

The Integration of Sport and Art

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Keywords: Sports; Art; Development of Fusion

Abstract: In this paper, literature, expert interview, logical analysis and other research methods to explain the integration of sports and art, from the origin of sports, sports development and the modern era of sports and art integration of three aspects to describe. Find out the existing rules of the integration of sports and art, and provide theoretical basis for the integration of sports and art in colleges and universities.

1. Introduction

Sports and art belong to two different categories of culture, each with its own characteristics. But sport and art have the same origins. Sports and art are created in the long process of human labor. Therefore, they have something in common, which has aesthetic effects and can bring people spiritual enjoyment. After all, sports are different from art. With the continuous development of China's social economy, people's aesthetic level of various affairs has been continuously improved, and sports and art gradually combine to form sports art. Today, sports and art are more closely integrated. Therefore, the relationship between sports and art changes with the development of history, and gradually integrates into the dynamic [1].

2. From the Perspective of the Origin of Sports, The Inevitable Trend of the Common Separation of Sports and Art

Sport and art share a common origin. Sports art is mainly due to the creation of labor through the form of combined with entertainment, so that they have some of the current sports art related elements. For example, primitive dance, which was just a means of worship created by primitive tribes to pray for good weather, or to celebrate the rich means of celebration. According to the "outline of art lecture", there were gymnastics and dance in primitive society [2]. Primitive people danced to celebrate their harvest when gathering fruit or hitting large Numbers of prey. From plekhanov's records, we can see the primitive sports and art display the combination of gestures. Not only that, the combination of ancient sports and arts there are many. For example, in the ancient Greek Olympic Games, there were sports and literature competitions full of music feeling. Listen to music, read literature and art programs [3], sing yu yu's body and mind, relax yourself, and combine the sports and art of the ancient Greek Olympic Games. In addition, in ancient Greek culture, sports and art are integrated through other forms, such as sculpture, painting and architecture, which not only reflect the beauty of art, but also reflect the pursuit of sports and health. Among them, the most famous is the discus thrower. Through this statue, people see the beauty and power of beauty, and see the history of ancient Greek aesthetic psychology, culture and history. Art was highly respected and loved in ancient Greek life.

But not all ancient sports were combined. The difference between sports and art is mainly due to the deviation between their direct utilitarian purpose and aesthetic purpose. For example, ancient sports were mainly served by the army. Defending territory is the ultimate goal of sports training. It's hard to imagine that they could have anything to do with art. Every time a military operation takes place in ansai, soldiers must puff out their waists. When they encountered reinforcements, they reported that they would celebrate victory. After a long history, ansai waist drum loved by the masses, the form of constant change, increasingly highlight the beauty. It has become a new,

popular sporting event, has become a new life force. Ansai waist drum and art combination [4], but the original ansai waist drum and beauty have nothing to do. These sports were originally used for military service or people's life, highlighting the practical value of sports. The aesthetic value of art is not high.

3. From the Perspective of Sports Development, the Inevitable Trend of the Combination of Sports and Art.

With the development of society, the aesthetic function of sports is becoming more and more prominent. As art, pure works of art become less and less, and art begins to show the trend of life and reality. Works with relatively independent aesthetic values, such as literature, painting, music and dance, are gradually developing and changing. Art is integrated with reality and craft, while architecture, sculpture, pottery and so on are more closely integrated with reality, and fewer and fewer pure works of art. Art came to life. The two-way development of sports and art is close to each other, which can be reconciled in reality. We can prove it with two examples [5].

Ansai waist drum is known to be an instrument of initial military activities, but its artistic value is not as high as expected. Gradually extending from military life to ordinary life, aesthetic content is constantly enriched and improved, and aesthetic value also takes a series of changes, more apparent. For example, at the beginning of the separation of ansai's waist drum and military activities ansai's waist drum formed a series of more complex activities through human development. Set up running, jumping, twisting, turning, tumbling, jumping, blinking, hiding, crossing, etc. Various sports change and interact with each other, giving people a great aesthetic experience. Later, in the song dynasty ansai's waist drum and yangko dance were combined to become a mass sports activity integrating fitness and entertainment aesthetics. Later, the program was further developed and gradually associated with music, dance, martial arts and folk songs. Form a bold, bold, strong as the tiger, eagle unique artistic effect, extremely chic, extremely smooth, greatly stimulated people's thinking, aesthetic function is more prominent.

There are different opinions about the origin of Chinese martial arts. The soldiers summarized the experience of fighting and fighting in the war, forming the primitive martial arts form; It is said that martial arts developed gradually in primitive society, fighting between primitive people and wild animals. Anyway, the original form of Chinese martial arts is very simple. Whether it is health or simple self-defense, competition or war, it is closely related to the lives of our ancestors. The original forms of martial arts lack of coherent beauty, harmonious beauty and complex beauty, and the aesthetic value of art is not high. However, entering the shang and zhou dynasties, or the new development of Chinese martial arts, martial arts began to become a training program. During the shang and zhou dynasties, the rulers trained soldiers in physical strength and skills through "martial arts". After entering the zhou dynasty, "xu" appeared in the society. Martial arts has become a stylized education. The value of appreciation was gradually opened, especially after the emergence of zhouyi, an important work of Chinese martial arts, the taijiquan theory of "one Yin and one Yang" came into being. In addition to making important contributions to Chinese health preservation, tai chi theory has also established a relatively complete martial arts system and a relatively perfect Chinese martial arts theory, which plays an irreplaceable guiding role in the continuous development and content evolution of Chinese martial arts. Since then, Chinese martial arts and art have been more closely integrated.

4. In Modern Society, the Combination of Sports and Art has Become a Common Phenomenon

After a long historical evolution, sports and art show different differences in the process of continuous improvement and change. But in today's society, the combination of sports and art is increasingly close. Sports and art influence each other in the process of development. People pay more and more attention to the role of sports in life, and radio and television have become an important way for people to understand sports. The development of The Times promotes the

progress and improvement of economy and accessibility. Full of expectations, which also objectively promote the combination of sports art. Nowadays, pure sports and pure art are getting smaller and smaller. The combination of sports art has become ubiquitous and exists in many fields. In the field of architecture, we know that sports architecture can show artistic beauty, and its practicability and appreciation are equally important. An excellent classic sports building can give people a sense of fashion, beauty, strength, positive and spiritual beauty. Therefore, the sports buildings in each city are unique. Especially the world's major sports competition sports buildings, such as the Olympic Games and the Asian games. As we all know, the bird's nest of Beijing Olympic Games is a great artistic beauty that brings infinite imagination. It is fashionable and beautiful, gorgeous and spacious. It also gives people with a warm, give people a kind of noble beauty. Another example is that the combination of sports and dance music is also one of the modern sports performance styles, which combine to show a higher level of strength and beauty, vitality and passion. Dance music plays an important role in sports decoration and adjustment, which greatly improves the appreciation and aesthetic value of sports competition. Dance and music are widely used in synchronized swimming, aerobics and rhythmic gymnastics, and are one of the criteria for sports scoring.

In a word, sports and art are separated from each other in the development process of different historical stages, but they are more integrated into the long river of history and culture, and are closely related to the development trend of human civilization and psychological changes. But in general, the integration of sports art has become an irreversible trend, especially in modern sports, the field of modern sports is constantly expanding. It integrates art, enhances the endless taste and charm of sports life, and enhances the pleasure of people's aesthetic life. The combination of sport and art will certainly create a culture of excellence.

Acknowledgement

Stage results of the research on the integration development of college sports and culture and art in the “13th five-year plan” of education science in Shandong province, Project no. BCA2017006.

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