

The Excavation of Sports Spirit of National Southwest Associated University

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Abstract

As the 2022 Beijing Olympics, society to the attention of sports spirit is also constantly improve, the role of sports spirit on people's ideology is becoming more and more obvious, in this paper, by studying the national southwestern united university sports, in southwest sports as the research object, and on the southwest of sport to carry out the investigation and analysis of the historical situation. By means of reading literature, this paper tries to dig out the valuable historical experience of southwest Associated University in the process of developing sports, and get some enlightenment from it, so as to carry forward the sports spirit of Southwest Associated University to the contemporary people.

Keywords

National Southwest Associated University; Sportsmanship; Sports.

1. Introduction

For the study of Chinese sports history, since the Restoration and Reform Movement at the end of the 19th century, after about a century of development, a relatively complete disciplinary system has been formed. Especially after the founding of New China, whether as a branch of sports science or as a field of national history research, it has formed its own characteristics in terms of scale and architecture. Today, when we re-examine the development process of Chinese sports history, we can find that contemporary Chinese sports historiography is in an important transition period. The holding of the 2022 Beijing Winter Olympics, the society's attention to sports continues to increase, the role of sportsmanship is becoming more and more obvious, especially the development of college sports, in terms of the cultivation of talents, the contribution to the development of Chinese sports is huge, the post-00 members have made great contributions to the Winter Olympics, and in recent years, the development of college sports has also made great progress, and the great sports spirit behind it occupies a large part of the reasons. Therefore, studying the history of university sports in a specific historical period of Southwest Associated University and excavating the deep cultural factors behind the success of Southwest Associated University are of far-reaching significance for grasping the current situation of China's sports history, cultivating sports talents in Chinese universities and even society.

2. "Southwest Associated University" and the Profound Connotation of the Spirit of the Southwest Associated University of "Fortitude and Perseverance"

"Southwest Associated University" is a higher education institution that was relocated to Kunming by Peking University, Tsinghua University and Nankai University during the War of Resistance Against Japanese Aggression.

In November 1938, the 95th Standing Committee of Southwest Associated University decided to take "Fortitude and Perseverance" as the motto. It is these four words that fully embody the unique personality temperament of Southwest Associated University and concentrate on the connotation essence of the spirit of the United Nations General Assembly. It highly encompasses the specific core of the spirit of Southwest Associated University, profoundly reveals the eternal personality foundation and excellent personality traits of the spirit of Southwest Associated University, and completely shapes the perfect personality charm and tall personality image of Southwest Associated University. The word "rigid" embodies the characteristics of personality temperament, which means to be upright, strong, upright, and upright; the word "resolute" embodies the attitude of life choice, which means to be resolute and resolute, bold, clear, and prudent in thinking; the word "strong" embodies will and belief, which means perseverance and perseverance, and the will is firm and unshakable; the word "Zhuo" embodies the wisdom of talent, which means that it is outstanding and that the wisdom is superior. To put it bluntly, it is precisely this spirit of "fortitude and perseverance" of the Southwest Associated University that, in an extremely difficult wartime environment, has condensed China's patriotic intellectuals, cultivated outstanding talents who have shocked China and foreign countries, embodied the spirit of the Chinese dream of realizing the great rejuvenation of the Chinese nation, and created a unique miracle in the history of education in China and even in the world.

3. Investigation and Analysis of Sports History of Southwest Associated University

3.1. The Teachers and Students of the Southwest Associated University Lived A Hard Life, with Simple Clothes, Food and Housing

The life of the students of the Southwest Associated University during the War of Resistance Against Japanese Aggression and their difficult and difficult living conditions are incomprehensible to Westerners, who believe that the use of gasoline tanks as beds and desks by students in southwest China is a myth and a miracle. However, these quasi-myths, similar miracles, and almost impossible things are all true portrayals of the life of the Southwest Associated University at that time. In terms of clothing, most of the students of Southwest Associated University are ragged, wearing a long shirt and a uniform all year round. In terms of food, most of the students are quite bitter, because the war has led to an increase in prices in Kunming through inflation. The same currency in Kunming and elsewhere in China has less purchasing power. Because of poor food, the school infirmary is filled with patients every day, and out of every ten patients, five are malnourished. However, for Southwest Associated University students, the most problematic is the living aspect, Southwest Associated University in Kunming has a total of four or five school buildings, need to accommodate more than 3,000 students, dormitory conditions are far from meeting the problem of student accommodation, so many students with good conditions rent near the school, and generally shabby students can only spend their study life in crowded dormitories and libraries.

3.2. Dilapidated, Backward Venue Facilities

Southwest Associated University has several sports venues, and the teaching venues are relatively scattered, such as the front of the Sports Department of the North District of the new school building, the stadium of the Kunzhong North Courtyard, the playground of the girls' dormitory of the South Courtyard, and the sports field borrowed by the College of Engineering. These sports activity fields have some wooden plank walls, plum blossom piles (pile height 10 cm, diameter 20 cm), triple railing (frame spacing of 2 meters, respectively, 60, 80, 100 cm high), basketball racks, football goal frames and other simple facilities, used to carry out a variety of straddling, jumping, soaring and other actions to develop students' physical qualities such as

strength, balance, agility, coordination, etc., and can also cultivate students' strong, brave, not afraid of difficulties and other qualities. The sports field has an irregular athletic field, which is more accurate to describe it than an athletic field. With an area of about 100 square meters, the terrain is low-lying and prone to water accumulation. Every year during the summer vacation in July and August, weeds are grown up, and teachers and students need to cut these weeds in September to take physical education classes, and there is a simple hut next to the track and field where equipment is stacked. Due to the limitations of equipment conditions, extracurricular sports activities are mainly the participation of sports-loving activists, who form various teams, hold various sports competitions on campus, and organize sports fraternities to attract many students to participate.

3.3. From Time to Time, It Is Affected By the Chaos of War

During the War of Resistance Against Japanese Aggression, the Southwest Associated University lived in a woolen house, starved of food, and from time to time had to face the bombing of Japanese planes. Teachers and students must not only overcome the difficult conditions of study and life, but more importantly, ensure the safety of life and avoid the attack of shells. As a result, long sirens sounded and people ran into the mountains and trenches near the school, a sight that teachers and students were accustomed to. Class times also had to change at any time with the war, and many class times were adjusted to the evening. In the process of dodging the shells, many teachers and students died, but the pace of teaching never stopped. For the sake of the future of the motherland, for the rejuvenation of the nation, and for the independence of the country, the teachers and students have no retreat or fear, but a spirit of "fortitude and perseverance" always spurs them to work hard. Even in the war-torn Southwest Associated University, teachers and students have made various achievements. According to statistics, from 1938 to 1946, in 8 years, about 8,000 students and about 3,800 graduates studied at Southwest Associated University. Among them, more than 1,000 people have become well-known academicians, senior engineers, scientists, poets, writers, senior government leaders and so on in many fields in China.

3.4. The Teaching Content and Teaching System of Physical Education at Southwest Associated University

The physical education teaching of Southwest Associated University is rich in content and interesting. A physical education class contains a number of basic skills practice, including three major balls, handball, softball, etc., as well as high jump, sprinting, discus throwing and other athletics. Each lesson begins with a run, which is both a preparatory activity and an exercise in basic skills. Then you need to do 4-6 freehand exercises, one is the whole body movement of the upper and lower limbs in different rhythms and passwords. The other type is mainly waist and abdomen exercises, that is, sanitary exercises, which are various in form and change every week.

There are also uniform regulations on the content of the examination. Run 800 meters or 1500 meters, high jump, long jump or standing long jump, throw sandbags or homemade sandbags, and throw grenade tests that were unique to that war-torn era. Each examination item has a certain test requirement, and at the same time, the examination is not limited to death, and there is no lack of humanistic care for students, taking care of the life and nutritional conditions of wartime students. As long as students do not miss classes and ensure attendance in physical education classes, it is not difficult to pass the exam. Otherwise, as a compulsory physical education course, if the student has not completed four years, there is a situation of missing classes or failing the examination, they will not be able to graduate successfully and must make up for it. At that time, there were students who had completed the graduation credits to continue to return to the school for physical education classes, and only after completing the physical education credits did they get the graduation certificate.

There are not many physical education teachers in Southwest Associated University, except for John Ma, who is mainly in the school's girls' physical education, there are 2-3 teachers in each grade. Physical education classrooms require physical education teachers not only to impart physical skills, but also to teach scientific physical exercise methods and healthy living habits. In addition to the weekly fixed physical education class, students use a large amount of spare time to set up a number of student clubs and organizations for the purpose of physical exercise and the spirit of patriotism. Various sports club organizations employ physical education teachers as instructors and actively organize various sports competitions. Physical education teachers not only need to delve into physical education teaching methods and exercise methods, learn advanced sports science knowledge from abroad, and improve the quality of teaching, but also organize and tutor students' extracurricular sports activities and sports competitions in their spare time. Pay attention to cultivating students' sportsmanship in sports competitions, always adhere to educating students to correctly view their own shortcomings and mistakes in the game, and encourage students to dare to face and accept their own failures.

3.5. Extracurricular Sports Activities at Southwest Associated University

Extracurricular sports activities are the profound embodiment of the sports spirit of Southwest Associated University in life practice. According to historical records, between 1938 and 1940, it was a good period for the extracurricular sports activities of Southwest Associated University to be carried out, and every weekend or holiday, students would travel together and participate in outdoor activities. Among them, there are many sports clubs and organizations, such as the Iron Horse Sports Club, the Yo-Yo Sports Club, the King Kong Sports Club, the Spitfire Sports Club, etc. Football, volleyball, basketball, torch walking and other competitions are held between associations on campus and even between schools. At that time, people tried to call on people to actively participate in the War of Resistance Against Japan through the sports events organized by these sports associations, to prove that China was not the sick man of East Asia in the form of sports, and to prove the strength of their qi and blood in the form of sports. As Mr. Ma John gave a profound interpretation of the sportsmanship of Southwest Associated University: the spirit of sports lies in "persevering to the end and never losing." "Students learn various sports skills through physical education classes, strengthen sports quality, and temper their will and improve their social adaptability by actively participating in extracurricular sports activities."

4. Conclusion

Throughout history, during the War of Resistance Against Japanese Aggression, the Southwest Associated University, whether it was the conditions for running schools or living conditions, was very difficult, teachers and students were hungry, the road was blue, they used simple sports facilities, and they were also subjected to Japanese air raids at any time. But in this extremely difficult environment, teachers and students have not stopped the pace of physical education classes, but the physical education classes in this special period can exercise people's willpower. The sports activities of Southwest Associated University adhere to the sports spirit of "fortitude and perseverance", hold the determination to win the War of Resistance, adhere to the physical exercise to the end, and try to make their due contributions to the motherland in the form of sports. If the youth is strong, then the country is strong. With a strong physique, we can have a full spirit and make more contributions to the motherland.

All the teachers and students of Southwest Associated University are poor and strong, create brilliant scholarship, cultivate a large number of outstanding talents for the country, not only turn Southwest Associated University into a world-class university, but also create a miracle in the history of world education and write a glorious page in the history of human culture. It composed the spirit of patriotism, democracy, science and fortitude of the Southwest

Associated University. This kind of sportsmanship has become a precious spiritual food for the people of the whole country to work hard, and it is also a profound embodiment of the excellent traditional culture of the Chinese nation in the war years, and the Southwest Associated University has become a model of sports in China's colleges and universities during the War of Resistance. After the return of the three schools to the north, the teachers and students of Southwest Associated University spread all over the land of China, spreading the seeds of the sportsmanship of Southwest Associated University everywhere, laying a solid foundation for the extensive development of sports after the founding of new China, and making indelible contributions to the sports cause of the Chinese nation.

Back to reality, it is stated in the "Records of the Three School Pavilions" of Yunnan Normal University (the former site of Southwest Associated University): "The god of the Pavilion of Thought is with the years of heaven and earth." Eight years of hard work, although there are no high-rise buildings, but the hut university, the master is like a cloud: eight thousand disciples, almost lack of cloth, vegetables and food, but the ham bench is full of talents. Why? Si Bei University, expand the academic freedom, inclusive mind; Si Qinghua, the tree self-improvement, the character of virtue and material; Si Nan Kai, the development of fairness and fairness, the ever-changing realm, inheriting the spirit of the former sages, perseverance and perseverance, and those who learn later, think about it! Do it! Mr. Feng Youlan once said at the inauguration ceremony of the replica monument of Peking University Spoon Garden: "The end of Southwest Associated University is not a grand event of a generation. Today, the spirit of the General Assembly should still be carried forward!" These historical materials fully show that in today's rapid development of higher education, in-depth consideration of the history and spirit of Southwest Associated University has become a need for cultural and spiritual inheritance. This kind of sportsmanship of the Southwest Associated University is a concrete manifestation of the spirit of the Chinese nation, and it is worth learning, inheriting and carrying forward to each of us today. Digging deep into the sports history of Southwest Associated University is to better inherit and carry forward the great national spirit of "fortitude and perseverance" of Southwest Associated University, pinned on the ardent expectations of party and state leaders, and is the unshirkable responsibility and mission of our new generation of socialist successors with Chinese characteristics.

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