

Construction of Mechanism Model of New Age Sports Integration into College Students' Core Literacy

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Abstract: Under the background of the new era, the education mode of college students training in our country is in the process of in-depth transformation. Under the guidance of the concept of core literacy education, the teaching of all specialties in colleges and universities is changing the traditional teaching mode, and exploring and innovating the cultivation of talents in colleges and universities. Quality education integrates physical education into the cultivation needs of college students' core literacy, which is to pay attention to the development of students' physical quality while paying attention to their academic growth, at the same time, to have the spirit of team consciousness and fair competition in sports spirit, to shape sound personality and social consciousness, and to train students to become all-round development talents in the new era. This paper discusses and studies the construction of the mechanism model of sports integration into the cultivation of college students' core literacy under the background of the new era.

1. Introduction

The cultivation of college students' core accomplishment refers to the cultivation of students' character and ability which is beneficial to their lifelong development and meets the needs of social development. The core accomplishment is developed from many basic levels of morality, intelligence, physical education and labor. The cultivation of sports core literacy includes the cultivation of students' sports ability, sports habits, and the cultivation of students' sports spirit and character acquired by participating in sports. Students get sports health knowledge and develop good healthy sports habits in sports learning. Students with good physical literacy can consciously form sports habits, complete physical exercise, and love sports, form a healthy hobby, at the same time, sports can become college students to ease the pressure of study and society, to achieve mental health effective way. Therefore, it is very important to explore and study the mechanism model of sports integration into the cultivation of college students' core literacy.

2. Significance of Sports Integration into the Cultivation of College Students' Core Literacy

For college students, integrating sports into the cultivation mechanism of core literacy can help students to cultivate healthy behavior habits of persisting in sports, and master key sports knowledge and skills to get the influence of sports spirit, which has a very long-term significance for college students and can benefit for life. The idea of college students' core accomplishment of physical education is developed by college students' core accomplishment. At present, there is no conclusion on the research of core accomplishment of physical education. The goal of cultivating college students' core accomplishment is to keep moderate exercise, master healthy sports knowledge and skills, form good character and mental state through sports. The excellent qualities gradually formed in the course of sports can make students better adapt to social life and have important qualities in line with personal development[1].

3. Construction of Mechanism Model the Integration of Sports into College Students' Core

Literacy in the New Age

3.1. Develop Sports Skills and Knowledge of College Students and Lay a Good Foundation for the Cultivation of Core Literacy.

The teaching of physical education subjects in colleges and universities is to combine sports knowledge with sports process, improve the comprehensive ability of sports, let students love sports and form good sports habits. Physical education teaching in colleges and universities has not been paid attention to for a long time in the past, and it is difficult for students to get full physical training after entering colleges and universities. As long as the content of physical education examination is up to standard in each final examination of study, it can not be improved by physical fitness and sports literacy. Under the background of the new era, colleges and universities pay more and more attention to the cultivation of students' core literacy. Through teaching reform and innovation, college physical education has become an important responsibility for the cultivation of college students' physical literacy. Realize the importance of improving physical fitness through sports. In the teaching plan of colleges and universities, it is necessary to increase the time and content of physical exercise, create more opportunities for students to learn sports knowledge, improve sports skills, guide students to participate in sports with interest, improve students' enthusiasm for subjective participation in physical exercise, and lay a good foundation for the cultivation of college students' core literacy.[2].



Figure 1 College students aerobics class

3.2. Strengthen the Combination of Moral Education And Sports, Promote the Mental Health of College Students and Improve Social Adaptability.

Physical education teaching, like other subjects, is also a way to educate people, combining moral education with physical education and sports, so that sports become a means to promote students' mental health and improve their social adaptability. The pressure of college students' schoolwork and employment can relieve and release the pressure and adjust the mood by participating in sports. Sports need to adhere to the law for a long time, the most can help students to exercise will, in the competition to reflect good conduct and conduct, is a good way to carry out moral education. What college students are about to face is to go out of the campus to the society, the professional academic achievement can not represent a person's comprehensive strength, and the excellent quality, virtue, tough character and so on can help students to go to the society smoothly. Physical education allows students to get frustration education, good sports habits enable students to healthily relieve stress and negative emotions, participate in physical exercise activities can also expand the circle of students' communication, better adapt to social interpersonal communication, so as to obtain a healthy psychological state, better adapt to social life[3].

3.3. Conduct of Sports Competitions to Develop Students' Sense of Competition and Teamwork in Challenging Difficulties

Sports competition can also become an effective way to cultivate college students' core literacy, which can improve students' interest in sports events, try to improve their sports skills, cultivate students to form long-term good sports habits, and let students have higher enthusiasm to participate in sports exercise. The sports competition in colleges and universities can not stay at the level of teaching and learning, so it is necessary to really carry forward the spirit of sports competition, pursue higher, faster and stronger sports competition, so that students can have the opportunity to discover their break through and challenge themselves. Sports competitions in colleges and universities can be set up as performance competitions and competitive competitions, with rich and colorful sports items, combined with college community activities, etc., to form competitions at different levels among associations, clubs and schools, and to form a certain scale and system. Let sports become an indispensable part of students' daily study life. Each club and club can organize their own team, let more students participate, not only enrich the campus cultural life, but also create opportunities for students to participate in higher-level sports competitions, and even have the opportunity to participate in national competitions. Colleges and universities can also set up an independent evaluation system for the results of sports competitions, corresponding to the establishment of evaluation incentive mechanisms such as scholarships, to cultivate students' sense of competition, to exercise students' will to challenge themselves to transcend themselves, and to improve students' sense of team responsibility, and so on. College sports competition can become the cultural characteristics of schools, establish sports alliance between colleges and universities, and organize annual scale competition. There are also many students with high sports level in colleges and universities, which can play a leading role, become an example for college students, and improve the motor skills and interests of other students. Colleges and universities can also set up cooperative organizations with various sports associations to improve the level of college students' sports competitions, create more opportunities for college students to show themselves and learn from outstanding athletes, and enhance communication and cooperation among schools[4].



Figure 2 College men's basketball championship



Figure 3 University student swimming friendly

3.4. Upgrading the Concept of Cultivating College Students' Core Literacy, Optimizing the Training System and Innovating the Teaching Mode.

Colleges and universities need to innovate the management concept of physical education, change the training system of physical education literacy, put the goal of educating people into practice, let students get the cultivation of moral education while carrying out sports, cultivate mind, temper will, and get the promotion of core literacy. Using the teaching system as the guide, optimizing the evaluation system, so that students can understand that physical exercise can not only strengthen physical fitness but also build self-confidence and form a sound personality in the process of physical exercise. College PE teachers need to constantly improve their comprehensive literacy, use innovative teaching methods, expand the time and space of college students' physical education, use new media used by students such as WeChat, Weibo and short video, improve students' interest in sports and create an open atmosphere of physical education. form a more diversified physical education teaching model.

4. Concluding Remarks

To sum up, under the background of the new era, integrating sports into the cultivation of college students' core literacy requires us to first understand the relationship between sports and college students' core literacy, clarify the constituent factors of sports comprehensive literacy, and carry out teaching reform from teaching ideas and systems. Sports is an indispensable part of college students' study and life. It is also an effective way to help college students adapt to the society better and become the talents needed for social development in the new era. It is worth our further innovation and exploration to combine sports more perfectly with the cultivation of college students' core literacy, and to construct a scientific and effective mechanism model.

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