

Studying how to Combine Education with Sports, based on the Era's Characteristics

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Abstract: *The rapid development of the times has pointed out the development direction and forward momentum for the integration of sports and education. This article uses research methods of literature and logical analysis to in-depth and meticulously explore the basic principles of the integration of sports and education based on the characteristics of the times. On this basis, it proposes to consolidate the organizational foundation for the integration of physical education and "integration" to optimize sports and education. A series of integration methods based on the characteristics of the times, such as the integration of the operational mechanism of "integration" promotion, and the establishment of a guarantee system for the integration of sports and education and the promotion of "integration".*

Keywords: integration of sports and education, characteristics of the times, physical education

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