

陈萍教学科研成果提要

辽宁省高等学校体育研究会

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Synopses of Chen Ping's Writings on Teaching and
Scientific Research

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(up to April, 1994)

辽宁省高等学校体育研究会

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作为体育教育教师的我,以热爱和献身体育教育事业为荣,勤恳耕耘,从始至终工作在教学第一线(1956—1994年)。

我认为,高校教师在从事教学工作的同时,要开展科学研究工作,不断地以最新科学研究成果充实与更新教材和教学。

我主张,为人师表,严以律己,教书育人,培养学生独立思考,创新能力和积极进取的精神,为国家培养合格的体育人才为己任。

陈 平

The author, as a teacher of physical education loves and is devoted to the physical education cause and has been working hard all the time from 1956 to 1994.

The author believes that college teachers should carry out scientific research throughout their teaching to constantly enrich and update their textbooks and teaching with the latest achievements in their scientific research.

The author advocates that a teacher should set an example to the students, fulfil strict requirements and pay attention to the students, overall development. Students should be trained to think independently and creatively. Students' spirit of originality and aggressiveness should be developed. It is the teachers' duty to train qualified persons in physical education for China.

Chen Ping

作者情况介绍

陈萍,1929年6月生于吉林省洮南县,黑龙江省齐齐哈尔市人。现任沈阳体育学院运动解剖学教研室教授,中国运动医学会运动解剖学学科组副组长,中国解剖学会辽宁省学会常务理事,辽宁省运动医学会常务理事,沈阳体育科学学会名誉理事,全国高校运动医学教学研究会顾问,沈阳市科学普及协会会员,《康寿福音报》顾问和特邀撰稿人。

1956年大学毕业于沈阳体育学院,同年考入北京体育学院研究生部,在原苏联专家的指导下,专攻运动解剖学专业,研究生毕业于1959年。毕业后一直任教于沈阳体育学院,多年担任教研室主任工作,主要从事运动解剖学方面的教学和科学研究工作,在体育教育战线上耕耘了将及四十个春秋,治学严谨,为人师表,深受学生们的尊重和欢迎。为国家培养大批合格的体育人才做出了应有的贡献,曾多次受到学院领导的表彰,连续十年十次被学院授予教书育人的先进教师、优秀教师、十佳优秀教师等光荣称号和奖励。由于作者执教将及40个春秋,在1985年9月10日同时荣获沈阳体育学院和辽宁省人民政府授予的“忠于人民的教育事业,教书育人,为人师表,为振兴祖国体育、教育事业付出了辛勤劳动,光荣地履行了人民教师的崇高职责,为人民的教育事业做出了贡献”的表彰和荣誉证书。另外,还荣获了中华人民共和国体育运动委员会1985年授予的《新中国体育开拓者》荣誉章和荣誉证书。

多年来,作者除了繁重的教学工作外,还进行了大量的教学研究工作,发表多篇教学研究论文;更关心教材的建设工

作,多年来编写了多种不同层次的教材,以适应不同层次的教学需要。

作者非常关心实验室的建设,在多年担任教研室主任期间,亲自主持购置大批实验课用的模型、幻灯和幻灯片、投影仪和投影片、挂图等器具。同时,选调一名画图员,专门配画整套运动解剖学图谱大挂图。为了给国家节省资金,保证教学,作者取得院领导的同意和资金,发动全室教师和教辅人员自己动手,购置 11 具尸体以及许多肢体和器官,同时制作了许多人体标本,表糊了两套人体解剖学图谱大挂图。此外,组织人员去长春购置了百套人体骨骼,并进行运回、消毒、漂白,投入教学使用;同时,作者又主持全室教师对长春地区百套骨骼的测量、研究工作,并主笔《对长春地区百具骨骼的测量》的论文。而且,主持制作和购置了解剖标本陈列室的多项陈列台和器具,使陈列室多年对学生开放,收到很好的、直观的教学效果。从而,对提高教学质量起到了保证作用。另外,还撰写了数十篇科学研究的论文,目前还担任国家体委委管科研课题——《不同负荷训练对小白鼠后肢肌纤维型和运动终板的组织化学研究》的课题组组长,在光镜下的研究已完成四篇论文,两篇获得辽宁省体育科学学会 1990 年论文报告会一等优秀论文奖、两篇获得沈阳体育学院 1990 年第九届科学论文报告会一等优秀论文奖,其中两篇论文被选入北京第十一届亚运会科学大会报告,该项基础理论研究课题在国内、外还没有先例,因此受到国内、外专家的高度重视和好评;其中的三篇论文还被辽宁省科学技术委员会评为二等优秀论文奖、三等优秀论文奖和青年先进科学论文二等奖。现在,该课题正在进行电镜观察研究,不久多篇论文将面世。由于作者在体育科学

研究方面和学术上具有新见解,取得新的成绩,达到了国内、外的先进水平,于1991年12月被沈阳市体育运动委员会和沈阳市体育科学学会授予《体育科技积极分子》光荣称号。

引进国外先进的体育科学资料,尽速充实与提高我国的体育教学、训练和科研水平,是我国体育科学工作者义不容辞的责任。作者本着这一宗旨,公开发表翻译日文著作3部、文章数十篇,所译文字计有百万以上,为引进充实与提高我国的体育教学、训练与科研水平做出了积极的贡献。

作者在业余时间,还进行了仪器的研制、发明创造活动。研制与发明了《脊柱颈段与腰段旋转测量器》和《肩、髋、膝关节旋转测量器》,其中完成的《肩、髋、膝关节旋转器的制造与用法》论文,被国家体委选中到在北京召开的《1982年全国体育仪器器材学术交流会》大会报告,展出该套仪器时,受到国家体委的领导和与会代表的称赞和肯定,许多代表当场登记订购这套仪器。又在1983年6月于上海召开的《全国体育学院运动解剖学科研规划会议》上报告了《脊柱颈段与腰段旋转测量器的制造与用法》的论文,研讨了《肩、髋、膝关节旋转测量器》并被确定为统一科研使用的仪器,责成由沈阳体育学院制造生产。这时,又得到全国一些教学、科研、训练等单位的订购,共生产、销售120台(套)。这是为沈阳体育学院唯一创收了数千元经济效益的论文和发明创造,作者本人也得到数百元发明创造奖的奖励。为此,作者曾多次受到学院领导的表扬,杨俊卿院长在校庆三十周年学术报告会上讲话(1984年10月15日)说:“在体育仪器材料研制方面,我院也迈出了可喜的一步。陈萍同志与有关部门合作研制的肩、髋、膝关节旋转测量器全国销售120台(套),被全国运动解剖学会议确定

为统一测试器材。这对繁荣我国的体育科技事业作出了积极的贡献。”

多年来,作者结合教学与科研,研究国内、外开展群众性体育活动的需要,撰写了大量的体育卫生方面的科学普及著作和文章,对开展群众性科学体育,起到了广泛地宣传、指导作用。尤其是由作者主持、设计与编写的《体育与健康》一书,35万字,由人民体育出版社出版,1976年8月第1版国内、外发行23万册;由于受到广大群众的好评和需要,又在1979年7月第二版发行50万册,前后共发行80余万册。这是科普著作发行极为可观的、比较罕见的册数,对“发展体育运动,增强人民体质”的工作起到了积极的推动作用。该书不仅受到国内广大群众和体育工作者的欢迎和实用,而且精装四千册出售于国外。在中国第一次科学大会期间,该书被推选列入四本体育优秀著作之一,并在科学大会展出,受到代表们的好评和选购。由于作者40年来不间断地科普创作,先后被全国许多报刊、杂志聘为通讯员或撰稿人,曾获得优秀作者、优秀作品称号和奖励;并于1982年10月5日被沈阳市科学普及创作协会吸收为科普作家协会会员,在1989年8月被中国解剖学会评为《优秀科普工作者》,并发给《荣誉证书》。

作者做为正式邀请代表,首次参加了1988年8月在北京语言学院召开的,经国家科委批准,由中国科学院举办的《第二届国际世界语科技学术会议》,并在会上做了论文报告;还三次参加了1991年、1992年、1993年在中国黄山、昆明、厦门召开的《全国高等院校运动医学第10、11、12次国际学术交流会》,并分别在三个国际会议上做了论文报告。

1984年12月,经国家体委批准,在成都体育学院召开的

全国首届运动解剖学学术交流会议的《论文汇编》，由作者主编、出版、发行千余册。

至今，作者公开出版发行《运动解剖学》等书二十余部，公开发表学术论文和教学研究论文四十多篇，是《中国体育辞书系列·运动解剖学大辞典》的副主编、《中国大百科全书》体育卷的撰稿人、《世界体育大事典》的副主编、《中国体育百科全书》的副主编、《人体测量彩色图谱》的主编等。

目前，作者正面向不同运动负荷训练对小白鼠后肢肌纤维型和运动终板影响的基础理论课题的研究工作。作者的名字已被收入《中国普通高等学校教授人名录》、《体育人名辞典》、《中国当代自然科学人物总传》、《中国当代高级科技人才系列词典》、《中国当代名人录》、《中国当代教育名人传略》等辞书中。

虽然，作者在将及40年的教学实践中做了一些工作和贡献，他觉得距离伟大祖国对自己的培养和要求还相差很远。只有总结自己，鞭策自己，才会不满足于现状，更上一层楼，为祖国做出更大的贡献。

An Introduction to the Author

The author, Chen Ping, was born in June, 1929 in Taonan county, Jilin province, and brought up in Qigihar city Heilongjiang province. At present, he is a professor of sports anatomy in Shenyang Physical Education Institute, Deputy — group leader of sports anatomy discipline group of China Sports Medicine Association, standing member of board of directors, Liaoning Sports Medicine Association, Honorary member of the council of Shenyang Sports Science Association, consultant of Sports Medicine Teaching Research Association of China Universities and Colleges, member of Shenyang Popular Science Writing Association and consultant and specially invited writer of 《Kang shou Gospel》.

On graduation from Shenyang Physical Education Institute, he was enrolled in Graduate School of Beijing Physical Educa-

tion Institute. Guided by Russian experts, he majored sports anatomy, and graduated there in 1959. Since then, he has been teaching in Shenyang Physical Education Institute as director of teaching section, engaged in teaching and scientific research in sports anatomy.

In the past 40 years, he has been devoted to teaching and training a great number of persons in the field of physical education. He is noted for his meticulous scholarship and is worthy of the name of teacher and is respected and welcome by his students and commended by the institute authority many times. For ten years running, he has been entitled as Advanced Teacher for overall development of the students, Excellent Teacher, One of Ten Best Teachers etc. On September 10, 1985, he was commended by Shenyang Physical Education Institute and Liaoning Provincial Government for his "

loyalty to the people's educational cause, teaching and educating for the overall development of the students, setting an example to the students, working hard for vitalizing China's physical education and educational cause, gloriously carrying out his lofty duty as a people's teacher, making contributions to the people's educational cause. "In 1985, he was also the winner of the credit certificate and medal of "Pioneer in Physical Education in New China".

For years besides laborious teaching tasks, the author has been engaged in teaching research and published many research papers on teaching and has compiled teaching materials of various levels to meet the need of teaching.

The author showed great concern to the construction of labs. During the years when he has been the director of the teaching section, he has been in charge of purchasing

lots of models, slide projectors and slides, projection apparatus, projector slides and hanging charts. At the same time, an artist was appointed to draw pictures to match the hanging charts of anatomical atlas of human body.

Approved and financed by the authority of S. P. E. I, the author mobilized the teaching section members and teaching auxiliaries to make many specimen of human body from the 11 bought corpses and limbs and organs, they also mounted two sets of hanging charts of anatomical atlas of human body. In additon, a hundred human skeletons were bought from Changchun area which were brought to Shenyang, pasteurized, bleached and put into use in the teaching. The author was then in charge of the measurement and research of the skeletons and did the actual writing of a paper entitled 《The Measurement of a hundred skeletons from

Changchun Area». He managed to make and purchase a number of show cases for the exhibition of anatomical specimen which has been open to the students. Those visual teaching aids helped improve the teaching of anatomy. The author has written scores of scientific research papers. And now he is in charge of a major research task entitled «A Histo chemical study of the muscle fiber type and motor end plate of the hind leg of rabbits», a task under the State Sports Commission. The study under optical microscope has resulted in 4 papers, two of which won first — class prize for excellent papers by Liaoning Sports Science Society in 1990, with the other two papers winning first — class prize for excellent papers at the 9th Scientific Paper Symposium of S. P. E. I in 1990.

Two papers of them were chosen to be read at the Scientific Congress of the 11th

Asian Games in Beijing.

This study task on the basic theory was highly valued and appreciated by experts both at home and abroad for it was the first example in the world. Three of them won respectively second—class prize for excellent papers, third—class prize for excellent papers and second—class prize for advanced scientific papers for the youth.

Now, the study under electro—microscope is going on and soon a number of papers will be published.

Seeing that the author pioneered in the scientific research in sports science and that he put forth new academic viewpoints and obtained new achievements both at home and abroad, he was awarded a glorious title "Activist in Sports Science and Technology" by Shenyang Municipal Sports Commission and Shenyang Sports Science Society in December, 1991.