guidance for the people. Become a spiritual force for building a sports power, realizing the "Chinese Dream" of the great rejuvenation of the Chinese nation, and accelerating the construction of socialist core values. Therefore, the spirit of women's volleyball plays an indispensable role in the education of college students' values.

3.3. College Students' Understanding of Women's Volleyball Spiritual Connotation in Yunnan Province

At the first session of the 12th National People's Congress in 2013, Xi Jinping pointed out from the perspective of the "Chinese Dream" that the realization of the Chinese Dream must carry forward the Chinese spirit, that is, the national spirit with patriotism as the core and reform and innovation as the core. The core spirit of the times, and make it the soul of rejuvenating the country and the soul of strengthening the country. The spirit of the women's volleyball team is one of the manifestations of the Chinese spirit. Winning glory for the country has always been the original intention of the Chinese women's volleyball team, and in the process of the development of the times, it has not forgotten its origin, absorbed foreigners, faced the future, kept pace with the times, dared to innovate, and constantly added new ones. Connotation.

In order to gain an in-depth understanding of college students' understanding of the spirit of women's volleyball, in the question "Do you think the connotation of women's volleyball spirit includes", the choices of college students show the characteristics of diversity, and each connotation occupies a certain proportion.

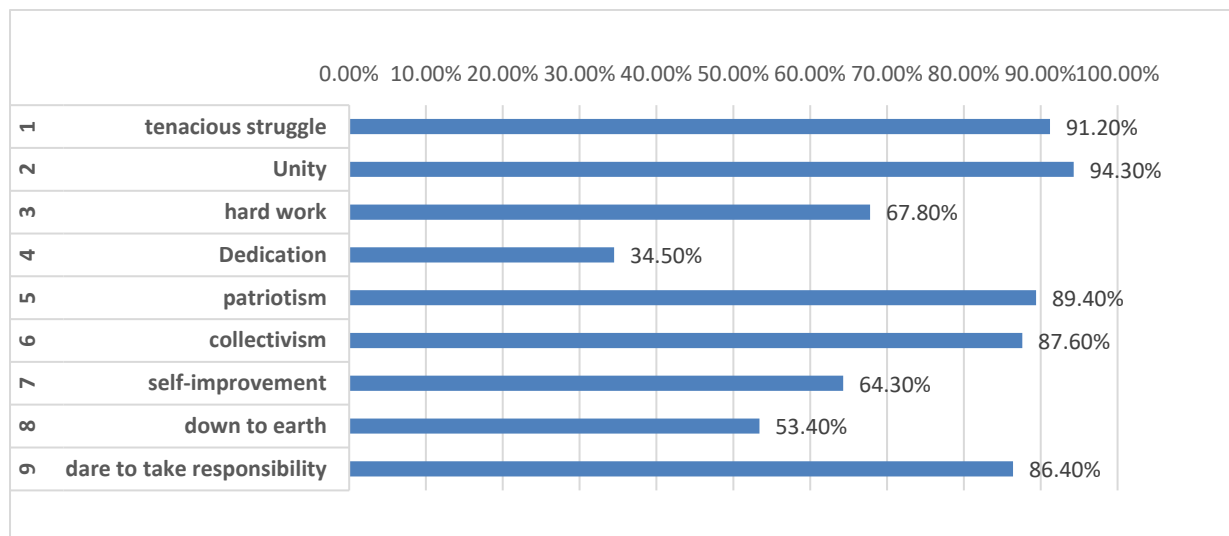


Figure 1. An analysis chart of Yunnan University students' understanding of the spiritual connotation of the Chinese women's volleyball team

In order to gain an in-depth understanding of college students' understanding of the spirit of women's volleyball, in the question of "what do you think the spirit of women's volleyball includes", the choices of college students show the characteristics of diversity, each connotation occupies a certain proportion, but compared with tenacious struggle (91.20%)), Unity (94.30%), nationalism (89.40%), collectiveism (87.60%),The connotation of self-improvement (64.30%) is relatively familiar to college students, and the proportion of choices is high. From the question of access, we know that college students' understanding of the spiritual connotation of women's volleyball is directly related to watching the movie "Chinese Women's Volleyball" and watching women's volleyball games. It can be said that It is through the channel that college students have a deeper understanding of the spirit of the women's volleyball team. But relative to Dedication.In terms of the new connotations of (34.5%) and down to earth (53.40%), college students have not yet had a systematic and comprehensive understanding, which shows that some college students have a weak sense of dedication.

3.4. Analysis of the Ideological and Political Elements of "Women's Volleyball Spirit" in College Volleyball Training

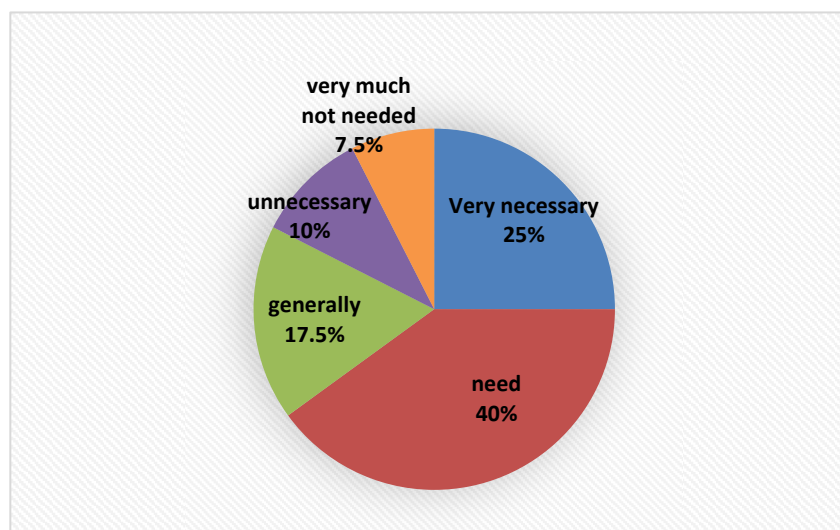


Figure 2. Teachers' recognition of the incorporation of "women's volleyball spirit" into volleyball training (N=40)

Figure 2 shows the teachers' recognition of the incorporation of "women's volleyball spirit" into volleyball training. Among them, there are 10 teachers who think it is very necessary to integrate into the curriculum ideology and politics in training, accounting for 25% of the total number, 16 teachers who think it is necessary, accounting for 40%, and 7 teachers who think that they are general, accounting for 17.5%. There are 4 teachers who are not needed, accounting for 10%, and 3 teachers who think they are very unnecessary, accounting for 7.5%. It can be seen that more than half of the teachers agree that the "women's volleyball spirit" is integrated into the training, indicating that most teachers already have the concept of ideological and political integration in the training, but one-third of the teachers hold a neutral and negative attitude, indicating that teachers' The importance of ideological and political integration in teaching design needs to be improved.

3.5. A Survey of Teachers' Integration of "Chinese Women's Volleyball Spirit" in Lesson Plans During Volleyball Training

Table 1. The situation of teachers integrating "Chinese women's volleyball spirit" in lesson plans (N=40)

category	assimilate into	not integrated
number of people	26	14
percentage	65%	35%

Table 1 is the analysis of teachers' integration of the "women's volleyball spirit" element in the lesson plan in volleyball training. It can be seen from the table that there are 26 teachers who incorporate the ideological and political elements of the curriculum into the lesson plan, accounting for 65% of the total number of teachers, and 14 teachers who are not included in the lesson plan. people, accounting for 35% of the total population. It can be seen that the volleyball training teachers have achieved certain results in the implementation of curriculum ideology and politics in the lesson plan, and a small number of teachers failed to integrate the curriculum ideological and political concepts with the lesson plan in time.

4. Conclusion

1. In the understanding of the spiritual connotation of the women's volleyball team, college students focus more on the tenacious struggle, unity and cooperation, and patriotism that are intuitively displayed through the Chinese women's volleyball team, while the new connotations of advancing with the times and being innovative are poorly grasped. . In "selfless dedication", some college students have weak views on dedication, lack of moral guidance and awareness of serving the people;

2. In terms of the influencing factors of the spirit of the women's volleyball team, on the one hand, college students show a high degree of recognition of the role of patriotism in education, on the other hand, the patriotic enthusiasm of college students still stays on slogans, and the internalization of the spirit of women's volleyball only stays at the level of ideals and beliefs It has not been specifically implemented into the life, study and interpersonal communication of college students;

3. In the training, more than half of the teachers who agreed that the "women's volleyball spirit" was integrated into the training, indicating that most teachers already have the concept of ideological and political integration in the training, but one-third of the teachers held a neutral and negative attitude, indicating that Teachers' attention to the ideological and political integration of teaching design needs to be improved.

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