

Whether can Gangnam Style replace Broadcast Gymnastics or not: the dialectical game between modern physical culture and traditional physical culture

Hongyu Li^{1, a} and Junyi Liu^{2, b}

¹Jilin University of Finance and Economics, Jilin, Changchun 130017

²Zhongxin Primary School attached to Northeast Normal University, Jilin Changchun, 130017

^a23984906@qq.com

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Abstract: Using the methods of documents and materials, the authors analyze the possibility of "Gangnam style" would replace the broadcast gymnastics and discuss the related questions about school physical education. The conflict between "Gangnam style" and broadcast gymnastics is a critical shock for the traditional sports. In this article, the author thinks that there are eight contradictions and problems in the cultural section of Chinese physical education. Apart from highlighting physical education and raise the position of physical education in China, the development of physical education should be focused on the development of students; and should aim at the physical health of students. In the forms and contents of physical education, it should cater for the era, culture and mind. We should keep innovating, changing, enriching and improving physical education. The contents and forms of school education should be in tune with advancement, culture and era. Only in this way, Chinese physical education will flourish.

1. Preface

Era after the Beijing Olympic Games, mass sports, social sports and school sports increasingly brought to the attention of the state and society's attention, especially when the school sports become an important factor of the construction of sports power in our country. The ministry of education and national sports administration has carried out a series of physical education activities in primary and secondary schools across the country, such as the "sunshine sports", "exercise an hour every day", "sunshine marathon". But one of the most lasting activities in Chinese physical education---from the first broadcast gymnastics that launched in 1951 to the ninth in 2005, China carried out nine broadcast gymnastics, especially from 2010, since the Renaissance, various industries including primary and secondary schools, there has always been the debate and doubt, especially when it becomes the "must do" physical activities, we haven't received the desired effect and function, broadcast gymnastics gradually become "chicken ribs" sports in school sports. Recently in the network, in the school, youth in South Korea popular dance "Gangnam style" became the imitation gymnastics to teenagers. Some schools put "Gangnam style" into the lesson in school sports, finally they received a good effect. So at once, there are some hot debates that Whether can Gangnam Style replace Broadcast Gymnastics or not. In this article, authors analyze the current phenomenon of "Gangnam style", and discuss the conflict between "Gangnam style" and broadcast gymnastics; explore the school extracurricular sports activities in the background of Chinese and western cultural conflict and integration.

2. The research object and methods

By the method of documentation, questionnaire investigation, interview method, mathematical statistics and logical analysis, to 10, 800 middle school students of the middle school as the investigation object, to broadcast gymnastics and "Gangnam style" the cultural conflict and integration between the relations as the research object to explore and analysis.

3. The Broadcast Gymnastics and the Gangnam Style

3.1 the traditional culture and the cultural dialectic game

"Jiangnan style" instant popularity at home, especially in adolescents and primary and secondary schools in sports after school activities are booming and the phenomenon of "is" popular, seems to

novelty, fashion culture, youth culture of a kind of identity and pursuit, and investigate the root cause is in the sports field, in the era of school physical education in the field of culture and traditional culture of a kind of game, is a kind of era culture to traditional culture impact and collision, is the era of culture development trend in the field of school sports a footnote.

The generalized culture is human understanding and transforming the world in the process of creating the sum total of all the results. [1] but cultural content to explore, culture is the essence of thoughts, rather than the carrier of culture, this article explore the traditional culture and The Times of culture is the core issue of the dialectical relationship between the thinking in the sense of dialectic relationship. In the era of traditional culture and the cultural conflict and collision in today's society is mainly manifested in two "adaptation" : cultural development and incomplete adapt to economic and social development; Cultural development with people's increasing spiritual and cultural needs not adapt completely. The two "not fit for the" in the traditional culture with the time in the game in the process of a kind of dynamic imbalance, only this not adapt and balance can make the traditional culture and era of culture collision and game, to make the era culture produces greater tension, can provides fundamental basis for the development of era culture, era culture to development, and its development trend to meet the demand of society and the development of productivity. Era and the trend of the development of culture relative to traditional culture reflected in the following aspects: first, the era of culture in the position and role of the individual and national development increasingly prominent; Second, the age culture blend and influence each other, with the economic and political culture in the comprehensive national strength competition increasingly highlight the status and role, enhance the national cultural soft power and the requirements of the international influence of Chinese culture has become increasingly urgent. Third, the development of era culture showed a trend of diversification and ideas cultural clash blending more frequently, the rapid development of new media and new mode of transmission, advocate increasing the difficulty of the mainstream value, safeguard national cultural security task more difficult.

"Hot" and "jiangnan style" broadcast gymnastics "cold" game between the essence of which is the traditional culture with the time in the field of a certain time, a game in the field of space. Also can saying is the development of school sports in the era of ideological and cultural tradition culture and the culture of the game, combined with the above analysis of the traditional culture and cultural game two "not adapt to", "jiangnan style" hot and radio gymnastics "cold" game in the school sports thought between the cultural main performance for the following eight aspects of the contradictions and problems: One is the school sports culture construction in promoting the national youth plays a great role to improve the quality of the body, however, some schools on the importance of the construction of campus sports culture, the necessity and urgency of understanding is not enough; Second, the school sports culture in leading schools sports trend and build healthy sports fashion sports, lifelong sports ideology need to further strengthen the role of; Three is about the school sports culture of public opinion guiding ability need to constantly improve, the network construction and management is to strengthen and improve; Four is the school sports culture products need more rich, the school sports culture product creation health guide efforts need to be further increased; Five is a school and imperfect system of public cultural services, urban and rural, regional school sports culture development is not balanced; Six is the school sports culture industry scale is not big, unreasonable structure, school sports culture system needs reform; Seven is the school sports culture "going out" ability is weak, also need to strengthen the international influence, our country school sports culture is eight school sports culture construction of talent team need to be further strengthened.

3.2 "passive sports" and "happy sports" the dialectic game

And in society at present about "jiangnan style" in the school sports can be argued instead of broadcast gymnastics, this paper argues that whatever the debate whether it makes sense, regardless of the result if there is, in reality "jiangnan style" the happiness of calisthenics and students "passive" is objective existence. The author is based on a questionnaire survey of the 800 high school students, the results of the survey shows that more than 92% of the students in the lesson

hold in the form of "jiangnan style" said like or love, while only 17.5% of the students told radio gymnastics lesson hold like or like it very much, this proportion is shocking and thought-provoking. Therefore, the jiangnan style and broadcasting gymnastics game is "happy sports" and "passive sports" dialectical game.

"Happy sports" in Japan in 1979, the Chinese scholars BaoChangMing, Mao Zhenming advocacy, gradually introduced into our country, and obtained the national school sports seriously, with the education reform in China, quality education and the primary and secondary school physical education and health curriculum standard "and so on produced a link. After [3] in the school sports also produced a certain issue, such as physical education between content and happy, happy physical education form and etc. But happy sports as a kind of teaching thought, is a kind of to cultivate students give priority to the dominant idea of lifetime sports, to cultivate the students' sports interest, habit, ability and active learning enthusiasm for the teaching goal, to feel the enjoyment and the process of the pursuit of pleasure as a class of protection principle, give priority to with individualized teaching methods, reform the content of the athletics teaching of a set of teaching strategies, methods, theoretical system. The dominant students in physical education, in the aim of happy sports is without a doubt. From the questionnaire and the point of the effect of "jiangnan style" student is active, happy, and to students broadcast gymnastics is a "passive". Obviously the passive radio gymnastics cannot give students the psychological cognition, and take the initiative to "jiangnan style" psychological cognition can make the students happy. Now whether in society or in the school sports, "jiangnan style and broadcasting gymnastics" is to "passive sports" from a certain Angle and happy sports game, there are a lot of teaching contents and activities in the school sports are requiring students to "be" sport, students "by" sports will not be able to make its produce identity and happiness on the psychological, physiological, physical education on students like sports but don't like it. "Passive sports" and "happy sports" the game is to students' cognitive psychology and physiology, lies in the initiative of students in sports activities, is whether the students in physical education and sports activities to feel happy.

3.3 The dialectic game between "Standard sports" and "interest in sports"

Why can "jiangnan style" in a very short period of time can be popular in school sports lesson hold? Why more than 90% of the students agree with "jiangnan style" instead of recess calisthenics (questionnaire)? "Jiangnan style" is relative to our country's broadcasting gymnastics more cultural connotation, more cultural foundation, more cultural history? This paper argues that is not a cultural connotation and basic problem, but a cultural form and charm of dialectical game. In this paper, the author discussed in the previous research about the core values of China's radio gymnastics related issues, the development of China's radio gymnastics has a history of sixty years, successively issued nine sets of calisthenics, broadcasting gymnastics in our country as the longest in the history of new China's development, mass sports activities, to participate in the largest number of people to witness the different historical stages of the development of China's sports, embodies the core values of different historical stages of Chinese sports thought, can say it has a profound cultural background and connotation. [5] but the culture and connotation in the modern era culture and culture did not keep up with The Times in the game of the development of fashion and pace, and do not cater to student interests and characteristics, showing the aging and retrogression of culture. Such as martial arts and taekwondo, dragon boat and rowing, horse riding and riding, is China's traditional sports and modern sports game, this game is not in the cultural region and connotation on the game, but in the cultural adaptation, culture and the carrier of culture, in the form of game. Broadcasting gymnastics "standardised" once reflected the spirit of The Times and the value at the time, "standardized" radio gymnastics is teenagers keen and popular forms of culture of the era. However, with the continuous development of era, "standardization" of

today's broadcast exercises has seriously hindered its development of prospects, standardization of motion, structure and music can not cater to the era, students' psychology and interests, and the demand of era culture. Whether students like PE class, whether students like sports activities, in essence is to let students interested in physical education and sports activities, interest is the best teacher. Confucius said, "know the person well, the good person than joy of", take care of students,

improve their interest in sport, physical education for the center with interest or the contents of sports activities, with interest as the link to lead them to participate in the sports activities., of course, interest is the starting point, the interest is the key to entry and satisfy the students' interest in the purpose is to promote students' physical health and kun technology study, and realization of "lifetime sports", only better school sports game student interest and action of the relationship between kun technology study to achieve the ultimate goal of school sports, kun technology study often require action standardization and standardization of technology, therefore said "standard sports" and "interest in sports game will be the future development of school sport.

3.4“Jiangnan style” alternative broadcasting gymnastics phenomenon caused by the development of school sports thought

“Jiangnan style” alternative broadcasting gymnastics phenomenon has caused wide debate, various views were constantly being debated and based on the above analysis shows that “jiangnan style” alternative broadcasting gymnastics phenomenon is in the school sports “standard sports” and “interest in sports game”, it is a passive sports and happy sports “in the game”, is a traditional culture with the time of the game. But whether we will be completely negative 60 years history of broadcast gymnastics, isn't it will be completely negative sports content and a large proportion of the standardized way, this paper argues that it is too extreme. Today, exam-oriented education in our country, under the leading of school physical education for middle school students neglect fitness problems increasingly serious, the task of school sports a long way to go, in addition to the physical education, the lesson hold almost become the primary and middle school students only daily exercise, the lesson hold not attendance regardless of the effect and quality. Recently, the ministry of education in our country in the several opinions on further strengthening school sports work to sports as exam and the college entrance examination subject idea and train of thought, is the national health problems for students and school sports the enthusiasm of the future development of major reform.[9] the reform of school physical education can not exist without the content of this paper the research, the game between the “jiangnan style” in the current game “hot” in calisthenics can't explain “jiangnan style” are more scientific than broadcast gymnastics exercise value or scientific method, can only say “jiangnan style” to adapt to the need of The Times, adapt to the needs of the culture, adapt to the needs of the school sports, adapted to the needs of young students. Or if necessary game after the broadcast gymnastics, change the radio gymnastics in the form of melody and rhythm, to join the era culture popular element, cause student's interests and hobbies, meet the demand of the age, culture, students' physiological and psychological also can become the “hot” again. “Jiangnan style” alternative formation is school sports broadcasting gymnastics lesson hold changes in form of a phenomenon, and the future development of school physical education does not depend on whether “jiangnan style” alternative broadcast gymnastics, also does not depend on calisthenics whether or not to get students “enthusiasm”, “jiangnan style” replace radio gymnastics phenomenon is likely to continue for a period of time, but there will be other forms of activities to continue to “alternative” broadcast gymnastics, this game is broadcast a “variation” in the era of development needs, also can saying is the school sports lesson hold in the process of development and change of self-perfection, self-reinforcing, a kind of game. So we should not use the conclusion that we use “jiangnan style” to replace alternative broadcast gymnastics, more can't we hazard the conclusion that broadcasting gymnastics has no value, the future development of school sports is not only the “jiangnan style replacing the development of the broadcast gymnastics, but the phenomenon of “jiangnan style” replacing school sports broadcasting gymnastics is revealed the development in future: in addition to strengthen all levels of school physical education in the education departments, and improve curriculum status factors of the school sports, the development of school sports must see the development of students as centre, and must be aimed at improving the students' physical health. In content and form of school physical education, to be able to adapt to the game, to adapt to the culture of the game, to adapt to the students of the game, and to meet the demand of the development of The Times, to cater to the cultural development needs, to meet the demand of the students' physiological and psychological development, to continuously innovate, and constantly changing, constantly enrich game, and

constantly improve ourselves, maintain contents of school physical education and forms of progress, culture, time, to make the development of school sports flourishing prosperity.

4. Conclusion

Network spread up a song \"jiangnan style\" in school sports field, which has caused great controversy triggered with the broadcast gymnastics, and the game between the lesson hold of school sports was unexpectedly given the critical impact. From the traditional culture and happy times game, passive sports culture and sports game, normal sports culture and interest in sports game, teacher's dominant and the students, this article makes exploratory analysis on the essence of the critical impact, and finds out the development of school sports need to constantly improve about the game itself. In addition to strengthen the development of school sports in our country in the future, to improve the attention of the school sports education departments at various levels and to improve school sports curriculum status factors, for example, the development of school sports must see the development of students as the center, must be aimed at improving the students' physical health. But how long will the impact of \"jiangnan style\" that has made to broadcasting gymnastics continue? How will the school sports lesson hold self-perfection and change in the game? How will teaching content and form of the game school sports? What will Our country school sports in the future do to treat this critical impact? These problems are worthy for us to do further research, and it is not limited at the focus of the jiangnan style and broadcast gymnastics game category.

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