

Tao Xingzhi's Sports Thought and Its Contemporary Values

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Abstract: Tao Xingzhi's sports thought is an important part of his educational thought. The research believes that Tao Xingzhi's sports thought embodies the characteristics of The Times and certain foresight, and the characteristics of The Times are focusing on "five education" and cultivating sound personality; advocating "health first", combining sports and health; advocating "life sports" and integrating sports into life; advocating physical strength and advocating the combination of sports and military. Tao Xingzhi's sports thought emphasizes the harmonious development of body and mind, highlights the value of sports education and returns to the origin of sports. It implements the idea of health first; pays attention to the health of the whole people and helps the dream of sports power; and advocates the development of life sports, which has great enlightenment for the development of contemporary sports.

Keywords: Tao Xingzhi; Sports Thought; Life Sports; Health First

1. Introduction

Tao Xingzhi (1891-1946), born in Shexian County, Anhui province, was one of the representatives of modern education in China. He is known as "the soul of democracy and the light of education". He is familiar with the ancient and modern China and the West. While actively carrying out Chinese education reform and examining the disadvantages of Chinese traditional education at that time, he finally explored a modern educational theory that keeps pace with The Times and is suitable for China's national conditions. Tao Xingzhi's ideological system also contains the sports thoughts with rich connotation and profound significance. Tao Xingzhi advocated the comprehensive development concept of physical labor,

intelligence and morality, and regarded sports as an important part of shaping a sound personality. He put forward that the first priority of life is "health first". Tao Xingzhi advocates martial arts and physical strength, attaches great importance to military physical exercise, pays attention to the health of the whole Chinese nation, takes health as the starting point of life and education, advocates "physical education teaching back to life", and attaches great importance to "the combination of teaching and doing". Up to now, his forward-looking sports thoughts still play an important role in today's physical education and health, school physical education, physical education teaching concepts, physical education teaching principles and methods.

2. The Historical Background of the Formation of Sports Thought

At the beginning of the 20th century, at the initial stage of the modernization of China's education, the imperial examination was abolished and schools were established, and Anhui official schools and new missionary schools developed rapidly. At the age of 15, Tao Xingzhi obtained the qualification to attend Chongyi School attached to Jesus Hall in Xiaobei Street in Shexian County. Tang Jinxian, the principal at that time, let him live in the school for free because of his diligence and intelligence. Tao Xingzhi's two years of study in Chongyi School exposed him to modern western education, which is different from traditional education. Tao Xingzhi has loved sports since he was a child. At that time, football and basketball were not yet popular, and Tao Xingzhi and his classmates often played small solid balls under the 24 columns in the school. He often said that a sound body creates a sound spirit, free time to exercise more, to strengthen the body. Thus it can be seen that how much Tao Xingzhi loves sports and has a deep understanding of the physical and mental relations, which has laid the

ideological foundation for the formation of his school sports thoughts in the future.

Huizhou culture emphasized Confucianism and learning, which had a profound influence on Tao Xingzhi in his youth. Tao Xingzhi has a principle for Chinese and Western cultures: "only ask whether good or bad". He never blindly worshipped western culture and despised traditional culture. Tao Xingzhi's love for traditional culture and his choice between Chinese and Western culture are the important sources of thought for the formation of Tao Xingzhi's school sports philosophy. In the school founded by Tao Xingzhi, whether foreign or local sports, as long as the students' physical and psychological needs, will be reflected in the course [1]. For example, in addition to traditional Chinese martial arts, the physical education class offered by Yucai Middle School also includes modern western sports such as track and field, ball games and games. Tao Xingzhi's sports thought of integrating Chinese and Western sports reflects the development direction of modern sports in China. Tao Xingzhi's study at Columbia University was during Dewey's vigorous push for the progressive education movement. In this cultural atmosphere, the progressive education movement naturally became the most realistic and real source for Tao Xingzhi to learn and absorb advanced education, and also became the ideological source for him to study China's educational reform after returning to China. Tao Xingzhi highly advocated Dewey's experimentation doctrine. He believed that educational reform and social progress depended on experimental methods. After Tao Xingzhi returned to the United States, his first important academic paper was "Educational Methods of Experientialism", which pointed out: "The rise and fall of experiment is related to the rise and fall of education. Europe and the United States have made progress fast because of the test methods. China despises others so much because there is no experiment. "Tao Xingzhi further pointed out that the scientific test method should be to establish a system and method, and put everything that wants to be classified into a standard. Far near, small big, complex, simple... to trial and error, observe its rise and fall, observe its movement, observe its changes. From Tao Xingzhi's practice and exploration of life education in line with the Chinese reality in Xiaozhuang College, as well as the educational

theory of taking sound physical fitness as the first purpose of life education, this is inseparable from Tao Xingzhi's understanding of the importance of physical education in life and education.

3. The Characteristics of the Times of Tao Xingzhi's Sports Thought

3.1 Pay Attention to the "Five Education and Coordination", and Cultivate a Holistic Educational Concept of Sound Personality

In 1925, Tao Xingzhi first put forward his "concept of complete education" in a speech in Nankai School. He believed that there were three elements that could make a complete person. First, to have a healthy body, and second, to have an independent mind. Third, they have their own career [2]. In Tao Xingzhi's whole educational thought, "healthy body" is the first element of "whole person", which has a very outstanding significance. Since the establishment of Xiaozhuang College, Tao Xingzhi has taken the cultivation of sound body, skilled agricultural skills and scientific thinking as its educational purpose, and vigorously cultivated students' artistic sentiment and the spirit of transforming the society. The setting of these goals is not only the expansion of Tao Xingzhi's comprehensive education thought, but also the embodiment of the deep development of his comprehensive education idea, which shows the gradual improvement of Tao Xingzhi's comprehensive education thought. At this stage, Tao Xingzhi discussed the concept of integration in detail from five aspects: "body, labor, wisdom, beauty and virtue". Tao Xingzhi advocated using "Chinese martial arts" to exercise a "healthy body". At that time, many schools had gymnastics classes, but Xiaozhuang College did not use martial arts instead. As a result, Xiaozhuang formed the tradition of holding "Yin hui" at five o'clock every morning, "the end of the meeting is kung fu". Xiaozhuang College has carried out fitness activities with traditional Chinese martial arts as the main content. At that time, China's educational policy was to adapt to The Times and develop and evolve together with different academic ideas and ideas. However, no matter what kind of education policy is, it shows the concern for sports, that is, from "heavy martial arts" to "military and civilian", and the cultivation of "strong physique". In Tao Xingzhi's thought, both the comprehensive

education theory and the concept of five simultaneous education are closely related to the implementation of sports thought and sports spirit. In Tao Xingzhi's teaching philosophy, the teaching philosophy centered on sports has always been in the core position.

3.2 Advocate "Health First" and Pay Attention to both Sports and Health

Tao Xingzhi particularly emphasized that "the first priority of life is health". Tao Xingzhi once expressed in a letter to Hu Shi that the first priority in life is health, the second priority is health, and the third priority is health. "Health is the first priority... first take care of your health, when you are better, you can learn slowly, teach slowly, seize every opportunity. Hu Shi is a well-known scholar in Chinese history, culture and philosophy. He and Tao Xingzhi are not only fellow villagers, but also classmates, but also good friends. From the communication between Tao Xingzhi and Hu Shi, it can be seen that Tao Xingzhi's concern for his friends' bodies is far better than the research and education of knowledge. He takes "health" as his "first priority", which shows that Tao Xingzhi attaches great importance to the health of his friends. The first question in Tao Xingzhi's "Four Questions of a Day" is, "Has my body made any progress?" Emphasis "health first". Tao Xingzhi has written many articles, such as "The Fortress of Health", "Teachers' Health" and "Children's Health Competition Method", focusing on various ways and ways to enhance students' physique, children's physique and teachers' health. From the development of child health care to teachers' health care, and then to national health care, all reflect the sublimation of Tao Xingzhi's "health first" thought. Tao Xingzhi also pays attention to the sports value of "let's sweat together", and provides corresponding competition methods and activity plans for children's health competition. Tao Xingzhi has also guided people's health by building a "fortress of health". In addition to paying attention to hygiene in all aspects of daily life, he also emphasized the importance of health care awareness. He advocated building the health fortress on pits, on trash cans, in kitchens, on well water sources, and most importantly in the minds of the public. In school physical education, Tao Xingzhi emphasizes both physical education and health. Tao Xingzhi once wrote an article entitled "School

Equipment and Health", in which health law, physical examination, vision examination, hiring school doctors, setting up school nannies and other contents all reflect the school's attention to physical education and medical care. Next, Tao Xingzhi pointed out the importance of school health, defined the scope of school health as five aspects of equipment health, teaching health, personal health, gymnastics and physical examination, and explained the specific content of school equipment health and teaching method health, school physical education and health, emphasizing the importance of health. He incorporated health knowledge, principles and habits into the curriculum so that students can prevent the nip. Taking the United States as an example, he pointed out that the development of school health today was first learned from the United States. However, the promotion of school health in the United States was actually based on the Boston outbreak in 1894, only 25 years ago. Tao Xingzhi hopes that Chinese schools can publicize and promote school health and physical education and health. He believes that by giving time and efforts to practice and exploration, China will surely become a model of school sports and health in the world in the future.

3.3 Advocate "Life Sports" and Advocate Integrating Sports into Daily Life

Tao Xingzhi advocates "life sports" and points out that "we firmly believe that health is the starting point of life and the starting point of education", reflecting the close connection between life and education. Tao Xingzhi also pointed out that health, labor, science, art, transformation of society are a part of life [2]. Tao Xingzhi also clearly put forward the educational concept of combining sports with life in the article "Life Sports". He regarded the daily production activities as a kind of physical activity, which he regarded as a major way of improving the physical fitness. From Tao Xingzhi's "Our Games", we can see that "life sports" is a new concept. From the title alone, "Our Games" is a very common sports event article, however, when carefully reading the content of Tao Xingzhi, you will find that the original sports competition in this article has evolved into playing football, boxing, kite, axe, carrying dung bucket, dance hoe and so on." Our Sports Meeting" reflects Tao Xingzhi's simple "view of life and sports". Tao Xingzhi believes

that "sports are everywhere", "sports" has penetrated into People's Daily life, and "sports meeting" is all the production and labor situation.

3.4 Advocating Physical Strength and Advocating the Combination of Sports and Military Training Popularization

Tao Xingzhi lived in an era when a country had domestic and foreign invasion and the country was weak. Yan Fu pointed out that this is the period of "encouraging the people's power". Yan Fu advocated "three education, sports, strengthening physical, strengthening education, advocating physical strength, and constantly shaping the Chinese nation as an excellent nation" [3]. At that time, the educational policy had always attached great importance to "martial arts" and "military and civilian education", and Tao Xingzhi also held this idea, that is, to advocate physical strength and attach importance to national fitness. Tao Xingzhi put forward that: "the purpose of sports is the health of the nation" [4]. Tao Xingzhi is a great educator, he is committed to serving human beings and seeking happiness for the whole nation, he put all his expectations on the people, expect the people to learn martial arts to be strong, but also hope to cultivate a group of young talents as soon as possible, so that young people can shoulder the responsibility of the mission to save the country. Strive for young people to control their own rights and play an important role in future wars and construction. Tao Xingzhi did not approve of learning the traditional martial arts of "attention, forward and later", and advocated the national soldiers. He pointed out that the life of soldiers fundamentally lies in training, which can not only cultivate a fearless heart, but also allow them to use their own strength to defend themselves. The military training advocated by Tao Xingzhi includes "boxing", "sword", "gun", "stone lock", "iron stick" and new tactics, etc. Obviously, China's "martial arts" and "art of war" have become an important part of Tao Xingzhi's military education. Tao Xingzhi attaches great importance to martial arts. He proposed to create a new kung fu to break through traditional martial arts routines. Tao Xingzhi also hoped that the people could protect their country through military training. He aims to extend human nature through martial arts education to achieve the purpose of "benevolence", governing the country by

"virtue", punishing the evil and promoting the good, defending the people and protecting the country. It can be seen that Tao Xingzhi's sportsmanship has a fearless spirit, a sense of justice and a strong sense of social responsibility. Tao Xingzhi unified "sports" and "military", related "individual body" with "the rise and fall of the country", and regarded "movement" as an effective way of "military" and "resisting aggression" [5], so as to "strengthen the body", thus creating a healthy China. This is exactly the lofty ideal and ultimate concern of Tao Xingzhi in advocating military sports and cultivating the people's army.

4. The Contemporary Value of Tao Xingzhi's Sports Thought

4.1 Emphasize the Harmonious Development of Body and Mind, and Highlight the Value of Sports Education

For a long time, our physical education quality assessment is based on students' proficiency and physical tests, lack of attention to the value of physical education [6]. Physical education should not only cultivate students' sports knowledge and skills, but also cultivate students' emotional attitude and values. On the premise of paying attention to the coordinated development of students' physiology and psychology, we should also pay attention to the improvement of students' understanding of sports and skills, enhance their physique and the concept of lifelong sports, and strengthen the cultivation of students' inner sports spirit and quality. At present, in the environment of attaching importance to the comprehensive development of students, physical education, as an important means of education, also adds new meaning to the value of sports. At the same time, education has also entered a new stage. We should have a more systematic and scientific understanding of physical education teaching, give full play to its subject characteristics, and pay attention to the development and enlightenment of body and mind under the premise of improving our physical fitness. The use of physical education, improve students' physical quality, enhance their cooperation ability, management ability and self-control ability, self-esteem and self-confidence, perseverance and hard work will and quality. We should not only take sports as a beneficial way of exercise, but also take it as a carrier of "cultivating people by virtue". On this

basis, combined with China's national conditions, establish and improve the policy system of school physical education in China, and take multiple measures to further realize the value of physical education teaching. Tao Xingzhi's teaching concept of "physical education, labor, wisdom, beauty and morality", and the comprehensive education thought of cultivating a sound personality, still play a very important reference role in guiding the reform of school physical education, which is being vigorously promoted in China today.

4.2 Return to the Origin of Sports and Implement the First Priority of Health

The core of Tao Xingzhi's physical education concept is "healthy body" and "health first". Tao Xingzhi takes the "health" of the whole nation as the goal and advocates to pay attention to the health care in life. He advocated the inclusion of physical education and health in the school teaching system, to achieve the combination of physical education and health. Tao Xingzhi attaches great importance to children's health and health care, pays attention to physical examination and health examination, attaches importance to the responsibility of childcare and the ethical cultivation of nannies. In addition, Tao Xingzhi also attaches great importance to the safety of campus sports facilities and sports equipment. The sports thought of "health first" put forward by Tao Xingzhi still has a great reference effect for our school physical education teaching today. The attribute of physical education itself determines that the center of school physical education is health education, which highlights the attention of today's society to the physical quality of the whole people. At present, there are too much attention to the results and ignore the students 'physical endurance, or too "safe" education, which can not effectively mobilize the students' interest in learning, but also can not achieve the goal of fitness, which hinders the improvement of "health". With the promulgation and implementation of the "Healthy China 2030" plan, it is inevitable to improve the national health literacy and strengthen school health education. The concept of "healthy China" has promoted the inclusion of health education in the universal education, which plays a decisive role in realizing the grand blueprint of healthy China. Therefore, under the background of "healthy China", it is necessary to put the concept of

"health first" throughout the development of the whole school education.

4.3 Improve the Health of the Whole People and Realize the Dream of Becoming a Strong Sports Country

Tao Xingzhi advocates physical strength and attaches importance to the value of sports to strengthen the people and power. He called on the general public to conduct large-scale military training and learn marksmanship, martial arts and boxing. At the same time, he also values the health significance of traditional Chinese sports and the fitness value of modern military training. The military sports concept of defending the enemy and protecting the country is an important part of Tao Xingzhi and protecting the people and the country. It not only inherits the traditional Chinese sports culture, but also absorbs the military training concept of the western army. Tao Xingzhi pointed out that the purpose of sports is the well-being of the people, and the weak health of the Chinese people is an important factor in the humiliation of the Chinese people. CAI Yuanpei, Zhang Boling and a group of famous educators have focused on the value and role of sports, that is, how to enhance the constitution of the nation is related to the destiny and future of the nation. Sports history shows that from "a person's Olympic" to "realize the Olympic dream", from "the sick man of Asia" to "sports power" to "sports", sports with Chinese characteristics is not just a person's honor, but about the prosperity and decline of the country, it and the people's physique, national image, national spirit cohesion and dissipate about.

4.4 Based on the Development of Life Sports, Advocate Sports to Return to Life

Tao Xingzhi advocates "life physical education", and has set up a variety of physical education curriculum systems which are closely related to life and have various forms in the school physical education teaching practice." Life" is the inevitable trend of the current school physical education reform and development [7]. Physical education teachers in the teaching should pay attention to build life situation, to combine the characteristics of the students and the development situation carefully choose the teaching material, creating to mobilize students' choice, self development life scene, guides the student in the rich variety of life situation

experience vivid life, actively absorb nutrition and power for their own development [8]. Physical education teaching attaches great importance to process participation and successful experience. In physical education teaching, physical education teachers should be connected with real life, create a teaching situation that makes students feel relaxed, harmonious and happy, and set relevant games according to students' age and personality characteristics, so as to improve students' physical quality. By cultivating students' interest, stimulating their enthusiasm for learning and promoting their active participation, it can promote the physical and psychological development of students to the greatest extent. In practice, it is necessary to correctly use physical education teaching means, moral, wisdom, aesthetic content into physical education teaching, life, promote students in physical education learning to develop scientific health habits and healthy lifestyle, so that sports rely on life, from life, transform life [9].

5. Conclusion

The return of physical education teaching to life is the inevitable trend of school physical education reform. "Teaching integration" has become the mainstream concept and method of school physical education teaching, which plays an extremely important role in changing the traditional classroom teaching content technical, single teaching form, ignoring the main needs of students, and improving the quality of physical education teaching. In the school physical education teaching, only by integrating "teaching", "learning" and "doing", can we realize the mutual benefit of teaching and learning, and realize the real "unity of teaching and doing".

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