Research Article

Research on the Path of Sports Sociology Curriculum from the Interdisciplinary Perspective

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Under the premise of emphasizing interdisciplinary learning and reference, the sociology of sports course from an interdisciplinary perspective needs to trace the historical trajectory of the interactive development of the sociology of sports course and other disciplines and grasp the law of the cross-development of the sociology of sports course and other disciplines. This study uses an interdisciplinary approach to demonstrate the need for interdisciplinary research in sports science in China, based on the overall concept of complexity of sports, completeness of sports science, the intersection of sports science research, and interdisciplinary needs of sports scientific research innovation. The innovation ability is taken as the research object, and the important influencing aspects of sports scientific research innovation ability are investigated. An index system of sports scientific research innovation ability is developed, and qualitative research is applied to examine the impact of interdisciplinary research on sports scientific research innovation. The impact of ability is exposed by quantitative analysis to explore the association between the relevant factors in scientific research innovation ability and carefully understand the important role of interdisciplinary research in Chinese sports scientific research innovation.

1. Introduction

Interdisciplinary research is the basis and power source of scientific research innovation in the sports sociology curriculum. In current scientific research, the objects of research are constantly being refined and deepened, and the scope of research is becoming smaller and more localized, but the issues involved go beyond the scope of a single discipline. It is often necessary to borrow the research theories and methods of other disciplines and form a research team composed of scholars from different disciplines to research a certain scientific issue. Physical education is a discipline that examines humans, and the subjects of its investigation are extremely complex and comprehensive [1]. It needs to learn from the theories and methods of other disciplines and to integrate and integrate highly. On the other hand, many research questions are proposed according to social needs, so the questions themselves have interdisciplinary characteristics. This requires sports science to carry out interdisciplinary and comprehensive research based on more and more sophisticated and solid stability [2].

Presently, the innovation ability of sports science research is insufficient, and the driving force for the development of the discipline is not strong. The main problem is the lack of methods to reveal the essence of complex sports phenomena [3]. Interdisciplinary research can expand deeper problems in the field of sports research, reveal the essence and laws of complex sports phenomena, and thus generate some new interdisciplinary subjects, fill in the unknown areas between various subdisciplines, and promote various aspects of sports science. However, from the perspective of the development of interdisciplinary research in sports science, the current research is only limited to the exchange of representation and experience between multiple disciplines [4].

Sports and sociology have had numerous mutual connections since the beginnings of both fields. Both appeared as distinct fields of study at about the same time—the mid-19th century. During the first half-century of both, several common interests helped bind physical educators and sociologists together in their professional events. The ties between the two fields loosened in the first half of the 20th
The sociology of the body has gotten a lot of interest as a topic in sociology [5]. Since the 1980s, as a subbranch of sociology, body sociology has now reached the stage where it can reform and recreate core sociological variables, concepts, and assumptions. Flintoff et al. [7] focused on physical education research, where gender, race, class, sexuality, and disability were studied separately. Azzarito and Solomon [8] examined the intersection of gender, ethnicity, and socioeconomic status, due to the fluidity and contradictory nature of these categories. Svennberg and Högberg [9] investigated the factors contributing to higher grades in physical education (PE) and sports by analyzing register data from all students who graduated from compulsory school in 2014 and showed that the chances of gaining a high grade in PE are affected by migration background, parents’ education, and gender. The author in [10] pointed out that the combination of school sports, sustainable sports ability, and health education is the key to connecting school sports and lifelong sports and is the foundation for achieving lifelong sports. Moreover, it deepens the reform of school sports and opens up people’s sports ideas with lifelong sports as the mainline. Allison et al. [11] analyzed the associations between gender, sexual, and sports fan identities. The authors reported that only 11% of U.S. adults do not identify as sports fans at all and almost half of U.S. adults identify as quite passionate sports fans. Women and adults are less likely to identify as strong sports fans compared to men. Furthermore, compared to identifying as heterosexual, identifying gay, bisexual, or another sexual identity is negatively associated with self-identified sports fandom. Yet, gender and sexuality interact such that identifying as gay is negatively associated with men’s self-identified sports fandom but not women’s fandom.

This study intends to start from the cross-disciplinary study of the sports sociology curriculum and find new ideas for building the innovative ability of the sports sociology curriculum, which is undoubtedly a complex project. The theory is combined with empirical research, and the construction of innovative ability of sports sociology curriculum is explored. This study has the following significances for the development of the sports sociology curriculum:

(i) It is conducive to promoting the cross-development of sports sociology courses and other disciplines
(ii) It is conducive to the overall grasp of the research model of sports sociology curriculum
(iii) Promote the improvement of scientific research quality and efficiency of sports sociology courses
(iv) Guide the development of scientific research and innovation ability of sports sociology courses
(v) Enrich the basic theory of sports sociology curriculum

The rest of the manuscript is organized as follows. Section 2 provides an overview of research on the path of sports sociology curriculum. Section 3 is about the construction of scientific research innovation ability of sports sociology curriculum in the interdisciplinary field. Section 4 is about infrastructure, and Section 5 illustrates the path of research innovation in the sports sociology curriculum. Finally, the conclusion is presented in Section 6.

2. Research on the Path of Sports Sociology Curriculum

Sociology of sports is a subject that intersects between sports science and sociology. It is a science that studies the social function, development law of sports, and its relationship with society [12]. At the end of the 19th century, European and American sociologists turned their attention to sports, such as Spencer, Weber, and Simmel; all of them had researched social issues related to sports. In 1921, the publication of the monograph “Sports Sociology” meant that the Sociology of Sports became an independent discipline. Modern sports sociology has extensive integration with sociology, management, psychology, culture, ethics, and aesthetics and has become a bridge between sports science and the outside world [13].

The problem faced by the sociology of sports is the constantly complicated and socialized phenomenon of sports: the involvement of a large number of economic activities has accelerated the process of professionalization and commercialization of sports; while sports represent the trend of democracy and peace, it has also become a political phenomenon. Tools of domination and political rivalry, corruption in sports, on-field violence, use of illegal drugs, gender and racial discrimination, religion, and cults also make social problems in sports increasingly prominent as shown in Tables 1 and 2.

These complex sports social phenomena have gone beyond the research scope of sports science and involve numerous social and political factors. Externally, it studies the relationship between sports and different social phenomena; internally, it studies the relationship between sports and people’s social concepts and social behaviors, as well as the function, structure, and development of sports [14]. The study of sports sociology involves the construction of the theoretical system of sports sociology, the relationship between sports and society, the study of sports social issues, the social organization in the field of sports, and the judgment of sports value in social life, as well as popular sports, competitive sports, and professional sports. The research on these issues should span the two fields of physical education and sociology, based on social theories, viewpoints, and methods, and study physical education as an independent cultural system of human society.

2.1. Interdisciplinary Analysis of Sports Sociology. Sociology of sports is a subject that intersects between sports science...
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To not be affected by preferences and emotions, sociology uses techniques from natural sciences such as physics and biology and asks questions and draws conclusions like them. However, because it is difficult to understand human society only using “hard science” on issues related to emotion and morality, many sociology scholars examine social issues from the perspective of humanities and social sciences, especially philosophy. View social issues from an intersecting research perspective.

Sociology of sports is a comprehensive subject spanning sports science and social science, and it needs to use the research methods of sociology to interpret sports phenomena. Therefore, its research is inseparable from the research methods of sociology, such as the survey method and observation method. Because of the mainstream status of empirical research, it is also in line with the natural sciences and more or less draws on the research methods of the natural sciences. Sociology of sports is also drawing on the research ideas of sociology, emphasizing research paradigms and theoretical testing, focusing on the use of scales, measurement methods, statistical methods, and computer application techniques to determine correlations and causal connections with statistical analysis. The analysis becomes its characteristic as shown in Figure 1.

### 3. The Construction of Scientific Research Innovation Ability of Sports Sociology Curriculum in the Interdisciplinary Field

In the context of highly differentiated and comprehensive science, the importance of scientific research innovation has become increasingly prominent. The success of scientific research innovation depends to a large extent on the innovation ability of scientific research. The creation of innovation capabilities, that is, what are the numerous parts and indicators in innovation and how to identify their relevance, must be part of the rigorous, and in-depth study on innovation. An objective requirement is for an in-depth understanding of scientific research and innovation skills in the investigation of these aspects and indicators. [16]. Then, it is necessary to carry out an objective quantitative analysis of abstract innovation ability, which is an important way to build scientific research innovation ability and also an important means to implement effective management of future scientific research. The innovation ability construction of sports scientific research directly affects the research level and scale of sports science. The quality of its innovation ability construction will promote and restrict the competitiveness and development of sports science in the entire scientific undertaking. Objectively evaluate the core issues of sports scientific research and innovation ability.

#### 3.1. Analysis of the Elements of Sports Scientific Research Innovation Ability

Management gurus Clayton M. Christensen and Michael E. Raynor [17] believe that the failure of innovation is not the cause of technology, but the manager or department responsible for innovation in the ability and Business disproportionality often stifles the best ideas in the bud. To this end, based on the resource point of view in economics, they put forward the “RPV model,” which decomposes the management of innovation into three elements: resource (Resource), process (Process), and value (Value).

The resources of scientific research can be tangible or intangible, including personnel, technology, equipment, information, funds, and various relationships and policies. It can be flexibly configured and easily transferred into management. The process is the process of investing resources into new products to gain greater value. In this process, resources are redistributed and combined through coordination, interaction, and decision-making. In the innovation process, the process ensures that the task is aligned with the goal.

Values affect the realization of goals from the height of strategy and determine the ability scope of organizational management. The values guided by innovation in scientific research activities affect the output and transformation of scientific research results.

The innovation ability of sports science research is a branch of the national innovation ability system. Drawing on the theory of “Resources, Processes and Values” of

### Table 1: Motivation for adolescents to participate in physical exercise (%).

|              | Enhance physical fitness | Sports entertainment | Body building weight loss | Overcome exam  | Increase interpersonal communication | Other |
|--------------|--------------------------|----------------------|--------------------------|----------------|-------------------------------------|-------|
| Boy          | 60.21                    | 65.45                | 25.21                    | 52.36          | 23.61                               | 9.50  |
| Girl         | 46.13                    | 49.58                | 35.43                    | 56.22          | 26.54                               | 6.91  |
| Average      | 53.17                    | 57.52                | 30.22                    | 54.29          | 25.1                                | 8.21  |

### Table 2: Survey statistics of average weekly exercise frequency of adolescents (%).

|              | Not exercising | One time | Two time | Three times or more |
|--------------|----------------|----------|----------|---------------------|
| Boy          | 5.8            | 18.2     | 31.2     | 44.9                |
| Girl         | 25.6           | 26.4     | 33.6     |                     |
Clayton and Michael [18], the system of sports scientific research innovation ability is constructed from three aspects: input, operation, and output of scientific research innovation ability.

3.2. Ability to Invest in Innovation. Scientific research is the activity of recombining resources to obtain new results. This activity needs to be based on resources and put resources into scientific research activities. The level of the innovation ability of sports scientific research has an obvious relationship with the quantity and quality of input resources, which directly affects the output of innovation activities. As a result, the capacity to spend on innovation is both a necessity for scientific research and a tangible guarantee of innovative capability. The amount of innovation investment capability sets the start point of innovation activities, influences the future development space of sports science, and is a key indicator of scientific research innovation capability. Innovation investment ability can be separated into three elements based on the influencing factors of sports scientific research innovation ability.

3.3. Research Team. Economist Theodore W. Schultz [19] proposed in the human capital theory in the 1960s that the role of physical capital investment is smaller than that of human capital investment and the growth rate of physical capital investment is much smaller than that of human capital. Capital investment grows; the main part of human capital investment is education investment; the transfer from physical capital to human capital is the focus of capital accumulation. The improvement of scientific research innovation ability is accumulated through the efforts of generations of scientific researchers.

The human resource input of sports scientific research and innovation ability is mainly composed of sports scientific researchers engaged in scientific innovation activities. The quantity, quality, and structure of these scientific researchers determine the possibility and feasibility of innovative activities to some extent and affect innovative activities. Efficiency reflects the scale and quality of human resources for sports research and innovation capabilities [20]. The rapid development of sports science in recent years is precise because of an outstanding scientific research team with rigorous study style, solid theory, the emancipation of the mind, and continuous strengthening. They are an important source of scientific research innovation and the quality assurance of innovation results. These researchers generally have a complex knowledge structure, a strong sense of innovation, a wealth of research methods, and the ability to grasp problems keenly as shown in Figure 2.

3.4. Research Funding. Contemporary scientific research is no longer carried out in the rudimentary environment of manual workshops, and it is necessary to create a variety of conditions to provide the necessary motivation for the formation of scientific research innovation capabilities from the perspective of economic foundation and material supply, from the motivation of innovation, the purpose of innovation, and the factors such as innovative evaluation and incentives ensure the implementation of innovative activities [21]. At present, the problems of scientific research are
becoming more and more complex, and the cost of innovation activities is also increasing. The various links involved require a large amount of capital and material investment as a guarantee, which is also a prerequisite for promoting the transformation of innovation achievements. To this end, a large amount of capital investment in multiple channels is required [22].

The innovative activities of scientific research have certain risks, and the investment of funds is the guarantee for the sports scientific research activities to resist risks and promote the smooth implementation of innovative activities. As the economic foundation, scientific research funding determines the scale of scientific research innovation activities and the depth of research. The investment of plentiful scientific research funds is the guarantee for the continuous development of sports scientific research and innovation activities, the power source of innovation ability, and the life source of sports science development. Whether it is the National Social Science Office, the Ministry of Education, the General Administration of Sports, or the scientific research projects of various provinces, cities, and colleges, there will be a certain amount of funding to match. Regardless of the number of funds for these projects, it is to resist the risks in innovation activities and ensure the healthy and continuous development of scientific research and innovation activities. The collection of scientific research funds is a kind of innovation investment ability, which represents the power of sports scientific research innovation ability.

4. Infrastructure

Scientific research is a process of recombining some resources to create new results, therefore material conditions need to be invested in the preliminary preparation process to promote the output and transformation of scientific research results. The quantity and quality of these input material conditions can be regarded as the infrastructure of scientific research. For example, the infrastructure of sports scientific research involves books, information resources, instruments, and equipment. Infrastructure is an essential condition for scientific research and has an important effect on the performance of sports research.

4.1. Innovative Operational Capability. The innovation of sports science research is the recombination and utilization of scientific research resources to obtain new theories, methods, and materialized results. These activities are required to be carried out under the constraints of certain rules and mechanisms to ensure that innovation activities move towards the established goals quickly and effectively [23]. Under the protection of human, financial, material, information, and other resources, if there is no good operation ability to guarantee, the optimal combination of scientific research resources will not be achieved, and innovation will not be produced. The operational ability of innovation can fully tap the potential of scientific research and innovation and is an important factor for the ability of sports scientific research and innovation. The innovative
operation ability of sports scientific research can be classified into the following four aspects.

4.1.1. Academic Exchange. The current scientific research is difficult to achieve great results only by personal interests and hobbies. The value of scientific research results produced by personal strength is very limited. The scientific problems to be solved in problem-oriented scientific research are beyond the complexity level. The scope of personal research ability, and “a wise man has a thousand thoughts, and he will fail.” Academic exchanges can help researchers develop innovative thinking, master cutting-edge information, achieve resource sharing, and research assistance, just like “three coppers, top Zhuge Liang.” From the perspective of the development of sports science, the innovation of sports science is inseparable from good academic exchanges. It is essential to bring together the research theories and research methods of different disciplines to acquire the latest academic thoughts and academic trends and maximize the ability of scientific research innovation.

4.1.2. Management Mechanism. Just like the operation of a computer, to achieve the purpose of use, only the hardware is not enough, and the function of the hardware can be fully exerted under the drive of software; otherwise, it is just a pile of scrap metal. Likewise, in scientific research, whether it is the combination of resources or the operation of the platform, it must be carried out under the control of certain rules and regulations. Rules and regulations are like software that controls computers, coordinating the behavioral relationships and norms between various resources, organizations, and society in scientific research, so that innovation activities can run healthily and efficiently. Economist Douglas North emphasized that although technological innovation can bring vitality to economic growth, it is impossible to imagine the development of human society and long-term economic growth without institutional innovation to consolidate the achievements of technological innovation [24]. It plays a decisive role in the social development and economic growth of a country. It is under the control of a reasonable system that social problems arising in scientific research activities can be solved and the cooperation and coordination of scientific researchers can be restrained, the unexpected factors of innovation activities can be reduced, and the success rate of innovation activities can be improved. An unreasonable system will induce scientific research activities to deviate from the established goals and even inhibit the production of innovation.

“People in sports and people’s movements” are the subjects of sports science. As a result, specific material conditions are required, but these circumstances must finally be applied to humans, whether they are the research subject or the research object. As a complex mental activity, scientific research innovation activities need a good innovation environment and innovation mechanism to create a good scientific research atmosphere for scientific research innovation, and there must be new measures and breakthroughs in the innovation mechanism. The innovation system of sports scientific research can stimulate the enthusiasm of researchers to innovate, coordinate the relationship between various links and departments, and reduce risks and accidents in scientific research innovation. It can be seen that the establishment of a reasonable management mechanism is a means for sports scientific research to establish a reasonable order, stimulate innovation vitality, and improve scientific research efficiency.

4.1.3. Platform Construction. At present, the development of disciplines is towards the comprehensive development of mutual intersection, penetration, and mutual restriction. The multidisciplinary research model has replaced the previous single-disciplinary research discipline, the development model. Sports science, as a comprehensive applied science, closely combines social science with natural science, and it is also a return to the essence of sports science. Then, sports scientific research must also be the integration and penetration of theories and methods of social sciences and the theories and methods of natural sciences, and its research is multifaceted and multilevel cooperation. Therefore, sports scientific research needs to enhance the subject platform, combine and utilize various scientific research resources on the platform, and provide an excellent scientific research environment for advanced research, which requires a high-level scientific research foundation, laboratories, and scientific research projects.

4.1.4. Atmosphere. Scientific innovation attaches great importance to the harmony and unity of manpower, material resources, systems, values, and spiritual states. To maintain a good dynamic relationship between various elements, a relaxed and free academic atmosphere is required. This academic atmosphere is where researchers can actively carry out scientific activities. This kind of environmental atmosphere is manifested as organizational culture. As an informal modulation mechanism, it is an effective supplement to the management system. It effectively manages some unpredictable and nonstandard problems and coordinates the relationship between communities. It is one of the core measures to enhance the ability of sports scientific research and innovation. Without the feelings of people, there has never been and cannot be anyone’s pursuit of truth. A good organizational culture can stimulate the research enthusiasm and passion of sports workers and has a subtle influence on sports science research and innovation. It can create a warm and harmonious atmosphere among the members of the organization and establish a cooperative and communication environment that can win the competition; under the mutual understanding and mutual support, it can stimulate the researcher’s desire for innovation and enhance the internal motivation of innovation. Encouraged by this organizational culture, sports science research should promote the spirit of risk-taking and innovation, tolerate competition and failure, and create a good environment for competition and collaboration. It provides opportunities for academic exchange of ideas, collision opportunities, and freedom of interdisciplinary research for scientific research innovation. A good environmental atmosphere
plays an active and important role in the practice of scientific research as shown in Figure 3.

5. Path Research Innovation of Sports Sociology Curriculum

5.1. Perspective Innovation. In the past, most of the researchers on the scientific development of the sociology of sports in China were thinking from the perspective of the discipline itself, but few researches deeply analyzed the scientific research innovation of the sociology of sports from the perspective of the interaction of the disciplines. This research studies the curriculum path of sports sociology from an interdisciplinary perspective and looks at the scientific development of the sports sociology curriculum from a new perspective.

5.2. Content Innovation. The previous researches on the scientific research innovation of sports sociology courses mainly focused on the microlevel analysis and were limited to theoretical discussions, lacking the research on grasping the scientific innovation ability of sports sociology courses from the macrolevel. Combined with empirical analysis, this study explores the theoretical issues and innovation capability construction of sports sociology curriculum science interdisciplinary research and proposes strategies for sports sociology curriculum scientific research innovation capability construction suitable for China’s national conditions.

5.3. System Innovation. In the past, the research on the scientific research and innovation ability of sports sociology courses was limited to the discussion at the level of experience and appearance and lacked a quantitative objective basis. This study is the first to construct an index system for the evaluation of Chinese sports scientific research innovation ability. The index system has theoretical and application values. It provides a reference standard and theoretical basis for measuring the current situation of Chinese current sports scientific research innovation ability.

The objective of interdisciplinary research is to innovate, and the more innovative the project is, the more exploratory and risky it is. To this end, it is necessary to do a good job in the evaluation of sports scientific research projects. It is essential to make scientific evaluations on the quality, research level, and research ability of researchers and research teams; pay attention to the citation and integration of innovative achievements in related disciplines; establish an expert review database to absorb different research fields, different ages, and different countries. Experts join the evaluation team to improve the objectivity and fairness of evaluation; establish corresponding regulatory agencies and evaluation feedback mechanisms, and eliminate various academic interference factors and unhealthy practices through social forces and public opinion supervision.

For major and excellent sports scientific research achievements, it is necessary to publicize and promote them in multiple forms and ways according to the content of the research to help their transformation and application. It is necessary to form a scientific research achievement announcement system and make full use of various social media to publicize and report the key research results in sports science research to society and relevant functional departments in a timely manner. Invite the relevant leaders and management leaders of the research project to report the results to the society, enterprises, and government departments regularly, and actively promote the research results, so that they can be applied in their future work and give full play to economic and social benefits. The major and key sports scientific research projects supported may implement the promotion responsibility system. The promotion, transformation, and application of later achievements should be included in the conditions for project approval when the project is declared. After completing the research work of the project, the scientific research personnel is also responsible for the subsequent transformation and promotion of the achievements to make a final evaluation.

Sports science is a discipline that emphasizes application, and the purpose of interdisciplinary research is scientific research innovation. The main manifestation of sports scientific research innovation is the output and application of scientific research results. At present, the understanding of interdisciplinary research in sports science in China is still in the stage of reform and exploration, and an effective incentive mechanism has not yet been formed in terms of identification, sharing, and transformation of the results of interdisciplinary research.

6. Conclusion

Interdisciplinary research is the process of generating new knowledge, new theories, and new methods based on the intersection of disciplines, as well as the process of communication between disciplines and the transformation of scientific paradigms. This process integrates the paradigms of different disciplines and replaces the old “discipline-
centered” knowledge generation method with a “problem-centered” new knowledge generation method. This study takes an interdisciplinary approach, based on the overall concept of “complexity of sports, comprehensiveness of sports science, intersection of sports scientific research, and interdisciplinary requirements of sports scientific research innovation,” to demonstrate the need for interdisciplinary research in sports science in China. The innovation ability is taken as the research starting point and the relevant influencing factors of China’s sports scientific research innovation ability are analyzed, and an index system of sports scientific research innovation ability is constructed. Qualitative research is used to analyze the impact of interdisciplinary research on sports scientific research innovation. The important influence of ability is revealed by quantitative analysis to explore the internal connection between the relevant factors in scientific research innovation ability and comprehensively grasp the important role of interdisciplinary research in Chinese sports scientific research innovation.

**Data Availability**

The datasets used and analyzed during the current study are available from the corresponding author upon reasonable request.

**Conflicts of Interest**

The author declares no competing interests.

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