

# The Value and Significance of Rowing in Colleges and Universities

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**Abstract:** *Modern rowing is the perfect representation of human physical ability and intelligence, and its core cultural essence is the pursuit of harmony between man and nature and the spirit of active struggle. Campus rowing has developed rapidly in China, but it is still in its infancy. To ensure the scientific degree and healthy growth of campus rowing training requires efforts from various aspects. Rowing in colleges and universities has a broad prospect, plays an important role in the cultivation of the two major curriculum objectives of mental health and social adaptability, is a new supplement to traditional sports teaching, and is of great significance in promoting the reform of the traditional education model and improving the overall quality of college students.*

**Keywords:** universities; Rowing; Value; Sportsmanship.

## 1. INTRODUCTION

As the gold medal winner of the Olympic Games, rowing has been increasingly recognized more widely. Recently, China's rowing events have also shown a good momentum of development, especially in the 2008 Beijing Olympic Games, which achieved a breakthrough of zero gold medals in rowing. In addition, the development of rowing events in China's universities is also gradually improving, showing its unique function at the level of cultivating college students' sports spirit and all-round development of morality, intelligence, physique and beauty. In the form of establishing high-level sports teams and college student rowing clubs, the main objectives of colleges and universities are to improve the competitive level of rowing, cultivate the reserve force of rowing athletes and promote the popularity of rowing events in colleges and universities. Shanghai Jiaotong University established China's first college rowing track in 2016, taking the first step in the exploration of the integration of rowing and campus sports. China's rowing association will give policy guidance and competition funding support to college rowing, and encourage colleges and universities to hold various forms of rowing events at all levels.

## 2. DEVELOPMENT BACKGROUND OF CAMPUS ROWING IN CHINA

With the development of modern rowing equipment, technical and tactical ideas, competition rules and social influence, the cultural structure and social value of modern rowing have been more fully reflected. As an explicit form of rowing events, the equipment and racetrack of rowing first bring people the visual enjoyment of blue sky and blue waves and the application and feeling of modern technology in rowing competitions. In addition, the technical development and rule evolution of rowing competition reflect the athletes' ultimate pursuit of life and physical fitness, and also show the sports spirit under the principle of fair and fair competition. In addition, rowing is the perfect representation of human physical ability and intelligence, and the pursuit of team interests is highly consistent with personal values. The core essence of rowing culture is the harmony between man and nature and the spirit of active struggle.

Rowing is an Olympic water sport with a long history. The Oxford and Cambridge campus rowing competition is the origin of the modern formal rowing competition, which has played a great role in promoting the process of rowing from entertainment and leisure in Britain to the Olympic Games. In 2001, the General Administration of Sport of the People's Republic of China held the famous school rowing competition for the first time in Beijing. Tsinghua University, Peking University, Fudan University, Jiaotong University and other universities actively participated in the team. At that time, the Jiaotong University team also defeated the Oxford University team. In 2006, the General Administration of Sport of the People's Republic of China launched the Olympic helmsman selection plan nationwide before the Beijing Olympic Games, which provided college students with the opportunity to participate in the Olympic Games, which played a very positive role in the promotion of campus rowing in China. Since then, various famous colleges and universities have set up rowing teams and clubs, and gradually held a number of challenges, invitational competitions, open competitions and other series of events. The role of campus rowing in the sports and cultural exchanges between domestic and foreign universities has become increasingly prominent, causing widespread concern from all walks of life. In 2009, the student rowing club of Xi'an Jiaotong University was established, and has received the active participation of more than 500 undergraduate and doctoral students. The annual competition between the rowing team of Xi'an Jiaotong University and the Fourth Military Medical University has aroused the high attention of college students and relevant fields of society and has become a characteristic sports event of Shaanxi universities.

## 3. THE CURRENT SITUATION AND VALUE OF THE FORMATION OF UNIVERSITY ROWING TEAMS

Under the conditions of market economy, competitive sports should finally say goodbye to the "national system" and go on the

track of paying attention to economic benefits and respecting individual values. With the progress of society and the rapid development of economy, the competition for talents is becoming increasingly fierce. As the reserve force of talents, college students can no longer meet the needs of the society with only healthy physique. Excellent psychological quality and team consciousness, the quality of courage to innovate and the belief of facing challenges are particularly important in modern society. The development of rowing in colleges and universities has a broad prospect, which is conducive to improving students' comprehensive quality, promoting students' mental health, fully reflecting the guiding ideology of "health first", and is a new supplement to physical education. Sports spirit is an important part of the construction of socialist spiritual civilization, which contains the ideal spirit of people for themselves and society. It has a positive impact on guiding the healthy development of human's essential strength and spirit. Rowing, with its unique form of activities, meets the needs of quality education and college physical education curriculum reform, and plays an important role in the cultivation of psychological health and social adaptability. This new education mode conforms to the guiding ideology of current education reform and quality education, and is of great significance to promoting the reform of traditional education mode and improving the overall quality of teenagers.

The significance of campus rowing is first of all to strengthen the essential function of students' physique, but also to reflect the campus culture and the spirit of the school. Rowing competitions can increase the contact and communication between schools, and can expand the publicity of their own campus culture. Campus rowing also has a certain value in the reform of sports teaching. The traditional sports teaching projects in the past can no longer fully meet the development needs of the majority of students. Campus rowing, with its distinctive competitive characteristics, injects new vitality into the traditional sports teaching in colleges and universities, and provides students with new curriculum content and fitness options, which can enhance students' interest and enthusiasm in participating in sports at more levels. Rowing events have comprehensive requirements on the physical quality of participants, which can cultivate students' fighting consciousness and willpower. In addition, campus rowing embodies team building and collective value, and has its unique value for college students' team awareness and healthy competition, which can improve students' social adaptability.

The distribution of campus rowing in China: The number of campus rowing in China is relatively small, the start is relatively late, and the distribution in China is very uneven. The universities are mainly concentrated in the economically developed regions. The participating universities in the North, Shanghai, Guangzhou and Shenzhen occupy half of the distribution of campus rowing. Most of the university campuses in China still have the strength to carry out rowing projects. However, research shows that a few areas with general economic conditions, such as Shaanxi Province, have also made considerable progress in the development of campus rowing. Funds and management of campus rowing: sufficient funds are the necessary support for the operation of campus rowing, mainly used for equipment, coach appointment, daily training, event organization and athletes' subsidies. According to the survey, the financial support of the school is the main source of funds for our school rowing, followed by the sponsorship of individuals and all sectors of society. The management mode of campus rowing in China mainly includes the direct management of the Youth League Committee and the management of the Sports Department. Most of the campus rowing in foreign countries are private activities. The operating funds mainly come from the sponsorship of social groups, and the management mode is mainly self-management. It can be seen that the self-hematopoietic level of the campus rowing funds is not high, and the operation is still in the initial stage. Coach situation of campus rowing: At present, although many professional coaches have participated in the campus rowing by means of employment and provided technical and tactical standards, the overall number of professional rowing coaches in China is relatively small, which is difficult to meet the needs of the development of campus rowing. A lot of coaches of rowing teams are directly held by physical education teachers after receiving technical training, resulting in a lack of competition experience and technical and tactical integrity. However, many retired excellent rowers have not received systematic professional training in physical education, so there is still an unreasonable academic structure. Athletes of campus rowing: There are various ways to set up campus rowing in China (recruitment of specialty students, in-school sports students, joint sports schools, and selection of ordinary college students). The proportion of ordinary college students in school is increasing year by year. The teaching and training management of sports teams is mainly based on the combination of sports and education. It is not difficult to see that the vigorous development of campus rowing has created a great social demand for professional rowers. University rowers have become an indispensable new force for the sustainable development of China's rowing in the future. Campus rowing events: The equipment investment of rowing is large, and the high investment is an important factor affecting the development of campus rowing. In addition, rowing competitions generally have 6-8 straight channels, with a length of 2000m and a width of 13.5m. There is at least 100m free water outside the finish line. In terms of the current scale of the university's sports venues, it is not realistic to establish the in-campus rowing competition channel. The campus rowing competition is mainly conducted in the form of off-site rental venues. Therefore, the development of water sports bases across the country has become a constraint for the development of university rowing teams. At present, most campus rowing teams believe that the surrounding rowing environment can not fully meet the actual needs of competition and daily training. China's university rowing teams have fewer competitions, and the pursuit of school brand effect and popularity is still the main demand of campus rowing. China's rowing market is far from mature.

#### **4. SUGGESTIONS**

Campus rowing has developed rapidly in China, but it is still in its infancy. The key link to promote its development is to increase the importance of school policy on rowing and the publicity of rowing events on campus. The contradiction between daily training and cultural learning of rowing players is very obvious. Universities that carry out campus rowing should optimize and target management in teaching management, learning environment and teacher strength, so as to solve this contradiction and

ensure efficient training time. Colleges and universities have their own advantages in raising funds for the event. They should mobilize all sectors of society to develop the rowing sport, and improve their management ability in the maintenance and supplement of rowing equipment and the organization of the event. At present, professional rowing coaches are in short supply. Colleges and universities that develop campus rowing should improve and cultivate a more sound training mechanism and recruitment mechanism, so that the coaches of campus rowing can maintain a high level from the competition experience to the theoretical level, so as to ensure the scientific degree and healthy growth of campus rowing training.

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