

Discussion of the Characteristics of Physical Activity

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Abstract: *This article through logical thinking and generalizations, discusses the characteristic of sports activities, and argues that the characteristics of the sports activities can undertake interpretation from four dimensions, respectively, was based on the physical activity of the basic means and form, for the purpose of one's own development, with the same subject as the existence and value orientation of humanistic spirit. Comprehensive and in-depth understanding of the characteristics of sports activities is the foothold of constructing the sports science in the new era, and also the starting point of the sports science in the new era facing the future and going to the world. Design a curriculum that integrates vocational english vocabulary with relevant industry- specific content. Ensure that the curriculum includes authentic materials, contextualized vocabulary, and opportunities for active learning.*

Keywords: Sports; Activities; Characteristics.

1. INTRODUCTION

Features are the special signs or symbols of things and the basic characteristics that distinguish them from other things. the characteristics of physical activity are the inherent signs or qualities that make up physical activity. Physical activity is the basic form of physical activity, as well as the carrier and means of carrying various values, exerting unique functions and realizing various goals. the characteristics of physical activity are reflected in the unique form, purpose, cognition and value of physical activity, which distinguishes physical activity from other activities of human society and non-physical activity. In conclusion, teaching vocational English vocabulary presents several challenges, including limited authentic materials, lack of contextualization, insufficient vocabulary instruction strategies, individual differences in learning styles, limited exposure to English outside the classroom, and assessment and evaluation challenges. However, by employing strategies such as using authentic materials, contextualizing vocabulary, employing active learning strategies, differentiating instruction, providing language immersion opportunities, fostering vocabulary expansion, incorporating technology, assessing vocabulary in context, and providing professional development for teachers, these challenges can be overcome. It is essential for educators to recognize the importance of teaching vocational English vocabulary in a meaningful and practical way. By addressing these challenges and implementing effective strategies, educators can help students develop the language skills necessary for success in their chosen vocational fields. With a strong foundation in vocational English vocabulary, students will be better equipped to communicate effectively, understand industry-specific terminology, and succeed in their professional endeavors.

2. USE PHYSICAL ACTIVITY AS A MEANS

Since the post-industrial revolution, in today's fast-changing and widely used science and technology, the way humans transform nature has become more and more developed and effective. At the same time, design has also indulged in the "technological expansion" in the appearance of industrial civilization, diluting our sins of environmental pollution and resource waste, corrupting human moral and ethical values, causing problems such as one-time consumption, lack of emotion in products, and information anxiety, etc. In this regard, design has an unshirkable responsibility. Modern design "from products to services" into the 21st century, market competition has shifted from product competition, brand competition to service competition, and the change of concept makes China is rapidly transitioning from an industrial society to a post-industrial society based on information and services, in which the depth of design ethics is crucial.

Currently, with the critique of ephemeral design and the increase of social responsibility, it is inevitable to inject designers' responsibility into service design in the emerging field of service design and reflect on the phenomenon of ethical failure in design, which is an inherent requirement of both design ethics and service design. At the same time, the economics of sharing is much more researched than design studies, but neither can avoid the economic carrier of shared products and service design, as well as the analysis of their consumption behavior. However,

design research lags behind in both the development of related design products and the development of the sharing economy. Shared design is a crossover phenomenon between economics and design, and it seeks to solve human problems first and foremost, especially in an ethical sense, to solve the problem of social survival of human beings. In this paper, we will explore the safety demands of women in the scenario of shared mobility services to investigate the phenomenon of design ethics failure. As one of the scenarios where women's safety issues are highly prevalent, the study of women's safety in this scenario has significant social value and practical significance. At the same time, it has a significant role in the long-term effective development and corporate reputation and branding of enterprises.

2.1 Physical activity is the basic means and form of physical activity

Physical activity, the most distinctive external feature of sports practice, makes sports have the commonality beyond the Times and regions. On the value and function of sports comes from the human body to participate in the activities of or pay a physical body, whether it is a normative strong, high degree of organization of sports, such as track and field, gymnastics, basketball, football, volleyball, table tennis, badminton, tennis, martial arts, wrestling, boxing, alpine skiing, cross-country skiing, short track speed skating, ice hockey, curling, etc., Or spontaneous, casual fitness and entertainment activities, such as fast walking, jogging, mountain climbing, cycling, dancing, skiing, skating, winter swimming, are composed of physical activity, without physical activity is not a sport. This feature of physical education distinguishes it from cultural phenomena lacking physical activities, such as reading books, newspapers, watching TV and movies, listening to music, etc., and also distinguishes PE class from cultural classes such as Chinese, mathematics, physics, chemistry, etc. (Ren Hai, 2008). The principles of nature, harmony and sustainability should be followed in the process of design activities, so that design works can truly meet the growing material and cultural needs of people. The introduction of this theory has greatly enriched and deepened our reflections on the ethical aspects of design and has led to the development of design concepts. Since the emergence of modern design, this viewpoint was the first time that design ethics was discussed from the perspective of design theory, and its purpose was studied, and it became a new beginning for the continuous development of modern design theory. Nowadays, human beings have gradually entered the post-industrial society, and the intervention and influence of design on social life have reached an unprecedented level, and people's demands on designers have been further increased. The purpose of modern design is no longer simply to serve the function and form of the product, but more importantly, the act of design itself contains the elements of the formation of the social system, so the design must contain a comprehensive consideration of society.

2.2 For the purpose of one's own development

Physical activity is not unique to sports, but widely exists in production work, military training, housework, religious sacrifice, drama and other non-sports fields. However, different from physical activities with sports attributes, these physical activities are practical-oriented and aim to complete practical tasks in production and life (Ren Hai, 2008). the practical effect of physical activities determines their survival and retention. Once the practical effect is weakened, they will be marginalized or even replaced. Although these physical activities objectively produce some fitness effects, but limited by the practicability of activities, the effect is one-sided and limited, sports is not. the goal of sports is to promote the all-round development of people. the design, selection, combination and implementation of physical activities are carried out completely around people's own needs and the self-perfection goal of pursuing balanced development of body, spirit and society. the role positioning of human in sports is the goal rather than the tool, the ultimate goal rather than the process setting. This feature of sports distinguishes it from utility-oriented physical activities in production and life. LYNN SHOSTACK, in his papers "How to Design a Service" (1982) and "Designing Services That Deliver The concept of Service Design was first introduced in his papers "How to Design a Service" (1982) and "Designing Services That Deliver" (1984), and is a new term in contemporary design that emerged with the transformation of the world economy. The term service design was defined by Gummesson (1991) as "the materialization of service concepts in drawings, flowcharts" and by Norling et al. (1992) as the work of specifying an idea for a new service in drawings and specifications. The term "service design" has also been used to cover the entire process from concept to specification. Service innovation has also been defined in various ways, from a narrow focus on the "idea generation" part of the NSD process (Edvardsson et al., 2000) to the whole process of service development (Sundbo, 1998), from the original standardized, modularized, and pre-defined 1.0 service form to the dynamic, customized, and scenario-based 4.0 service form, and its design focus has also shifted from the functionality of the service system to the emotionality of the service experience. Gradually transition to the emotional service experience. As the core element of the service system, how to effectively carry out the analysis of user behavior and exploration of needs has become a hot spot of concern under the service design 4.0 form.

2.3 Take the identity of subject and object as the mode of existence

Most physical activities in human society are divided into subjects and objects. As subjects, people transform the objective world through physical activities (such as productive labor) according to their own will. Man is the implementer and subject of physical activity, and the objective world is the object of physical activity. In these physical activities, subject and object clearly demarcated, the relationship is clear, sports is not. In sports, people promote their own development with their own physical activities. the implementor (subject) of the activity is also the object (object) of the activity. the subject and object are the same. Unique characteristics of this unusual sports, make the person always in each other hosts in physical activity, in the process of interaction between subject and object, subject-object collaborative, thus able to get quick, direct, in-depth and comprehensive information of the feedback, along the path of the physical activity cognitive self, constantly explore themselves and improve themselves (Paul, 2008). This feature of sports gives full play to its unique role of embodied cognition and distinguishes it from physical activities that are separated from subject and object. The concept of design ethics was introduced by American design theorist Victor Papanek in his book *Design for the Real World* at the end of the last century, in which the author pointed out that the Western design world was rife with the vices of deceit, hypocrisy, seduction, exaggeration and waste, with no concern for moderation, ethics, the environment and a sustainable future. For thousands of years, he reflects, we took for granted the fresh air and pure water we breathed, but today this picture has been drastically altered. While the causes of air, river and lake pollution are complex, it is clear that widespread industrial design and industry itself bear some responsibility for the state of affairs. What is the true meaning of modern Western civilization when Papanak deeply appreciates that it is merely a superficial, deformed, insubstantial and distorted human flourishing? What is the ethical responsibility of designers? The social context of design should not be left behind. He makes a fierce criticism of the consumer design of the commercial society purely for profit, and advocates that designers should take the obligatory responsibility for social and ecological changes.

3. TAKE HUMANISTIC SPIRIT AS VALUE ORIENTATION

Stay informed about the latest developments and trends in vocational fields to ensure that vocabulary instruction remains relevant and up-to-date. This can be done through professional networks, industry publications, or attending conferences and seminars. By implementing these recommendations, educators can create a dynamic and effective learning environment that supports the acquisition and application of vocational English vocabulary. This will empower students to communicate confidently and effectively in their chosen vocational fields. Contemporary design in China is driven by the profit motive of the consumerist stance, and the attitude and guidelines of design in the commercial system have been revised time and again, so that profit has become the order of the day, which has put the design industry itself at risk of developing out of control, thus raising concerns about the crisis of the design industry. However, when we really look at the current situation, we realize that the problem does not exist in a consumer culture that simply pursues economic benefits; rather, it is due to the lack of spirituality and the resulting blind spots in social responsibility and ethical values caused by traditional art and values.

Since the 21st century, some pioneering and innovative enterprises, organizations and institutions have started to try to change the position of design, decomposing, transforming and generating professional design knowledge into innovative service design knowledge. According to the characteristics of their own resources and business objectives, they carry out overall planning and design of service operation and propose strategic ideas. As an emerging design culture concept, "service design" has gone beyond the general scope of traditional art and design, and contains more ethical bottom line, moral scale and development aspirations. Further, through the intervention of experiential service design, more attention is paid to the existence of human beings in ethical creation, and the ethical connotation is implanted into each contact point of service design, so that people can feel the social sustainability values in the process of participation and experience, and let the culture continue to inherit and develop in this process, so that service design can be transformed into a concrete path to promote cultural progress and social sustainability in the experience of each individual. In this way, service design is transformed into a concrete path to promote cultural progress and sustainable social development in each individual experience. The in-depth exploration of service design is a current issue that cannot be ignored by the design theory and design industry, and its frontier and urgency are self-evident.

3.1 Through physical activity, which is a biological means, sports achieve the social goal of all-round development of people, and achieve the goal of "educating people" by means of "cultivating body"

Sports not only improve the quality of human life, but also make people's life full of significance and promote the harmonious progress of society. Therefore, the value orientation with humanistic spirit as the coordinate is ubiquitous in sports, which constructs the profound spiritual base of sports. Under the guidance of humanistic spirit, sports denigrate the false, evil and ugly, pursue the truth, the good and the beautiful, and sublimate the process of people's participation in sports into the process of value learning and value realization. Guided by the unique core values of sport, such as "excellence, friendship and respect", sports convey the values of hard work, friendship, solidarity, fairness, justice, discipline, tolerance and resilience.

3.2 The value learning accompanying the physical education process presents many benefits: enhancing communication ability

Strengthen teamwork; Choose an active and healthy lifestyle; More creative problem solvers; More critical thinking; Build self-confidence; Improve academic performance; More participatory; Being more focused; the understanding of rights and responsibilities is more personal. Not only that, but the learning of sports values helps to train well-behaved and responsible citizens to become builders of justice, inclusiveness, tolerance, health and a better world. the value of sports is the soul of sports, running through the whole process of sports, only under the guidance of sports value of physical activities, can promote the overall development of human efficiency to the extreme. This feature of physical education gives biological physical activity a sociocultural meaning and differentiates it from physical activity that does not promote human development.

3.3 Methodology - physical space and irrationality of the audit process

The interaction of tools, procedures and materials. An honest use of materials is never divorced from the properties of the materials themselves, and designers must use materials and tools in the most optimal way. I am afraid that the combination of tools and materials is not the optimal configuration in the design of shared mobility services. In function occurs within the private physical space of the private car. From psychological research, the distance between people inside the private car has entered the small space that Edward Hall called "intimate distance", which creates the illusion of closeness and the opportunity to commit crimes for the dark side of human nature. This is the failure of the company to take into account the unique psychological, physical, family, and social attributes of women in the service design process, and the failure to do humanitarian thinking from the perspective of humane design. From the point of view of the audit process, the gatekeeper of the drop company is not strict, the review is more formalized is the set of cars, people and vehicles do not match the situation often occurs. In terms of vehicles, there are also some problems with "DDT". The "real-name certification" as long as you randomly fill in your name and ID number can make the platform of the driver personnel more complicated, the risk of safety hazards is relatively large in the case of the murder of the air hostess there is a loophole in the audit.

3.4 Use - the uncontrollability of new things

The result of adopting a new tool is never predictable. By virtue of their corporate image as "advocates" of green and fashionable life, car-sharing companies focus on the promotion of new energy-based car-sharing to reduce air pollution emissions, slow down the development of private cars, enhance people's awareness of environmental protection, create new lifestyles, and create new lifestyles with a "sense of nobility". "The company has been attracting consumers by being the experience of a new lifestyle under the wave of sharing economy. However, what was not anticipated was that its real body was "pseudo-sharing", manufacturing a large number of new cars consuming huge resources, eliminating vehicles for processing, increasing objective travel demand, capital scrambling, burning money for land. Not only are idle resources underutilized, but they continue to generate resources to keep them operating, and when operation goes wrong, it leads to a huge waste of resources, adding to the burden on the environment and society, causing a vicious circle.

In addition, the social issues on women's safety cannot be ignored, and the turning point came in 2018, when an unexpected social malpractice happened in DDT, and the shared travel industry began to gradually cool down and calm down. The topic of women's travel safety continues to be a hot topic. Scholars and experts at home and abroad have conducted a lot of relevant research on the topic of safe travel for women. Due to their unique psychological, physiological, family and social characteristics, women are often subject to harm and harassment when traveling. The safety problem is particularly serious in the area of transportation. Online cars and ridesharing are the most important places where women's personal safety accidents may occur because of their small space and privacy, and because of the varying quality of drivers.

4. CONCLUSION

Today, with the new trend of sports development in the world and the new requirements of Chinese society for sports after entering the new era, the development of Sports practice in China presents a new trend with Chinese characteristics. The new development of sports practice promotes the development of sports science in the new era in both depth and breadth. Individual development and social development coexist and flourish together, and the essential function and derived function of sports are intertwined and highly integrated. The humanistic spirit of sports is distinct, and various functions of sports penetrate into the whole society through various interfaces, showing an integrated development trend. This is the new standpoint of sports science in the new era, and also the starting point of sports science in the new era facing the future and going to the world. The current situation of service design in China is analyzed from the perspective of design ethics, and the ways to realize its ethical value are pointed out. Following Victor Babanac's concept of combination of functions in *Designing for the Real World*, the new changes of service design in response to the dilemma are discussed from an ethical perspective through the description of shared travel service design from the description of women's travel safety problems and the comparison of safety threats, lack of emotion, and lack of responsibility brought by ephemeral design. The rational development of service design should establish a corresponding ethical awareness from the source of design and realize its ethical value in the dialectical relationship between the logic of capital and the scale of morality in dealing with it.

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