

Core Literacy of Physical Education Discipline and The Sports Performance of Selected Sports Majors in China

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Abstract: This study aimed to determine the assessment of the current situation of sports discipline and core literacy of students majoring in sports specialty in colleges and universities in China, and to find out the challenges and obstacles that hinder their participation in sports and training. It utilized the descriptive comparative -correlational research design in the conduct of the study. To ensure the valid and systematic presentation, analysis and interpretation of the data, the following statistical tools were obtained: frequency count and percentage, weighted mean, ranking, P value and t-test/ and Pearson's r Correlation Analysis. Results of the study revealed that Sportsmanship, sports practice, and health promotion have all been assessed as highly consistent with Core Literacy in Physical Education. There is a favorable ecosystem surrounding sports education, with active participation and support from communities and institutions. The highly significant correlations observed between sportsmanship, sports practices, and health promotion with sports performances and sports involvement and support highlight the interconnectedness of these elements within the discipline. The Core Literacy of Physical Education encompasses a wide range of components, including physical qualities, health improvement, values development, teamwork, leadership, communication skills, cultural literacy, creativity, and emotional intelligence. These components collectively contribute to the holistic development of individuals and communities.

Keywords: Core Literacy; Physical Education; Sports Involvement; Sports Support; Sports Performance.

1. Introduction

With the deepening of education reform and the concept of quality-oriented education, the word "core literacy" has been paid attention by many scholars, and the cultivation of students' core literacy has gradually become a consensus. The significance and value of the core literacy of the subject are concentrated in the aspect of educating people. After learning the discipline, students should form the unique accomplishment with the characteristics of the discipline. The core literacy of physical education is a part of the core literacy of discipline, which is of great significance to the enhancement of students' physique, the promotion of students' physical and mental health and the lifelong development of students. As far as sports specialty is concerned, the cultivation and research of core literacy of physical education is in line with the current educational reform and development trend.

The core literacy of physical education discipline is an important part of developing students' core literacy of discipline, and an indispensable part of cultivating students of sports specialty. By cultivating the core literacy of students majoring in sports specialty in colleges and universities, they can not only improve their own quality, develop good habits of life and rest and sports, but also help students of sports specialty to cultivate the core literacy of primary and middle school students after graduation. Physical education teachers are the main force to cultivate students' physical education core literacy. The future employment direction of students majoring in sports specialty is mostly concentrated in the physical education system. It is of great practical significance to add the physical education core literacy in the process of training physical education teachers.

2. Statement of the Problem

This study will analyze the current situation of sports discipline and core literacy of students majoring in sports specialty in colleges and universities in China, and to find out the challenges and obstacles that hinder their participation in sports and training. Based on this, researcher will make a comparative analysis of core literacy of physical education discipline of students from the perspectives of different genders and different branches of majors, and put forward targeted training strategies and input that will contribute to enhancing sports programs and sports services.

Specifically, it will seek to answer the following questions:

1. What is the profile of the respondents in terms of the following:
 - 1.1 Age;
 - 1.2 Sex;
 - 1.3 Specialization; and
 - 1.4 Grade level
2. What is the assessments of the respondents of the core literacy of physical education discipline of the students investigated in terms of the following:
 - 2.1 Sportsmanship;
 - 2.2 Sports practice; and
 - 2.3 Health promotion?
3. What is the assessment of the student respondents in terms of the following
 - 3.1 sports performance and
 - 3.2 sports involvement and support?
4. Is there significant relationship between the core literacy level of students in physical education regarding their sports performance and sports involvement?
5. What insights do teachers have related to the core literacy of physical education discipline?

6. According to the results of the research and analysis, what are the core literacy training strategies for students majoring in sports specialty in colleges and universities?

2.1. Significance of the Study

This study expects to benefit the following:

1. Students: It is beneficial for students to scientifically and reasonably conduct individual assessment, find out the shortcomings of their own core literacy, and then strengthen self-learning and training, and promote their all-round development.

2. Physical education teachers in colleges and universities: Stimulate physical education teachers in colleges and universities to innovate teaching methods and means, improve the level of teacher education and teaching, and continuously improve the teaching reform of physical education courses.

3. School administrators: Help school administrators to continuously improve and update talent training programs, and comprehensively improve the quality of university talent training.

4. Other researchers: This paper provides theoretical reference for other researchers to cultivate the core literacy of physical education discipline in universities in different regions and construct corresponding index system of core literacy.

2.2. Scope and Delimitations of the Study

The purpose of this study is to understand the current situation of physical education discipline core literacy of students majoring in sports specialty in colleges and universities in China, find out the problems, and put forward targeted improvement and training strategies, to provide reference for the cultivation of physical education discipline core literacy of students majoring in sports specialty in China. The sports specialty in this study mainly includes Four branch specialties: physical education major, sports training major, social sports guidance and management major, national traditional sports major. The core literacy of physical education discipline mainly includes three dimensions: sportsmanship, sports practice and health promotion.

This study takes the core literacy cultivation of physical education students of colleges and universities in China as the research object, and takes the students majoring in sports specialty of colleges and universities in China as the investigation object. Through the investigation of 7 colleges and universities with sports specialty in China, the core literacy cultivation of physical education students of colleges and universities in China is studied.

2.3. Conceptual Framework

Yu Sumei (Yu Sumei, 2017) summarized the core literacy of students in physical education through comprehensive analysis of the Organization for Economic Cooperation and Development (OECD) literacy equation, the European Union (UE) core literacy reference framework, the core literacy framework for Chinese students' development, and the research of some discipline researchers. The determination of the dimensions and core elements is not complete and accurate enough. In this regard, based on the particularity of physical education and the essential characteristics of literacy, Yu Sumei discussed the core literacy framework system of Chinese students' physical education, clarified the connotation and extension of the core literacy of students'

physical education, and the internal relationship between dimensions and elements.

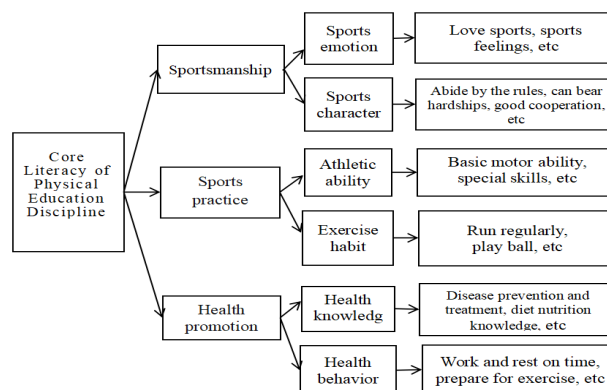


Figure 1. Theoretical framework of physical education core literacy

As shown in Figure 2, we can see the interaction of the various variables. This study will compare and evaluate variables such as gender, age, school and major of the subjects, and refer to their self-assessment on the three dimensions of sportsmanship, sports practice and health promotion, so as to analyze the current level of Chinese students' core literacy, and put forward effective sports science core literacy cultivation strategies.

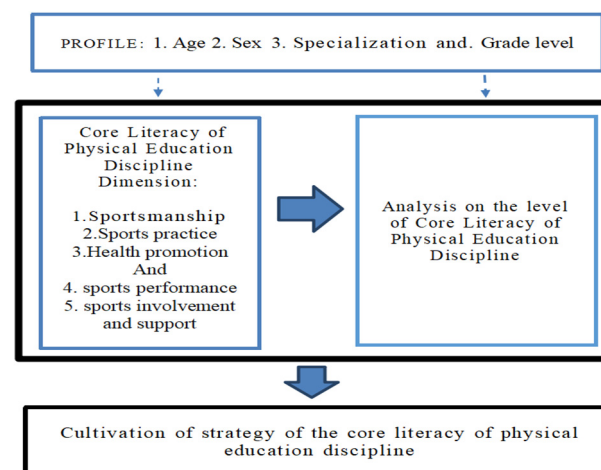


Figure 2. Conceptual Framework

2.4. Research Design

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2.5. Research Locale and Research Participants

This study solicited the students majoring in sports specialty in 7 universities in China as the research object.

The study made use of 640 students majoring in sports specialty including physical education, sports training, social sports guidance and management, national and traditional sports are four branches of majors. The research used a Stratified Sampling Technique to get the sample size of

athletes' respondents in the study. Stratified sampling is a selection method where the researcher splits the population of interest into homogeneous subgroups or strata before choosing the research sample.

3. Data Gathering Procedure

This study made use of the "Questionnaire on the Core Literacy of Physical Education Discipline for Students Majoring in Sports Specialty in Colleges and Universities in China" from the three dimensions of sportsmanship, sports practice, and health promotion, and then uses the questionnaire star software to distribute it to students majoring in sports specialty in each school, and then recovers the data.

4. Summary of Findings

1. Sportsmanship, sports practice, and health promotion are assessed as 3.65, 3.65, and 3.68, respectively, and interpreted as basically consistent in relation to Core Literacy of the Physical Education discipline;

2. Sports performances is assessed as 3.67 and interpreted as good;

3. Sports involvement and support is assessed as 3.63 and interpreted as good;

4. Sportsmanship, sports practices, and health promotion are highly significantly correlated to the sports performances and sports involvement and support at .01 level of significance.

5. Core literacy of physical education develops Improvement of Physical Qualities, Improvement of health and living habits, Development of positive disposition and attitude, Development of sports awareness and spirit, Development of self-control, confidence, and decision making skills, Promotion of desired values and socio-civic responsibilities, Development of the spirit of teamwork, Improvement of leadership potentials, Improvement of communication skills, Improvement of cultural literacy, Enhancement of creativeness, Improvement of psychological and emotional intelligence, and Promotion of total development.

5. Conclusion

Based on the findings and the importance of Core Literacy in Physical Education, the following are concluded:

1. Consistency in Core Literacy Components: Sportsmanship, sports practice, and health promotion have all been assessed as highly consistent with Core Literacy in Physical Education, with scores ranging from 3.65 to 3.68. This underscores the integral role these elements play in achieving the diverse objectives of the discipline.

2. Good Sports Performances: Sports performances have been assessed as "good" with a score of 3.67. This suggests that individuals and institutions are contributing effectively to the development of sports skills and performance, aligning with the goals of Core Literacy.

3. Positive Sports Involvement and Support: Sports involvement and support, assessed as "good" with a score of 3.63, indicates that there is a favorable ecosystem surrounding sports education, with active participation and support from communities and institutions.

4. Significant Correlations: The highly significant correlations observed between sportsmanship, sports practices, and health promotion with sports performances and

sports involvement and support highlight the interconnectedness of these elements within the discipline. This suggests that a holistic approach to sports education, encompassing values, physical fitness, and well-being, contributes to both individual and collective success.

5. Multifaceted Development: The Core Literacy of Physical Education encompasses a wide range of components, including physical qualities, health improvement, values development, teamwork, leadership, communication skills, cultural literacy, creativity, and emotional intelligence. These components collectively contribute to the holistic development of individuals and communities.

6. Recommendations

Based on the findings and the importance of Core Literacy in Physical Education, the following are recommended:

1. Promote Sportsmanship Education: Given the consistent importance of sportsmanship in Core Literacy, educational institutions and sports organizations should prioritize sportsmanship education. This can include workshops, seminars, and initiatives that emphasize fair play, respect, and ethical behavior.

2. Enhance Sports Practice Programs: To further align with Core Literacy, institutions should enhance their sports practice programs. This includes providing structured training, access to qualified coaches, and diversified sports opportunities to cater to different interests and abilities.

3. Strengthen Health Promotion Initiatives: Institutions should continue to strengthen health promotion initiatives within Physical Education. This includes expanding nutrition education, mental health support, and fitness programs to ensure students' holistic well-being.

4. Invest in Sports Performances: Recognizing the "good" assessment of sports performances, institutions should invest in facilities, coaching, and equipment to further improve sports performance outcomes and elevate the level of competition.

5. Community Engagement in Sports: Encourage community engagement in sports activities and support systems. Collaboration between educational institutions, local governments, and sports clubs can create a more inclusive and supportive sports ecosystem.

6. Interdisciplinary Approach: Emphasize interdisciplinary approaches in Physical Education to address the diverse components of Core Literacy. Collaboration between sports science, psychology, nutrition, and other disciplines can provide a comprehensive education.

7. Leadership and Communication Development: Incorporate leadership and communication development programs within the curriculum to nurture these essential skills, which are part of Core Literacy, among students.

8. Cultural Literacy Initiatives: Develop cultural literacy initiatives that expose students to the historical and cultural aspects of sports. This can include studying the cultural significance of different sports and promoting diversity and inclusion in sports.

9. Encourage Research and Innovation: Encourage research projects and innovative practices within the field of Physical Education. This can lead to the development of new strategies and methods that align with Core Literacy objectives.

10. Continuous Assessment and Improvement: Continuously assess and refine the Physical Education curriculum and programs to ensure they are aligned with Core Literacy goals. Solicit feedback from students, educators, and

the community to make necessary improvements.

11. Mentorship and Career Services: Establish mentorship programs and career services to help students transition into careers related to Physical Education, sports management, coaching, and sports science.

12. Community Awareness Campaigns: Promote awareness among the community about the importance of Physical Education and its role in holistic development. This can encourage greater community involvement and support for Physical Education initiatives.

By implementing these recommendations, educational institutions and sports organizations can better align their efforts with the principles of Core Literacy in Physical Education. This, in turn, can lead to improved educational outcomes, enhanced well-being among students, and a more robust sports culture that values sportsmanship, health promotion, and holistic development.

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