

Sports Movement and Art Quietness: Art and Health from a Converged Perspective

Jialong Liu¹, Heung Kou^{1*}, Di Zhao², Ye Hu^{1,3}, Shuang Hu¹, Xunmeng Ji¹, Jinghan Wu¹, Tong Lin¹

¹ Sehan University, Yeongam-gun 58447, Korea

² Changchun Institute of Technology, Changchun 130000, Jilin, China

³ Tianjin Nankai Yixingli Primary School, Tianjin 300193, China

Abstract: Abstract: This paper aims to explore the fusion of sports movement and art stillness and analyze its significance and value in the field of art and health. Employing methods such as literature review, logical analysis, and deductive reasoning, the study conducts an in-depth investigation into the characteristics of sports and art, the theoretical basis for their integration (including physical and mental monism and theories of artistic synesthesia), the specific forms of their integration (such as sports-themed art works, artistic design of stadiums, and the combination of sports performance and artistic performance), as well as the positive impacts on individuals and society. The research reveals that sports, with its dynamic beauty characterized by physical activity, competitiveness, and regularity, and art, with its static rhyme featuring creativity, aesthetic value, and diversity, are inextricably linked despite their apparent differences. Their integration enriches the expression of art, expands the connotation of sports, brings about dual physical and mental health to individuals, promotes cultural exchange and integration, contributes to urban cultural construction, and cultivates social values. In conclusion, the fusion of sports movement and art stillness is an innovative exploration in the field of art and health, and further strengthening such integration and exploring more forms and methods will make greater contributions to human comprehensive development and social progress.

Keywords: sports movement, art stillness, integration, art, health

1. Introduction

In the long river of human civilization, sports and art are like two bright pearls, each shining with its own unique light. Sports and fine arts, as an important part of human civilization, show the pursuit of human body and spirit with the unique charm of movement and stillness respectively. Sports, with its dynamic beauty, shows the pursuit and transcendence of human physical strength; sports, full of vitality and passion, while art, with its static rhyme, interprets human exploration and expression of the spiritual world. However, when we look at the two from an integrated perspective, we find that they are inextricably linked, and in today's society, there is a growing concern for health and a growing demand for art. Combining sports activities with art can not only enrich the expression of art, expand the connotation of sports, but also bring people the dual health of body and mind, and jointly build a deep understanding of art and health.

2. Characteristics of Sports and Fine Arts

The dynamic beauty of sports: the display of power and the rhythm of life, sports, is the symbol of vitality, is the harmonious unity of body and mind. The static rhyme of fine art: the spiritual sustenance and the expression of emotion, fine art, is the mirror image of the human spiritual world, is the carrier of emotion and thought.

2.1 Characteristics of sports activities

2.1.1 Physical activity

Physical activity is mainly achieved through physical exercise, various sports such as running, swimming, ball games and so on. Physical participation makes sports the most direct sensory experience and physical exercise.

2.1.2 Competitiveness

Many sports have competitiveness, such as athletes in the pursuit of ideal results in the competition, showing a tenacious spirit of struggle and competitive consciousness.

2.1.3 Regularity

Sports activities have clear rules and regulations to ensure that the game is fair and fair and safe.

2.2 Characteristics of Artistic Quietness

2.2.1 Creativity

Fine art creation is the process by which artists exert their imagination and creativity, expressing their emotions, thoughts and ideas through different forms of artistic expression and expression methods. On canvas, artists use colors and lines to sketch vivid images, the inner emotions and the understanding of the world in the pen. Whether it is the rich and heavy oil painting, or the elegant and fresh ink, it shows the pursuit of beauty and the perception of life. Art works can not only touch people's visual nerves, but also arouse people's emotional resonance, so that people can feel the comfort and spiritual sublimation in appreciation.

2.2.2 Aesthetic

Art works have aesthetic value and can bring people the enjoyment of beauty and the touch of heart. Visitors can improve their aesthetic level and artistic literacy by appreciating works of art.

2.2.3 Diversity

Fine arts include painting, sculpture, photography, design and many other forms, each form has its own unique artistic language and expression, can present a rich and diverse art world.

3. The theoretical basis of the integration of sports and art

3.1 Physical and mental monism

Mind-body monism holds that the body and mind are inseparable whole, that the movement of the body can affect the state of the mind, and that the activity of the mind can also have an effect on the body [1]. Physical activity can promote physical and mental health through physical exercise, while art stillness nourishes the mind through spiritual awareness and creativity. The integration of sports and fine arts can realize the harmonious unity of body and mind and promote the all-round development of people.

3.2 Theories of artistic synesthesia

Artistic synesthesia is the embodiment of synesthesia in artistic creation, which means that artists can communicate with and even integrate various artistic touches in their long-term artistic practice. [2] The theory of artistic synesthesia points out that there is a commonality between different art forms, which can be achieved through sensory association and transformation [3]. The visual, auditory, tactile and other sensory experiences of sports activities can echo the visual elements such as color, line and shape of art, creating artistic synesthesia and enriching the expressive power of art.

4. Specific Forms of Integration of Sports and Fine Arts

4.1 Sports-themed art works

Many artists use sports as the theme of art creation, mostly sports as the visual object, athletes, sports competition as the theme of sports spirit, showing the beauty of power, speed, rhythm and other forms of sports charm. These works can capture the wonderful moments of sports, express the mental and physical beauty of athletes, and also convey the cultural connotation and values of sports..[4]

For example, "Welcome to the Winter Olympics, Beauty in the Dream: An Exhibition of Sports-themed Art Works in the Chinese Museum of Art" was held in the Chinese Museum of Art. The exhibition, which features more than 160 works, aims to promote the Olympic spirit through the creation of "force" and "beauty" and display outstanding works of art.[5] French painter Henri Rousseau's "Footballer" depicts a group of dynamic soccer players. The Chinese sculptor Pan He's "Kaibao" symbolizes the pioneering spirit of the people of Shenzhen Special Administrative Region and combines sports spirit with artistic creation.

4.2 Artistic design of stadiums

As an important place for sports activities, the architectural design and interior decoration of the stadium can also be incorporated into the artistic elements to enhance the artistic taste and cultural atmosphere of the venue. Modern stadium design not only pays attention to functionality and practicality, but also pursues aesthetic value and artistic effect[6]. Beijing National Stadium ("Bird's Nest") has become a classic in the history of world architecture with its unique architectural style and advanced design concept. The appearance of the "bird's nest" is like a huge bird's nest, full of modernity and artistic atmosphere. The interior decoration of the venue also uses a large number of artistic elements, such as sculptures and murals, to create a sports viewing environment full of artistic atmosphere for the audience.

4.3 Combination of sports performance and artistic performance

Sports performances and artistic performances can be combined to create unique forms of artistic expression. For example, figure skating, rhythmic gymnastics and other sports events combine sports skills with artistic elements such as music and dance to show beautiful movements and artistic charm. In addition, the opening and closing ceremonies of some major sports events often invite artists to participate in the performance, bringing sports and art together to bring a visual and auditory feast to the audience.

5. Conclusions

The movement of sports and the stillness of art seem to be completely different, but in fact they complement each other. From the perspective of integration, we see the perfect combination of art and health, and feel the harmonious unity of body and mind. Let's pursue physical strength while not forgetting to explore the mysteries of the spiritual world; while appreciating works of art, we also actively participate in sports. Only in this way can we truly achieve the comprehensive development of body and mind and have a healthier and better future.

The fusion of sports movement and art stillness is an innovative exploration in the field of art and health. Through the study of the characteristics of sports and art, the theoretical basis of integration, the concrete expression and the positive influence on individuals and society, we can see that sports and art integration has great significance and value. It can not only enrich the expression of art, expand the connotation of sports, but also bring people the dual health of body and mind, promote cultural exchange and integration, promote urban culture construction and cultivate social values. In the future development, we should further strengthen the integration of sports and art, explore more forms and methods of integration, and make greater contributions to the comprehensive development of mankind and the progress of society.

References

- [1] Ye Yang. A Practical Study of "Body and Mind Monism" in Classical Dance Rhymes in China. Northwest Normal University, No. 02, 2023.
- [2] Junwen Yan. Application of Artistic Sympathy in Piano Performance and Teaching. *Music Time and Space*. 2015 (06):175-176.
- [3] Hua Li. The Application of Artistic Sympathy in Dance Creation. *Monthly Culture Journal*. 2020 (09):178-179.
- [4] Zeng Lingling, Hu Yongfang, Bao Xizhe. Practice Research on Aerobics Teaching in Colleges Based on Multiple Intelligence Theory. *Journal of Physical Education*. 2024, 40 (04):17-24.
- [5] Zhang Xia. On the beauty of Chinese sports and art, *Art Education*. 2015 (12): 199-200.
- [6] Weishan Wu, Welcome the Winter Olympics, Beauty in the Dream: Exhibition of Chinese Museum of Art Collecting Sports-themed Art Works. *Art Education Research*. 2022 (02): 6.

Author Bio

Name: Liu Jialong, Date of Birth: May 1988, Gender: Male, Education: Doctorate, Nationality: Han, Place of Origin: Songyuan City, Jilin Province, Institution/School: Sehan University, Research Focus: Physical Education, Zip Code: 58447.