

# Research on the Triple Education Mode of College Sports in the New Era Under the Guidance of the Spirit of the Winter Olympics

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## Abstract

The Beijing games spirit not only to the world credible lovely and respectable image of China, Chinese style and China, tenacious struggle, win honor for the Olympic athletes also fully shows our nation li strenuous, relentlessly resourceful not idle, confident open, magnanimous, grasped the nettle, indomitable spirit and high morale. Therefore, based on the analysis of the spirit of the Winter Olympics, this paper puts forward the reform and innovation countermeasures of university sports centering on the triple education mode of healthy bodied, lifelong athletes and those who win glory for the country.

## Keywords

The spirit of the Winter Olympics; Sports; Triple education.

## 1. Introduction

The 2022 Beijing Olympics a complete success and concluded, the Chinese team finally won nine gold MEDALS, four silver MEDALS and two bronze medal excellent results, ranked third in the medal table, under the efforts of the athletes made the best history, also shows the world China as a populous country development sports power and sports power confidence. Winter Olympics announced the end, the Olympic flame extinguished, but the Winter Olympics conveyed the sports spirit will be forever, the new era of university sports is in urgent need of innovation, let college youth really took the senior torch, bear the burden of sports construction, sports power construction, with a more confident and open attitude to the world. Under the guidance of the spirit of the Winter Olympics, exploring the triple education mode in the new era is an important choice to bear in mind and implement the instructions of General Secretary Xi Jinping's instructions of "establishing the education concept of health first". It aims to cultivate healthy people, lifelong athletes and win glory for the country through "diligent practice", "regular competition" and "sports ideological and political". Therefore, it is necessary to dig into the spirit of the Winter Olympics, clarify the triple education mode of physical education in universities in the new era, and actively promote the innovation of physical education in colleges and universities.

## 2. The Analysis of the Winter Olympics Spirit

(1) The image of China with vigorous efforts and earnest practice

Beijing Olympics after seven years of preparation, whether for participants or participants, hard work and perseverance courage to complete the task, show us historical performance at the same time shows the strong sense of responsibility, mission and sense of honor, shape formed a sharp, relentlessly idle image of China, further inspired our patriotism.

(2) The overall situation of China with the motherland and lofty aspirations

Beijing Olympics participants brave mission, mind, put the interests in the motherland first at the same time, show us the spirit of striving, the "big" Chinese big situation is the new era of college students training need precious spiritual wealth, guide college students to personal

ideal and national future, national destiny, set up good patriotism and national pride, with the Winter Olympics patriotism to strengthen national cohesion, centripetal force.

### (3) Confident, open and generous Chinese style

The Beijing Winter Olympics shows the excellent traditional culture and Olympic culture of the Chinese nation. From the preparation to the Olympic Games, from Olympic costumes to music, from sports competitions to awards, the beauty of culture and sports, and the confidence, openness and generosity further demonstrate the Chinese style. Especially in the world when watching ice and snow events, the games athletes confident tolerance, optimistic and open-minded spirit further shows the Chinese culture clever and thick, the new era through college sports guide young college students firm "four confidence", can further dig through sports profound culture of the Chinese nation, really draw the games spirit mining college students' youth and wisdom, so as to create an open tolerance, grace and self-confidence spirit.

### (4) The Chinese spirit of rising to difficulties and perseverance

The Beijing Winter Olympics is against the background of COVID-19 prevention and control. Both organizers and athletes show the spirit of not being afraid of hardship, rising to difficulties, fully demonstrating the high morale of the Chinese nation, and deeply explaining the Chinese spirit of "pressing the top of Mount Tai". Guided by the spirit of the Winter Olympics, we can better cultivate the Chinese spirit of college students rising to difficulties and perseverance.

### (5) The Chinese quality of pursuing excellence and making continuous breakthroughs

The Beijing Winter Olympics are carefully designed and considered in accordance with the highest standards and the strictest requirements. The Olympic athletes face up to the challenges and create historical achievements, fully demonstrating the Chinese spirit of pursuing excellence and making continuous breakthroughs. The new generation of athletes also present a lovely and respectable image like us, conveying the excellent quality of persistent concentration and excellence. Take the Winter Olympics athletes as an example, and guide college students to pursue excellence and increase their skills through sports.

### (6) A Chinese style of creating a better future, unity and cooperation

Winter Olympics success also represents people to the pursuit of peace, unity, progress, especially in the world one hundred accelerate the evolution of international and domestic double cycle, superposition of COVID-19 outbreak normalized prevention and control influence, the success of the Beijing Olympics further condensed the peace and friendship, solidarity and cooperation and inspire the energy of the world, further embodies the beauty of the strong, the enterprising, showing a great future, unity and cooperation. Under the guidance of the spirit of the Winter Olympics, to strengthen the innovative development of university sports, aiming to absorb the nutrition and strength of the spirit of the Beijing Winter Olympics, based on the trend of human development and the changes in the international and domestic situation, comprehensively improve the body, lifelong learning and their own quality, and become an outstanding youth who will build the motherland and win glory for the country.

## **3. Research on the Triple Education Mode of University Sports in the New Era under the Guidance of the Spirit of the Winter Olympics**

### (1) The first heavy: to cultivate a healthy body

In order to cultivate healthy people, it is emphasized that college students should establish the concept of health first through physical education. Therefore, under the guidance of the spirit of physical education, the teaching of the Winter Olympics lies in the physical exercise and physical exercise of college students, on the other hand, it also lies in the enhancement of physical fitness, personality and the exercise of will. The first colleges and universities should also play a role in creating good conditions for labor education and sports. First of all, colleges

and universities should optimize the configuration of sports hardware facilities, provide good sports venues, sports equipment and high-quality professional teachers, establish a good sports safety guarantee and evaluation mechanism, and further improve the quality and effect of sports courses. Secondly, colleges and universities should innovate the teaching methods of sports, actively carry out characteristic physical education, combine sports and labor effectively, truly practice the concept of "health first", cooperate with the forces of teachers, parents and society, and build a solid health education system. Finally, the new era of college sports development also to accurately grasp the college students' physical fitness and sports ability, can set up general sports class, professional improve physical education, to promote the implementation of comprehensive sports and health first, for part of chronic diseases or not sports students open corresponding health class, let college students according to their own needs and situation to master different sports skills, cultivate college students to become healthy.

(2) The second weight: to cultivate lifelong athletes

In order to train lifelong athletes, this is an important part of implementing the strategy of healthy China, and emphasizes that college students should cultivate a healthy and civilized lifestyle and sports habits. High-quality school sports is the key to "lifelong sports", lies in the integration of physical education and education, to further promote the cultural learning and physical exercise, innovation of daily physical education activities, in sports, the requirements of national team and provincial team. Therefore, also should actively carry out youth sports events, around the "church, practice, often" goal, regular full sports competitions, guide college students from sports and enjoy fun, on the basis of further improve the students' physique, based on students' sports interests, such as the May 4th youth run, welcome run, graduation run, morning, night run and other extracurricular sports activities. In order to cultivate the lifelong sports consciousness of college students, also need to actively establish relevant sports associations, sports teams, held such as freshman cup, bo cup, spring games, autumn, freshman sports games, find the fun of sports on the basis of good consciousness and habit of lifelong sports.

(3) The third priority: to cultivate those who win glory for the country

In order to cultivate healthy people, it is emphasized that college students should establish a sense of national honor through physical education. Under the third mode of physical education, we should promote the innovation of physical education in colleges and universities: first, innovate the concept of physical education with "paying equal emphasis to physical education", To jointly promote sports training and cultural education, Further enhance the cultural achievements of excellent sports talents, To realize the further development of the "the unity of sports and education", Further strengthen the physical training and science education of college students through physical training and knowledge education, And to further optimize the curriculum setting and evaluation methods of college students, Further optimize the sports training time and learning time of college students; Second, with the "student-athletes" as the core of the innovation of physical education teaching mechanism, Actively change the ideas of "athlete students", Changing the identity of "pure athletes," Optimize the talent concept training and mechanism with the university sports talent training as the core, Improve the training system of sports reserve talents, Explore the sports talent and competitive potential of college students deeply, Focus on the cultivation of cultural ability while selecting and training to become an important sports reserve talents; Third, with the "unity of team and school" as the core, Adhere to the concept of independent colleges and universities to promote management and delegate power, Constantly innovate the sports talent training mode and management mode, To give colleges and universities the autonomy in talent training, Through the educational role of sports extension to carry out the "sports great thinking and politics", Let college students actively participate in sports events, Winning glory for the country is not only

to become an athlete to get excellent results, Also is to contribute knowledge and strength to serve well.

#### 4. The Conclusion

The 2022 Beijing Olympics a complete success and achieved the best result in history, not only to the world presented credible lovely respectable image of China, Chinese style and China, indomitable, win honor for the Olympic athletes also fully shows our nation li strenuous, relentlessly resourceful not idle, confident, grace, grasped the nettle, indomitable spirit and high morale, shows the world China as a populous country development sports power and sports power confidence. Winter Olympics but the games sports spirit will be forever, healthy, lifelong sports, win glory for the cultivation is based on the triple education mode, the east spirit is the university sports teaching concept, teaching methods, teaching content and teaching management innovation, to dig deep, the spirit of the "health first education concept", through "body fusion" and "body" "team" mode to promote the core of university physical education, to cultivate college students to form a good lifelong sports consciousness and habits.

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