

# Sport as the Transformation of Life

## 讓運動成為生命的轉捩點

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運動包含各種競賽和遊戲的身體活動，其目的在於改善人們的動作能力、體能、心理的調適和健康的生命型態；運動也使人活絡社會關係，培養自信心、競爭力與獨立性。透過運動與隊友及對手在公平競爭和良好的舉止之下競爭互動，使運動精神得以提升。有效的運動教育引發學生為自己的健康負起責任，運動

顯而易見的已成為促成生命轉換的最佳方法，成為一個立足點讓人得以啟動邁向身體健康之道。運動激發人們化被動為主動、化消極為積極、化悲觀為樂觀的生命型態，讓人充滿精力與活力，調適自我使生活變成更好。更重要的是，我們要使運動成為理想教育的一環。



▲ 運動是邁向健康之道。(攝影/吳心平)

## Introduction

Sport includes many forms of physical activities including games and play through a wide variety of movements. Sport aims to improve movement competency, physical fitness, mental well-being and healthy lifestyle; it is also forming social relationships, developing personal confidence and independence as a whole.

In sport, it is important that the sportsmanship is promoted for fair play and good manner toward teammates and opponents; The Olympic Creed stated "The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well."

Sport education develops the concept of total well-being, which is the core of education. Total well-being involves physical, mental and emotional, social, intellectual and spiritual well being. Therefore, it is essential that a holistic approach in sport education is taken. An effective educational program encourages students to learn and develop confidence in themselves and their abilities. It also helps them to take responsibility for their own health and well being.

Internationally, sport is a common language to all, it communicates effectively through its actions with the highest form of art and beauty. Sport promotes the communication among all to advance the human cooperation and contribution to enrich our well-being.

From the Olympic Games to all sport activities around the world, it is obvious that sport is one of the best ways to promote the transformation and this paper attempts to explore the possibility and opportunity for the benefits of sport as the transformation of life from educational and philosophical point of views.

## Transformation

From the sport we learn about the transference of learning in which if one can master one sport well then one can transfer such ability into many other activities. Just as Vincent van Gogh, one of the greatest painters in European art history (1853-1890) stated "If one masters one thing well, one has at the same time insight into many things." The ability to transform is one of the most essential skills that we all must learn to improve and enrich our lives. Therefore, one must develop a plan, philosophy, priorities, principles and practices accordingly to make the necessary transformation.

The process of transformation needs to be regularly and constantly carried out through our lifetime. The journey of transformation starts from within; transformation at its best occurs when it is initiated on a personal basis. You can't change the world without changing yourself first. It is well recognized that nothing is constant and every feature is changing continuously as change is the nature of lives.

Transformation is just like change of times, seasons, tides, weather and change of almost every

phenomenon. John F. Kennedy stated well "change is the law of life. And those who look only to the past or present are certain to miss the future." And William James confirmed "the greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives."

Sport is one of the best ways to facilitate and accelerate transformation. Therefore, transformation best occurs when the changes happen naturally, spontaneously and freely. Sport provides opportunities for people to seek transformation. During games and play, people are often free from the constraints. In a sense, play, games or leisure free people to engage in experiences that enrich the quality and well being of their lives. There are many advantages of transformation. As we know, what is outstanding today may become ordinary tomorrow.

The development of modern technology and conveniences resulted obvious sedentary lifestyle for many which has increased modern diseases such as heart disease, diabetes, cancer, hypertension, obesity etc. the situation can be avoided by change of attitude and habit in life. Active lifestyle with physical fitness and activity can transform many to improve their health and well-being. In life, our attitude often determines our attitude. It may be said that 85% of an individual's performance depends on their attitude and only 15% on their aptitudes. Therefore, we can alter our lives by transforming our attitudes. Winston Churchill

stated, "Attitude is a little thing that makes a big difference." Likewise, Zig Ziglar said, "Your attitude, not your aptitude, will determine your attitude" Hans Selye mentioned, "Adopting the right attitude can convert a negative stress into a positive one".

Our thoughts initiate our words; our words create our actions; our actions form our habits; our habits shape our character and our character influences our destiny. Transformation takes place as we find better ways to improve ourselves. As Albert Gray wrote "successful people are successful because they form the habits of doing those things that failures don't like to do." Reflection is one of the best ways to improve and transform oneself. Creative thinking is the beginning of transformation. There are many ideas about creative thinking such as Edward de Bono stated that "creativity involves breaking out of established patterns in order to look at things in a different way".

## Lifestyle

When we transform our sedentary lifestyle to active lifestyle then it is obvious the transition will bring a new image, confidence, thinking and hope into our lives. The physical transition will often bring mental transition which can make our lives more meaningful and purposeful. It is essential that we learn to make change and form the positive attitudes and habits to enrich our lives and experience the joy of transition.

Transformation is a major factor of life, if we wish to survive well then it is essential that we

continue to make changes to meet the need of new environments. It is important to remember what Darwin highlighted: "it is not the strongest of the species that survives or the most intelligent that survives, but it is the one who is the most adaptable to change." Evolution is to renew and reform. We need to continue to review and improve. In reality, the most important thing in life is to continue to learn, change to meet the needs of every new situation. Therefore, it is important for us to recognize the significance of adaptability, creativity and flexibility and to accept the new challenges throughout our lives.

Marian Diamond stated "your brain could keep learning from birth till the end of life." History proved many great minds who continued to make changes and produce their great works at their eightieth year or later in their lives. The obvious examples are as follows: Michelangelo lived 89. George Bernard Shaw, received his Nobel Prize for Literature at 69, and lived 94; Bertrand Russell received his Nobel Prize for Literature at 78, and lived to 98. Winston Churchill received his Nobel Prize for Literature at 79 and lived to 91 and Raymond Davis Jr. received his Nobel Prize for Physics at 88.

Sport is closely linked with life as a whole and helps us to make the necessary change constantly. Lao-tzu believed "constant change is the nature of life." Confucius mentioned "change brings happiness and wisdom." George Bernard Shaw stated "Progress is impossible without change; and those who cannot change their minds cannot

change anything." Leonardo da Vinci stated "Every now and then go away, have a little relaxation, for when you come back to your work your judgment will be surer. Go some distance away because then the work appears smaller and more of it can be taken in at a glance and a lack of harmony and proportion is more readily seen.

## Conclusion

We are the citizens of the world. It is important that we review and renew our mission and philosophy regularly and to set good example for others, we need to practice what we preach to make our profession the most effective means of education for the total well being for ourselves and for our students. Sport provides a great standing and starting point for us in which we can improve our competency and confidence personally and professionally as a physically educated person.

Sport helps us to change from passive, static or pessimistic to active, positive and optimistic with energy and vitality which help us to be adaptable and flexible for the betterment of our lives; we are not only changing ourselves but also shaping our future generations to make change as well. We are the captains of our future; we are the masters of our education through better communication, consultation, consideration, connection, cooperation and contribution. Finally, it is important that we make the sport as the best possible means of education.(作者為文化大學運動教練研究所教授)