

Collaborative Governance Paths for Cultivating Adolescents' Sports Literacy from the Perspective of the Integration of Physical Education and Academic Education

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Abstract: The integration of physical education and academic education is an important strategy to promote the all-round development of adolescents, and the cultivation of sports literacy is a crucial part of it. Based on the collaborative governance theory, this paper uses methods such as literature research and case analysis to deeply analyze the connotation and value of cultivating adolescents' sports literacy from the perspective of the integration of physical education and academic education, sort out the current dilemmas, and propose targeted collaborative governance paths. The research finds that there are currently problems such as an inefficient management system, unbalanced resource allocation, and an imperfect evaluation system. By constructing a collaborative governance mechanism, optimizing resource allocation, improving the evaluation system and other measures, it is possible to effectively enhance adolescents' sports literacy and promote the in-depth development of the integration of physical education and academic education.

Keywords: Integration of Physical Education and Academic Education; Adolescents; Sports literacy; Collaborative Governance

1. Introduction

The integration of physical education and academic education, as an important measure in the reform of the education and sports fields, aims to break down the barriers between education and sports, and promote the improvement of adolescents' physical fitness and sports literacy while advancing their academic progress. The cultivation of adolescents' sports literacy is of far-reaching significance for personal growth, the development of the national sports industry, and social progress. However,

during the advancement of the integration of physical education and academic education, the cultivation of adolescents' sports literacy faces many challenges. A single entity is difficult to effectively address these challenges. Therefore, it is urgent to introduce the concept of collaborative governance, integrate resources from all parties, form a joint force, and explore practical cultivation paths. This research focuses on this issue, hoping to provide theoretical support and practical guidance for the practice of the integration of physical education and academic education, and contribute to the all-round development of adolescents.

2. Connotation and Value of Cultivating Adolescents' Sports Literacy from the Perspective of the Integration of Physical Education and Academic Education

2.1 Connotation Explanation

The integration of physical education and academic education emphasizes the organic combination of education and sports. It is not simply the addition of the two, but a deep integration in multiple aspects such as goals, resources, and processes to achieve the coordinated development of education and sports. Its core lies in cultivating adolescents' sports interests, motor skills, and health awareness through the education system, and integrating physical education into all stages of adolescents' growth, making sports an important part of adolescents' all-round development.

Adolescents' sports literacy is a comprehensive concept that covers multiple dimensions such as sports knowledge, motor skills, sports awareness, and sports morality. Sports knowledge includes an understanding of the rules of various sports, sports physiology principles, sports health knowledge, etc. Motor skills refer to the abilities that adolescents possess to participate in

different sports activities, such as ball-game skills and track-and-field skills. Sports awareness is reflected in adolescents' emphasis on physical exercise, their willingness to actively participate in sports activities, and their perception of the value of sports. Sports morality involves qualities such as fair play, teamwork, and perseverance demonstrated in sports activities. From the perspective of the integration of physical education and academic education, the cultivation of adolescents' sports literacy requires the joint participation of multiple entities such as schools, families, and society. Through diversified educational and practical activities, it promotes the development of adolescents in all dimensions and realizes the comprehensive improvement of sports literacy.

2.2 Value Analysis

From the perspective of adolescents' individual development, good sports literacy has a positive impact on their physical and mental health. Scientific research shows that regular physical exercise can promote the normal development of adolescents' bodies, enhance their physical fitness, improve their immunity, and prevent diseases such as obesity and myopia. At the same time, sports activities can stimulate the brain to secrete neurotransmitters such as endorphins, improve adolescents' emotional states, relieve learning pressure, and cultivate a positive and optimistic mindset. Psychologically, participating in sports competitions and team activities helps adolescents build self-confidence, improve self-awareness and self-evaluation abilities, and cultivate indomitable willpower and good psychological qualities, enabling them to better cope with various challenges in learning and life.

For the development of the country and society, the improvement of adolescents' sports literacy has important strategic significance. On the one hand, a high-quality adolescent sports group is the solid foundation for the development of the national sports industry, which can cultivate reserve talents for competitive sports and promote the transformation of our country from a large sports country to a strong sports country. On the other hand, improving adolescents' sports literacy helps to create a good atmosphere in society where people love and participate in sports, promotes the development of the national fitness cause, improves the overall health level of the people, and provides strong human

resources support for social and economic development. In addition, the values of teamwork and fair play contained in sports literacy also play a positive role in cultivating adolescents' sense of social responsibility and civic awareness and promoting social harmonious development.

3. Current Situation and Dilemmas in the Cultivation of Adolescents' Sports Literacy from the Perspective of the Integration of Physical Education and Academic Education

3.1 Barriers in the Management System

At present, there are significant barriers in the management systems of the education and sports departments. These barriers have become major obstacles to the advancement of the integration of physical education and academic education and the cultivation of adolescents' sports literacy. When formulating policies and plans, the education department often focuses on the development of cultural education and relatively neglects physical education. As a result, physical education courses are marginalized in school education, and it is quite common for physical education class hours to be occupied by other subjects. On the other hand, the sports department pays more attention to the results of competitive sports. In resource allocation, it tends to prioritize professional sports training and event organization, providing limited investment and support for school physical education.

This separation in the management system leads to a lack of effective communication and coordination between the two departments in cultivating adolescents' sports literacy. For example, in the cultivation of sports talents, the education and sports departments operate independently, lacking unified cultivation standards and plans. This results in redundant talent cultivation and waste of resources. Moreover, due to unclear management responsibilities, when faced with specific issues related to the integration of physical education and academic education, the two departments tend to shift responsibilities, which affects work efficiency and the effectiveness of cultivating adolescents' sports literacy.

3.2 Unbalanced Resource Allocation

Unbalanced resource allocation is another challenge in cultivating adolescents' sports

literacy in the context of the integration of physical education and academic education. In terms of school sports resources, the sports fields, equipment, and facilities in many schools are outdated and cannot meet the diverse sports and exercise needs of students. Some schools lack standard sports fields such as track and field stadiums, football fields, and basketball courts. The quantity and variety of sports equipment are severely insufficient, and updates are not timely. Additionally, the construction of the physical education teaching staff lags behind. There is a shortage of professional physical education teachers, and the teaching abilities and professional qualities of some teachers need improvement, making it difficult to provide high-quality physical education teaching and guidance to students.

Regarding social sports resources, although there are abundant resources such as sports stadiums and clubs in society, their integration with school sports is relatively low. The proportion of social sports stadiums open to schools is not high, and their opening hours and service content often fail to meet the needs of schools. The cooperation between sports clubs and schools also faces many obstacles. The cooperation forms are single, lacking depth and sustainability, and it is difficult to establish an effective collaborative education mechanism. This unbalanced resource allocation restricts adolescents in their sports and exercise and the cultivation of sports literacy, preventing them from fully utilizing various resources to enhance their sports literacy.

3.3 Imperfect Evaluation System

The existing evaluation system for adolescents' sports literacy has many shortcomings and cannot effectively guide and promote the cultivation of adolescents' sports literacy. In school education, the evaluation of students' sports literacy mainly relies on the examination results of physical education courses. The evaluation content focuses on the assessment of motor skills, neglecting the evaluation of sports knowledge, sports awareness, and sports morality. The evaluation methods are also relatively single, mainly using summative evaluation, lacking formative evaluation and comprehensive evaluation. Thus, it cannot comprehensively and accurately reflect students' progress and development during the process of physical education learning and exercise.

At the social level, there is a lack of unified and

scientific evaluation standards and monitoring systems for adolescents' sports literacy. The evaluation methods and standards vary greatly among different regions and schools, making it difficult to effectively compare and analyze the development of adolescents' sports literacy. Moreover, the application scope of evaluation results is limited. They are not linked to students' further education opportunities, such as entrance to higher-level schools, or to evaluations for excellence, and cannot provide targeted decision-making references for schools and education departments. As a result, schools and parents do not pay enough attention to the cultivation of adolescents' sports literacy.

4. Theoretical Basis of Collaborative Governance for Cultivating Adolescents' Sports Literacy from the Perspective of the Integration of Physical Education and Academic Education

The collaborative governance theory emphasizes the cooperation and interaction among multiple subjects. By integrating resources from all parties and coordinating the interests of all parties, the common governance goals can be achieved. From the perspective of the integration of physical education and academic education, the cultivation of adolescents' sports literacy involves multiple subjects such as the education department, the sports department, schools, families, and society. These subjects all play unique roles and have values in the cultivation of adolescents' sports literacy.

As the department in charge of education, the education department should play a leading role in the cultivation of adolescents' sports literacy. It should formulate scientific and reasonable education policies and plans, promote the reform and development of school physical education, and strengthen the supervision and management of school physical education work. The sports department should utilize its advantages in sports resources and professional talents to provide technical support and resource guarantees for school physical education, and assist the education department in carrying out physical education teaching and competition activities. Schools are the main front for cultivating adolescents' sports literacy, undertaking important responsibilities such as physical education curriculum teaching, organization of sports activities, and guidance for students' physical exercise. Families are the primary

environment for adolescents' growth. Parents' sports concepts and behaviors have a subtle influence on the formation of adolescents' sports literacy. They should actively cooperate with schools and society to cultivate their children's sports interests and habits. All sectors of society, such as sports social organizations and enterprises, can participate in the cultivation of adolescents' sports literacy by providing sports resources and carrying out sports activities, creating a good sports environment for adolescents.

Based on the collaborative governance theory, constructing a multi-subject collaborative governance mechanism can give full play to the advantages of each subject, realize resource sharing and complementary advantages, form a strong educational joint force, and jointly promote the improvement of adolescents' sports literacy. By establishing an information sharing platform, strengthening communication and coordination, and clarifying the division of responsibilities, the barriers among subjects can be broken, and effective cooperation among subjects can be promoted, thereby improving the efficiency and quality of cultivating adolescents' sports literacy.

5. Collaborative Governance Paths for Cultivating Adolescents' Sports Literacy from the Perspective of the Integration of Physical Education and Academic Education

5.1 Constructing a Collaborative Governance Mechanism

Establishing an inter-departmental coordination agency is a key measure to break the barriers in the management system. Led by the government, a leading group for the integration of physical education and academic education, involving multiple departments such as education, sports, finance, and human resources and social security, should be established to overall plan and coordinate the promotion of the integration work. Clearly define the division of responsibilities of each department. The education department is responsible for the organization and implementation of school physical education, curriculum setting, and the construction of the teaching staff. The sports department is responsible for providing sports resource support, guiding physical education teaching and competition activities, and cultivating reserve sports talents. The finance department is

responsible for ensuring the funding input for the integration of physical education and academic education. The human resources and social security department is responsible for formulating relevant policies to solve issues such as the establishment and professional title evaluation of physical education teachers. Regularly hold joint meetings to jointly study and solve major problems encountered in the process of the integration of physical education and academic education, ensuring the smooth progress of all work.

Build a communication and cooperation platform for multiple subjects to promote information sharing and resource integration. Utilize Internet technology to establish an information management platform for the integration of physical education and academic education, integrating information such as school sports resources, social sports resources, and students' sports literacy data, to achieve information interconnection and interoperability among all subjects. Through the platform, schools can release information on sports activity requirements and resource shortages, and social sports organizations and enterprises can release information on sports resource supplies, promoting the effective matching and sharing of resources. At the same time, establish an online and offline communication mechanism, regularly organize communication activities participated by subjects such as the education department, the sports department, schools, families, and society, strengthen communication and cooperation, and jointly explore new ideas and methods for cultivating adolescents' sports literacy.

5.2 Optimizing Resource Allocation

Increase investment in school sports resources to improve school physical education teaching conditions. The government should increase financial investment in the construction of school sports fields, equipment, and facilities. Build various sports fields in accordance with national standards, equip sufficient and advanced sports equipment, and regularly maintain and update them. Strengthen the construction of the physical education teaching staff. Through methods such as public recruitment and special post plans, supplement professional physical education teachers to increase the quantity and quality of physical education teachers. At the same time, strengthen the training and continuing education of physical education

teachers. Regularly organize physical education teachers to participate in professional training, teaching seminars, and skill competitions to improve teachers' teaching levels and professional qualities.

Promote the integration of social sports resources and school sports to broaden the channels for adolescents' physical exercise. Formulate policy measures to encourage the opening of social sports resources to schools. Through government-purchased services, subsidies, and other means, guide social sports stadiums, clubs, etc. to open to schools, providing students with more places and opportunities for physical exercise. Establish a long-term cooperation mechanism between schools and social sports organizations. Encourage schools to cooperate with sports clubs, sports training institutions, etc. to jointly carry out physical education teaching, training, and competition activities to improve students' sports skill levels. For example, schools can cooperate with football clubs to carry out campus football activities, hire professional coaches from the clubs to guide students' training, and organize students to participate in football competitions.

5.3 Improving the Evaluation System

Establish a diversified evaluation index system to comprehensively and scientifically evaluate adolescents' sports literacy. In addition to motor skills, sports knowledge, sports awareness, sports morality, and other aspects should be included in the evaluation scope, and corresponding evaluation indicators should be set. For example, students' mastery of sports knowledge can be assessed through theoretical examinations, knowledge competitions, etc. Students' sports awareness can be evaluated by observing their performance in sports activities and their enthusiasm for participating in sports clubs. Students' sports morality can be judged by their behaviors in sports competitions and their team-cooperation spirit. At the same time, pay attention to formative evaluation. Establish a growth file for students' sports literacy to record their performance, progress, and development during the process of sports learning and exercise. Combine the results of formative evaluation with those of summative evaluation to comprehensively and objectively evaluate students' sports literacy.

Strengthen the application of evaluation results to give play to the guiding and motivating role of

evaluation. Link the evaluation results of adolescents' sports literacy with students' further education opportunities, such as entrance to higher-level schools, and evaluations for excellence. Appropriately increase the proportion of sports scores in the high-school entrance examination and college entrance examination. Give preferential consideration to students with excellent sports literacy in further education and evaluations for excellence. At the same time, use the evaluation results as an important basis for assessing school sports work. Commend and reward schools with outstanding sports work achievements, and urge and rectify schools where sports work is not effectively implemented. By strengthening the application of evaluation results, guide schools, families, and society to attach importance to the cultivation of adolescents' sports literacy, and stimulate students' enthusiasm and initiative to participate in physical exercise.

5.4 Strengthening the Collaboration between Families and Society

Strengthen the responsibility of family sports education and create a good family sports atmosphere. Parents should establish correct educational concepts, recognize the importance of sports for adolescents' growth, and actively support their children to participate in sports activities. Encourage parents to participate in physical exercise with their children, such as parent-child sports and outdoor activities. This can not only enhance the parent-child relationship but also cultivate children's sports interests and habits. Pay attention to children's sports learning and exercise situations, maintain close communication with schools, and jointly promote children's sports development. In addition, parents should lead by example, develop good sports exercise habits, and set a good example for their children.

Guide social forces to participate in the cultivation of adolescents' sports literacy and create a good social atmosphere. Sports social organizations should give full play to their professional advantages and carry out various sports activities for adolescents, such as sports training, sports competitions, and sports cultural exchanges, to enrich adolescents' sports life. Enterprises can participate in the adolescent sports cause and fulfill their social responsibilities by sponsoring sports competitions, donating sports equipment, and

supporting school sports construction. The media should increase the intensity of publicity and reporting on adolescent sports, spread sports culture and sports spirit, increase social attention to adolescent sports, and create a good social atmosphere where the whole society cares about and supports the cultivation of adolescents' sports literacy.

6. Conclusion

The cultivation of adolescents' sports literacy from the perspective of the integration of physical education and academic education is a systematic and complex project that requires the collaborative efforts of multiple subjects, including the education department, the sports department, schools, families, and society. At present, in the process of cultivating adolescents' sports literacy, there are problems such as management system barriers, unbalanced resource allocation, and an imperfect evaluation system, which seriously restrict the improvement of adolescents' sports literacy and the in-depth development of the integration of physical education and academic education. By constructing a collaborative governance mechanism, establishing inter-departmental coordination agencies, building communication and cooperation platforms for multiple subjects to break management system barriers; optimizing resource allocation, increasing investment in school sports resources, and promoting the integration of social sports resources and school sports; improving the evaluation system, establishing a diversified evaluation index system, and strengthening the application of evaluation results; strengthening the collaboration between families and society, strengthening the responsibility of family sports education, and guiding social forces to participate, the current problems can be effectively solved, adolescents' sports literacy can be improved, and the integration of physical education and academic education can be promoted to develop in depth. In the future, we should continue to pay attention to new problems and challenges in the practice of the integration of physical education and academic education, continuously improve the collaborative governance path, lay a solid foundation for the healthy growth and all-round development of adolescents, and provide strong support for the sustainable development of the national sports industry.

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