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A Discussion on the Incorporation of National Defense Education Factors into College Physical Education

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Abstract. Based on the author's research, this article suggests that incorporating national defense factors into the teaching of college P.E. courses is beneficial to raise college students' awareness of the importance of national defense, can help lay a solid foundation for the building of national defense reserve force and refine and standardize college students' social behavior as well. It also advances utilizing drills of parade and procession march in order to reinforce and reap the good results from military trainings, improve and enrich the trainings through physical exercises, sports games and extracurricular competitions in which the concept of national defense education should be included and emphasized. In the process of cultural development regarding P.E. systems, a few pieces of advice are offered here to introduce and integrate elements of national defense education.

An Analysis of the Relation between College Physical Education and National Defense Education

Physical education is the foundation of national defense capability. Physical education and military forces have been inseparable companions for and perfect complements to each other ever since their coming into being. A great number of military skills have been transformed into activities in the form of sports, which gradually become basic means for people to take part in, and there is an independent and practical need for military forces to utilize these physical exercises. For both Huo Qubing, a famous general of the Han Dynasty, and the Marshal Zhu De of modern China, they never failed to employ physical exercises to enhance the strength and quality of their troops, to improve their ability to combat in the battlefield. In wildly promoting in his troops the wrestling skill learned from the Hu tribe, Huo Qubing believed that it could not only help the soldier stimulate their bodies but upgrade their combat power as well. In 1959, the Marshal Chen Yi once stressed, "A strong national defense system is based on a nationwide development of physical education," and he added, "strictly speaking, issues concerning physical education are issues concerning national defense."

Whether a country's defense capability is considered weak or strong hinges on the levels of its weapons on the one hand, and on the other hand, it also depends on the physical fitness of its people, the intensity of training of its troops, and so on. Take the Korean War for example. In terms of the weapons of both sides, there was a huge imbalance and they were even not at the same level, with the China and North Korea party much inferiorly equipped. However, as it turned out, by means of extraordinary courage and excellent physical quality China and North Korea compensated for their inadequacy and lack in weapons, and eventually were in an equal position to fight with the enemy. Therefore, it is safe to say that, even though our independency on weapons has been growing in modern warfare, the application of cutting-edge and sophisticated weapons is limited and restricted by a number of factors, and conventional weapons still play a significant role in the process of battle. All in all, the fighting strength of a country is still represented by its troops' military skills and physical quality, which closely relate to physical education. In the 1950s and 1960s, our country had already pointed out, in the strategical plans for national physical culture development, such ideas as

"promoting sports activities and improving people's physical fitness," "keeping vigilant in order to safeguard our motherland." According to all of this, it is not hard to see a very tight relationship between the development of physical education and military affairs as well as national defense requirements.

Physical education and national defense education work together to serve the national interests. From the perspectives of the significance of national defense education and physical culture, both of them involve a process of influencing individuals, and are employed as main themes and means to implement "education for all-round development." This all-round development includes man's development of virtues and character, of science and culture, of physical and psychological condition, of aesthetic ability, as well as that of attitudes towards labor. Physical education is a kind of education which is aimed at enhancing people's physical fitness, with its essential nature lying in the movement of the body and educational significance, and its essential function "to strengthen physique and benefit health." For individuals, it is mainly conducive to man's physiological growth together with other educational functions attached. And national defense education is not activity isolated and simplistic, nor is it only for the purpose of teaching military knowledge, training skills only to end up as an education just for the sake of education. Quite the opposite, national defense education should be treated as a form which is able to effectively educate students, positively cultivate and influence students, so that the awareness of national defense can be raised and strengthed. For this reason, this kind of education is increasingly displaying its profound significance for the all-round development. Also, national defense education is inclusive of exerting influence on improving students' physique, despite its ultimate purpose that they need to defend their country. After all, national defense has to be carried out by the principle of "strengthening physique and benefiting health."

From the perspectives of the functions of national defense education and physical culture, both of them can promote man's all-round development, unify and consolidate people's minds, and carry forward the development of advanced cultures, as well as provide some other special advantages. To serve the national interests is the cardinal purpose of national defense education throughout which patriotism is the main theme, and this purpose is achieved by unity of people's minds. In pursuit of the same common goal which is individual physical and physiological fitness, people are willing to exchange and communicate with one another, and therefore reach solidarity and unity in a subtle and imperceptible way. The spirit of sports embodies more of an aspiration and yearning for social harmony, including the national defense task of maintaining social stability and order. In line with this spirit, wars and conflicts should be replaced by sports competitions to become the mainstream of international exchange, and the overall strength exhibited in these competitions reflects their political implications. In a word, physical education possesses its political value in serving national interests.

The Importance of Incorporating National Defense Factors into College Physical Education

Generally speaking, higher education aims at training and molding builders and successors for the socialist cause, who excel in an all-round development of morality, intelligence and physical fitness. In accordance with the needs of national defense strategies, national defense education is designed to accumulate and offer specialized talents for the reserve force of national defense. "Molding the spirit", "excelling in skills" and "employing stratagems" are three basic elements in defining the value orientation of national defense education in colleges. College physical education, as part of the campus culture and with its unique power and charm, plays an irreplaceable role in training talents of which society is in a dire need.

Physical education helps raise college student's awareness of national defense. National defense awareness, a voluntary feeling of defending the interests of the state and country, is the most important manifestation of national spirit. The promotion of national defense awareness among all sections of people is an indispensable link in building up strong and powerful national defense. Chairman Mao Zedong once noted, "The success or failure of a war ultimately comes down to the innermost root, which is people." Here by "root", we take into account both physical and spiritual

factors. As a result, it is a very critical task upon us to persistently raise national defense awareness of college students, emphasize the sense of duty and responsibility in carrying on national defense education in colleges. Campus sports culture is one that involves groups of students, and its establishment requires concerted efforts from these groups. At the same time, this kind of culture will have its effect on each individual of the groups, thus internalizing this collective behavior into their self-control. When students participate in these sports activities, be they P.E. classes, extracurricular exercises, or small-scale competitions, students understand that their behavior in these activities will exert influence on the losses and honors of their classes, dormitories, or even freely-organized teams, and for this reason, campus sports culture is a position to educate, positively affect, and cultivate students a sense of loving, caring, following, and protecting the teams they live in, which we may call group awareness and collectivism. In a subtle and imperceptible manner, this kind of group awareness and collectivism will be sublimated into a lofty spirit of protecting the interests of our nation and country. All of this, as mentioned above, effectively helps raise the students' awareness of national defense.

Physical education lays the foundation for reserve force of national defense. As the old saying goes, "Without solid defense, a nation is instable and its people feel insecure," China, still a developing country, has no choice but to refine its standing armed forces, while at the same time, it also should strengthen its back-up forces which have a direct bearing on national defense and homeland security. In times of peace, building up a powerful army of back-up forces will serve to prevent wars, safeguard strategies of peacekeeping, while in times of war, a sufficient army of back-up forces will guarantee the adequacy and capacity of the standing armed forces. As a team that is able to offer back-up and cooperation, its important position is self-evident. When it comes to modern warfare, the promotion of back-up forces is playing a more and more vital strategic role. The college is a place where young people get together, young people who are full of vigor and vitality, and promise the hope and future of our country, and it applies to any country in the world that young people are the natural successors to take charge in the future. Through training of military skills in the college, students can not only develop some basic military knowledge and abilities, but also they can become accustomed to working hard in arduous conditions, patriotic and willing to sacrifice, brave and indefatigable—all those admirable fine virtues which are solid building blocks for our country's future growth as well as national defense. Thereby, it is said that "the college is the perfect place to cultivate high-quality national defense talents." Again, it is far less than enough to only rely on short-term military training in order to enhance college students' role and influence in national defense construction; we have to expose them to a long-term education of national defense to increase their awareness, inculcate related theories. Filling the most active role in campus culture, sports culture can also most positively influence college students in regard to national defense. Chairman Mao Zedong repeatedly suggested, "Our soldiers need to enjoy good health and keep physical fitness." Contemporary college students are the guarantee of our country's strong reserve forces, their physical fitness are therefore an issue of the utmost importance. Sports activities can not only reinforce the exercises students have received from their military training, but these activities can also further strengthen their bodies, and continue to help them form such fine virtues as hard work, patriotism, perseverance, willingness to sacrifice, and courage. In addition, national defense education can also teach practical military technologies employed in modern warfare. Among sports in relation to national defense are shooting, motorcycle, parachuting, gliding, navigation games, radio application, jet skiing, military camp which are all in wide use in modern warfare. The European country Swede has been doing a quite good job in the aspect of military sports, and the majority of the people are well-trained, thanks to the implementation of this country's complete and reasonable military sports. Due to Sweden's popularization of these sports activities, the Swedes rank number one in Europe in terms of military attainments, thus creating a large reserve for back-up forces, so much so that the Swedes claim that "there are as many soldiers as Swedes in Sweden." To carry out military sports far and wide can not only popularize knowledge of science so as to promote levels of

technology, but it can also development a great many modern reserve forces and military staff. Hence, the promotion of national defense education, and the development of sports culture, can help lay a solid foundation of human resources.

Physical education can help refine and standardize college students' social behavior. Refining college student's social behavior in order to make them adapt to the society is one important task of higher education. As a group of high-quality individuals, college students have to carry on the great cause of our country's socialist construction, and the ultimate goal of their adaptation to the society means each of them is capable of meeting the demands the society calls for, and if they can succeed and assume any role the society expects, they could become excellent members of the society, and therefore do their best bit in building up a strong national defense as well as a harmonious socialist society. According to modern theories of education, the aim of modern education is to develop a "natural" individual into a "social" member. And one of the ways to achieve man's adaptation to society is through education. Since college sports culture is regarded as one of the advanced campus cultures, it has an invisible yet effective impact on the process of this adaptation. Sports activities can benefit students' physiques, while sports spirits can motivate them to aspire more, cooperate better, all of which pave the way for the future adaptation, physiologically and physically. Serving as a chief component of higher education, physical education is an organized, orderly, and purposeful educational process determined to promote college students' all-round development, to enhance their physical fitness, to teach knowledge and skills for them to exercise, to help them keep good health, and finally, to cultivate morality and strong-mindedness. To sum up, college physical education plays a pivotal role in the process of students' society adaptation, and its effect on defining students' social behavior is also indispensable.

A Discussion on Approaches and Methods to Incorporate National Defense Factors into College Physical Education

How to upgrade and improve college national defense education is, under the current circumstances, a new challenge for everyone involved. College sports culture with its capabilities to educate, consolidate, regulate and motivate can be avail itself to work better for national defense education in a wider field, to serve as a style and platform for new ideas, values, and spirits. Through college sports culture as an entrance, we need to create an atmosphere in the college that can integrate factors of national defense education while guiding students' sports behavior and passing on fine sports spirits. In so doing, we can effectively promote a harmonious development of college national defense education and sports culture.

Reinforcing the results of military trainings by means of utilizing formation and procession drills. The first lesson for college freshmen is to take military trainings, and through these short yet intense training of military skills the college students are expected to develop in themselves a fine manner represented by soldiers, a sense of strict discipline. The goal of the military trainings is to help college students to nurture desirable habits which they can carry over into their future study and work. There is evidence that shows the development of good habits takes a long time as well as a willing and insistent mind. That is why we should spend time and resources to reinforce the results from the military trainings. In P.E. textbooks there are many materials concerning formation and procession march, and if we lay emphasis on enhancing this kind of training, college student will have a better sense of right and wrong in their behavior, and develop a fine manner reflecting in campus spirits, discipline, solidarity, seriousness and activeness. Besides, these trainings can also benefit their physical fitness so as to further strengthen the outcome of the trainings they took before. During the instruction of formation march and parade, videos of the parade of the Chinese Liberation Army can be used for students to see with their own eyes how solemn and important national defense is and how great our troops are, so they can nurture lofty aspirations that they are willing to sacrifice everything for and devote themselves to China's national defense.

Improving military training by physical fitness exercises. According to *The Curriculum of Military Courses for Regular Institutions of Higher Education*, military skills cover a wide range of activities from individual and group soldier parade, small-arm shooting, marching, field survival, and so on. Due the limit of time and the degree of intensity, many colleges fail to include physical fitness exercises into their trainings. Some basic theories of physical training tell us that the improvement of physical fitness is a process that takes long times and requires consistency. At present, the arrangements and methods of military training cannot properly meet the demand which good physical fitness exercises ask for. FOr the purpose of developing students' basic qualities such as speed, strength, stamina, agility, coordination, the inclusion of military physical exercises is quite important. Teachers can take 15 to 20 minutes in each P.E class to carry out the exercises, and, based on the requirements of military physical training, can adopt a variety of exercise forms. In doing so, students can not only accomplish the objectives of health education, it can also raise the level of their physical fitness, thus enhancing the results of these military trainings and eventually improving them.

Employing sports games to publicize ideas of national defense. It is safe to say that sports games are college students' favorite activities in P.E. classes, and because of that, we have to make full use of these games to publicize ideas of national defense, which surely will yield satisfactory outcomes. Take "bomb-dropping" for example. In this game teachers can make half of the students play enemies, the other half People's Liberation Army. In this way, every college student can really experience the harsh conditions of the war, and the untiring bravery of our soldiers. Students will look at these soldiers as role model to spur them on to work even harder, and hopefully, will make their own contributions to the cause of our national defense. Another example, Teachers can create a military context in which students play boy or girl scouts to support the frontier battle. During the game, teachers can also describe the events that actually happened in the past wars to students, have them jump over the virtual "mine field", drop "bombs" at the "bunkers", and crawl through "barbed fences". When the game ends, teachers can gather the students around to tell them some inspiring stories of our revolutionary heroes, such as the story of Dong Cunrui, who sacrificed himself to blast the enemy's bunkers. All of this can strike a patriotic chord in students' hearts, and make them empathize with these heroic spirits. Through the medium of such sports games which have a bearing on military events, students can have a better understanding of the importance of national defense, raise their awareness of national defense, while they can forge their strong-mindedness at the same time.

Utilizing extra-curricular activities and sports competitions to publicize national defense. By incorporating the concept of national defense into rich and varied extra-curricular activities can change students from a passive position to an active one. Every year the Nationwide Fit-keeping Program is held on campus, and the author thinks it is beneficial to adopt a few sports events concerning military affairs, such as grenade-throwing, military boxing, and shooting so that the participants can get to know more about national defense, learn more skills of national defense, which will in turn naturally arouse patriotic feeling from both teachers and students. whenever there is a sports meet, try to entitle it " The Cup of National Defense" with a competitive theme, making an originally cohesive and educational competition into an even more unifying one that draws students and teachers together to join in an more active way. While athletes show their tenacity in the field and track, cheering squads and spectators can also be moved by the slogans, such as "We are one", "Go for it", "Come on". Thus, in a subtle and subconscious way, they all will apply themselves to strive hard and tenaciously, to honor their homeland.

Incorporating factors of national defense education in the process of developing regulation culture of college physical education. Regulation culture of physical education is placed in the middle of college sports culture; it is an overall representation of sports forms and awareness in college, including all the administrative and regulatory rules that are related to physical education. It guarantees that sports activities can be carried out in a smooth and organized way and college sports culture can become sound and robust. For the functions of national defense education to be fulfilled and achieved in college sports culture, we should attach more importance to its practicality, and the

improvement of related regulations in the course of the development of the regulation culture. For instance, we can draw up policies that offer incentives to P.E. teachers of national defense, because these teachers have to attend training programs; besides, their classes are somewhat difficult to teach compared with ordinary P.E. classes. So appropriately increasing these teachers' coefficient of workload will arose and stimulates their enthusiasm about their job, and has them take more initiative. Apart from that, it should be made mandatory that P.E. teacher participate in study groups of national defense on a regular basis, which can raise these teachers' awareness of national defense, deepen their devotion to work, and more importantly, it can help positively incorporate national defense into P.E. classes. On rainy days when P.E. classes are impossible to take outdoors and yet there are not adequate facilities for indoor classes, it is advised that teacher can play films for students to watch in multi-media classrooms that feature our country's image in inspiring sports competitions or national defense. In this way, not only can the problem of shortage of indoor facilities be solved, the goal of intensifying national defense education is also attained.

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