Which is Important to Develop the Zest for Surviving the Complicated Modern Society, Sport or Physical Education?

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It is well known that Sports and exercise improve our health both mentally and physically. In 2002, the Health promotion law was enacted. In 2011, the Basic act on Sport was enacted. However, the people with sports and exercise habits does not increase. Recently, researchers recommend "Stand up, do not sit". People want to ease as much as possible. There is no doubt that human beings are lazy. Exercise is a physical work. If we do not find the value in physical work, we will never exercise. Only people who find the value of physical work make habits of exercise. Sport is the best equipment to add value to the physical work. There are not so many opportunities for Japanese people to take up sports outside school. If the goal of physical education is development of ability to enjoy lifelong sports, students must acquire the skills to enjoy sports in a limited range of class. It goes without saying that technical skills are important to enjoy sports. But, more important than technical skills is social skills. In physical education class, students notice the required skills to enjoy sports.

Key words: relativization of the self, best effort

Introduction

1. Today’s issues of modern society

Today’s Society became globalized and informed. As a result, the changes in the various environments surrounding us are rapid and becoming sophisticated and complicated. As results of diversifying our way of living, social unity is weakened, human relations tend to dilute. The life between the virtual reality and the real world intersect is difficult to recognize the existence of ourselves. Despite of society has become globalized and informed, it is said that current students are facing inward and have low adaptability to different cultures. Society expects the development of students with cross-cultural adaptability, communication skills and perseverance at the University. People can connect with anyone through the Internet, anytime and anywhere. People are obsessed with the attractiveness of internet, keep an eye on smartphones even while on the move, even during a short break. Such a situation has been spreading to school classrooms in the form of ICT (Information Communication Technology) and digital education. As a result, there are many students who do not understand how to associate with people under the environment without internet, and do not know how to build the relationship of trust with others. They never see the face of the others in the virtual reality world. Therefore, they do not need to look at the other’s expression. They do not need to change their expression.

2. Cross-cultural adaptability and self-relative

In the Internet society, information around the world was instantly acquired and connected with
people all over the world. Knowledge and information for solving problems became easily available. Although internet society has lost the distance with people who have common thoughts and hobbies. On the other hand, the Internet society is a virtual space society that has avoided contact with people of different values. There is no need to be aware of the heterogeneous existence, and there is no direct criticism. As a result, we will not need to develop the ability to interact with others who have different ideas, customs and cultures.

Furthermore, by the entrance examination the academic ability of university students is homogeneous and the thinking tendency is similar. So there is no one who has an idea that greatly diverges from themselves. For students who live in a relatively homogeneous social environment, they tend to eliminate ideas, preferences and customs which different from their own. Then, their liberal adaptability to accept different cultures will become low.

3. Expectation for sport

International Year of Sport and Physical Education 2005 was declared by United Nations. In Japan, Basic Act on Sport was enacted in 2011. The expectation for sport to functional recovery of diluted human relationship, weakened social unity and poor humanity is growing. Sport help to develop the physical strength of youth who will lead the next generation, and they also have a significant influence on character building through cultivating the spirit of respecting and cooperating with others, and the attitude of respecting fairness and discipline or self-control, as well as through fostering the practical capability to think or make judgement. Moreover, sport promote interaction among people and local areas, develop a sense of unity or vitality of an area, and contribute to recovery of regional society that faces the problem of dilution of human relationships. Furthermore, sport play an important role in retention and promotion of mental and physical health, so they are indispensable for the realization of a healthy and energetic long-living society.

4. Contradiction and conflict aspect of physical education

The importance of the sport and the physical activity is being recognized. However, physical education is not considered to be a main subject. Students think the class of the physical education is play. Moreover, its academic worth is seen low. The student’s recognition is also same.

They do not expect the achievement of a noble idea and the academic elements of sport and physical education. Since the purpose of a sport is pleasure, students’ recognition has not been mistaken. Though many people meet sports in physical education at school, academic value of physical education is seen low. There are contradiction and conflict between sport and physical education.

5. Sport in physical education

Physical education aims the improvement and development human performance through physical activity. However, some students who are not good at physical activity confuse the forced sport activity at class of physical education.

For students, failure at the class is directly linked with academic evaluation. Therefore, students fear failure and pretend indifference and expressionless. And they do not try to express their feeling. They have paid careful attention being evaluated at the class. Though it is possible to evaluate physical fitness and exercise ability objectively, it is difficult to evaluate the attitude, motivation and the zest which will improve by sport.

It should recognize that physical education is neither equal nor equivalent to other subjects. It should be admitted that physical education is the important existence which complements intellectual and moral education.

And we must show them what is learning specifically in physical education.

The most important thing for students is to acquire the skill to enjoy a sport. The play taught in physical education differs from the play in sport. Even if their skill is good or poor. Even if their exercise is willing or unwilling.

Physical education requests to act with best effort. The meaning of play in physical education is acting. Social skill is required for the action with a best effort.
Method

1. Physical education in university

For students with low cross-cultural adaptability, school life is a closed. If they surround themselves with a barrier, they can spend their student life with confidence. But, they can not raise the ability to live in society. It goes without saying that acquiring knowledge of specialized fields and skills is an important education at university. However, regardless of what kind of job it is necessary to master the social skills to live in a globalized world. Then, how can social skills be acquired? Should they receive the lectures on social skills in the classroom? Even if they do not come to school, they will find a lot of information on the internet. However, the knowledge gained in lecture is not effective in real society. By experiencing, learned knowledges demonstrates the value in the life of real world.

First of all, it is required is to establish the self. By doing so, it becomes possible to relate themselves from the relationship with others, and they can recognize their own values and the dignity to others. It is difficult to master the social skills for selfish and complacent person.

What kind of education is useful to solve the problems of college students.

How can we develop their social skills?
I believe that physical education.
I believe there is no other than physical education.

2. Teaching philosophy

Physical education is an educational process that has its aim the improvement of human performance and enhancement of human development through physical activity with diverse students and can not be replaced with other subjects.

Results and Discussion

1. Physical education class and social skills

We studied social skills of students who took badminton lessons (90 minutes / times, once / week, 15 times). The average number of steps during the 90 minute class was 4,858 steps and the calorie consumption was 170 calories. The actual working hours of the students in the lesson is about 40 minutes, and the momentum of 4.25 calories per minute seems to be appropriate as a lesson energy consumption of badminton beginners.

The rule when playing badminton in this lesson is "Do not beat the opponent", the keyword that goes through the class is “Best effort”. It is not a full-effort.

I asked them to show the best effort when doing a rally of practice with anyone, when playing the match with anyone. The social skills of students who experienced 15 lessons under such class improved (Figure-1A, B).

2. Students felt various things in the class

"Fun, I became capable of long rally"
"Happy, I was able to win the person who did not win"
Technical skill improvement leads to pleasure.
"Happy, I could communicate with many friends"
"Happy, encouragement to me"
Social skills enhance exercise fun.

On the other hand, they felt boring in the class, when they lost the game by their own failure, when practice did not go well with their failure.

The immaturity of technical skills leads to boring.

There is no reaction of the opponent There is no expression and expressionless conversation There is no consideration Immature social skills will deprive the enjoyment of sports (Figure-2).

Here is the important point of class of physical education. Physical education classes are aimed at accepting differences with a feeling of generosity. Then, they can pursue the shared value. Physical education is an education with a function complementing intellectual education and moral education, and it is the meaning of exist of physical education.

3. Sport or physical education

In the provision of the basic act on sport;
“Sport help to develop the physical strength of the youth who will lead the next generation, and they also have a significant influence on character building through cultivating the spirit of respecting and cooperating with others, and the attitude of respecting fairness and discipline or self-control, as well as through fostering the practical capability to think or make judgements. Moreover, sport promote interaction among people and local areas, develop a sense of unity or vitality of an area, and
In physical education class, students were involved in others with their whole-personality (physically and mentally). Through the interaction with each other, their social skills were improved by noticing their way of involvement (facial expression and attitude). Transformation of self-awareness needs cooperation with others. Physical education is quite different from the lectures in the classroom.

People acquired social skills are:
- more active, active in interpersonal relationships, prefer to engage people,
- less likely to have depression, inferiority complexity and nervousness.

People with high scores of this test:
- often check their own behavior, express emotional expressions,
- have high communication skills.
contribute to recovery of the regional society that faces the problem of dilution of human relationship. Furthermore, sport play an important role in retention and promotion of mental and physical health, so they are indispensable for the realization of healthy and energetic long-living society.”

I taught physical education to university students. I taught students the way to play badminton. After 15 times of class, the social skills of students were improved. As written in the preamble of the Basic Act on Sport, social skills improve if you do sports. Sports are effective as means to overcome today’s problems.

Government actions are necessary conditions (minimum requirements) for the promotion of innovation, but they are not conditions sufficient to allow goals to be achieved. However, Sport is necessary conditions (minimum requirements) for improvement of social skills, but it is hard to say enough conditions. Because sports are voluntary actions performed under rules intentionally created for competitive and entertaining purposes. It is voluntary play. Sports encompasses the element of play (Agon, Alea, Mimicry and Illinx) mentioned by R. Caillois. People who want to play gather and play. The primary value of sports is to play.

The reason why I believe that it is not a sufficient condition is that there is no physiological desire for people to exercise. Therefore, there is no desire to do sports. Sports and exercise accompanying physical exercise is to load physical work on the body. The modernized life has developed in a direction to minimize the physical load on the body as much as possible. We have a desire to take a break, we do not have the desire to voluntarily load physical work. Therefore, various measures for promoting health can not make results. The proportion of people practicing exercise habitually will remain around 30% and will not increase in any way.

Why, 30% of people could make exercise habit. The answer is simple.

They found the value in the physical work. They feel a lot of pleasure and glad when they put physical work on their body. Sometimes it is frustrating and painful, but it never goes beyond pleasures. By participating in classes, students gradually begin to find value in physical work (Play badminton). It is worth noticing the existence of their feeling the improvement of technical skills, noticing improvement of social skills and noticing the spread of environments surrounding themselves.

Figure-2
Technical skills and social skills are well linked. With technical background, it will lead to positive action. The other hand, the feeling of failing will lead to passivity. It is important for students to progress the technical skills to play sports. However, it can not expect so much in a limited range of physical education class. The most important factor to enjoy sports is not technical skills but social skills.

Conclusion
In the Sports activity: Time and space is a place where enthusiasts gather.
In the class of physical education, they have to play exercise and sport with their best effort to enjoy the activity. People who like exercise and people who dislike exercise share the same time and space together. People with high athletic ability and low athletes play together. In order to overcome today’s problem about students, we need recognize that the real value of physical education that complements the knowledge and moral education.