

Research on the Path of Promoting and Popularizing National Aerobics in Colleges and Universities in Minority Areas

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Abstract: China has a long cultural history and is a multi-national country. Different regions have nurtured national cultures with different characteristics. National aerobics is a new form of exercise produced by the combination of traditional national culture, dance art and modern aerobics. Introducing national aerobics to colleges and universities in national minority areas can satisfy the interests and individual preferences of contemporary college students, respond to the call of national fitness, and at the same time enrich the teaching content of physical education courses in colleges and universities in national minority areas. To this end, this article first expounds the necessity and feasibility of promoting and popularizing national aerobics in colleges and universities in national minority areas, and then from the perspectives of policy guarantee, financial support, professional team formation and association formation, proposes how to promote and popularize national aerobics in colleges and universities in minority areas.

1. Introduction

At present, many colleges and universities in national minority areas have introduced national aerobics into physical education, and continue to strengthen the promotion and popularization of national aerobics as a characteristic sports and teaching project in national minority colleges and universities. In this way, it is benefit to develop characteristic teaching and improve the physical and cultural quality of college students.

2. The necessity of Promoting and Popularizing National Aerobics in Colleges and Universities in Minority Areas

2.1 Meet the Needs of Minority Sports Culture Inheritance

In 2002, the Ministry of Education promulgated the "National College Physical Education Curriculum Teaching Guidance Outline", and clearly pointed out in the "Outline" that "physical

education should focus on the combination of nationality and globality, and realize the traditional national sports culture with the help of physical education courses in colleges and universities. To carry forward and inherit, actively learn from the world's excellent sports culture, and make physical education more modern, developmental, national and Chinese characteristics^[1].

The introduction of national aerobics into physical education in colleges and universities in national minority areas can play a positive role in protecting, inheriting and promoting the traditional sports culture of national minorities, at the same time, the reform and innovation of physical education courses in colleges and universities in ethnic minority areas can also have huge value.

2.2 Enrich the Content of Physical Education Courses in Colleges and Universities in National Areas

The promotion and popularization of national aerobics in colleges and universities in national minority areas can realize the close integration between national minority traditional sports culture and modern sports culture, enrich the content of college physical education courses, and make the teaching content more characteristic of the times, thus playing a role in inheriting and protecting the traditional sports culture of national minorities^[2].

3. The Feasibility of Promoting and Popularizing National Aerobics in Colleges and Universities in Minority Areas

3.1 Have the Advantage of Professional Teachers

Because physical education teachers in colleges and universities in national minority areas come from national areas themselves, or are influenced by the unique national minority culture in the region where the college is located, they have a deep understanding of the local national minority culture and have extremely rich teaching experience. They combine aerobics with national traditions. The combination of sports culture can enrich the content of physical education courses in colleges and universities in minority areas to the greatest extent, and it is also an improvement of the ability and teaching level of physical education teachers. Colleges and universities in national minority areas have very professional faculty teams, and they have a more comprehensive and in-depth grasp of the culture of national minority areas. Many physical education teachers have been engaged in national aerobics teaching and national minority culture training for a long time. These teachers are bound to be able to promote and popularize the national aerobics projects in colleges and universities provide strong support^[3].

3.2 More Cultural Heritage of National Sports

National aerobics is a kind of traditional national sports culture, and colleges and universities in national minority areas must have very strong feelings of national sports culture, and their cultural heritage is profound. Therefore, national aerobics can be quickly recognized and accepted by teachers and students. In addition, colleges and universities in national areas belong to the learning culture of national minorities, and are the most ideal carriers for the inheritance and development of national minority culture. The entry of national aerobics into college campuses can fully reflect the needs of the times, and the use of national aerobics to promote the inheritance and development of national sports culture is one of the many consensus on the research on sports majors in colleges and universities in national minority areas. At present, many college sports majors in national minority areas in my country have opened national aerobics courses, and achieved good results. It

can also be seen that colleges and universities in national minority areas have a good foundation for promoting and popularizing national aerobics.

4. The Path of Promoting and Popularizing National Aerobics in Colleges and Universities in Minority Areas

4.1 Formulate Relevant Policies to Vigorously Promote the Promotion and Popularization of National Aerobics

Colleges and universities in minority areas should actively play the role of the local government. It is necessary to win the strong support of the local government, especially in terms of policy, to be able to give strong guarantees. The governments of all regions should, based on sufficient attention, formulate support policies that match the actual needs of the actual physical education teaching in local colleges and universities, so as to realize the large-scale promotion of national aerobics. Relevant government departments can customize relevant promotion policies, and special personnel are responsible for them, ensure that local colleges and universities actively promote national aerobics ^[4].

4.2 Strengthen Capital Investment and Enhance the Development of National Aerobics Projects

Colleges and universities in national minority areas should be able to obtain government funding support based on their own actual conditions. The schools themselves should attach importance to the effective use of funds for aerobics projects, and constantly improve the facilities, venues and appliances required for national aerobics projects, so as to improve national aerobics' development of the project. In addition, it can also cooperate with some local cultural organizations and enterprises, and realize the good development of the national aerobics project with the help of the financial support of cultural organizations and enterprises.

4.3 Form a Professional Team to Promote the High-Quality Development of National Aerobics Projects

Establishing a professional team is undoubtedly one of the methods that can effectively promote the active participation of college students in national aerobics sports. Therefore, colleges and universities should actively form a professional team, and master the talents of national aerobics sports training methods. On the other hand, college students should be encouraged to actively participate in the national aerobics team. For example, they can form their own national aerobics representative teams in colleges and universities to participate in various regional and national aerobics competitions, accumulate rich experience in participating, and attract more college students participate in it, give full play to the influence of the aerobics sports team, form a good situation of interconnection and interaction inside and outside the campus, and mobilize the enthusiasm of college students to fully participate in the national aerobics movement, thereby promoting the development of national aerobics projects, cultivating more elite talents in multi-national aerobics project ^[5].

4.4 Establish Interest Groups and Expand the Coverage of National Aerobics Sports

Interest is an important driving force that can effectively promote cultural dissemination and inheritance. In order to achieve the promotion and popularization of national aerobics in colleges

and universities in minority areas, we must be able to start from actual interests, and we must organize teachers and students to jointly form interest clubs. The club allows students to learn more about minority cultures while exercising. For example, colleges and universities can organize special teachers to be responsible, and add national aerobics clubs or student clubs in schools to allow more students to participate in national aerobics. In addition, these associations and clubs can also attract members to the society, so that the promotion scope of national aerobics will continue to expand, and the coverage of national aerobics sports items will be broadened, so as to realize the widespread dissemination of minority sports culture.

5. Conclusions

Combined with the content of the above article, colleges and universities in national minority areas are one of the main positions for realizing the inheritance of the excellent traditional culture of the Chinese nation. By giving full play to the advantages of national minority areas and their own cultural dissemination, and using national traditional sports cultural resources to dig, organize, develop and promote, it can effectively promote the dissemination of national culture in colleges and universities in national minority areas, and based on this, realize the integration of national culture and physical education, which requires colleges and universities to pay attention to the integration of national culture, and the promotion and popularization of national minority aerobics sports can just meet this demand. To this end, colleges and universities need to take advantage of policy advantages, increase capital investment, set up professional teams, establish clubs and clubs, so that the coverage of national aerobics is wider, so that it can benefit the whole society.

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