

Construction of traditional national physical education teaching model in medical colleges from the perspective of cultural inheritance

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Abstract: In the context of college education, education in physical in medical schools should focus on cultivating and strengthening students' physical fitness, mobilizing students to actively participate in sports, and improving their comprehensive quality. Therefore, in the process of implementing education in physical, medical schools should fully recognize the importance of education in physical for students, and on this basis, enable students to obtain more sports knowledge and exercise opportunities. However, at present, modern education in physical is generally adopted in China's colleges and universities, and in this process, there is a lack of curriculum teaching combined with traditional national sports. However, for college students, these traditional sports activities are valuable assets for the development of education in physical, and education in physical in the new era should attach importance to and carry forward history and integrate it into education in physical in the new era. At present, the content and elements of traditional national sports courses covered in China's college education in physical courses are relatively small, therefore, from the perspective of cultural inheritance, medical schools should integrate traditional national sports into education in physical, build a relatively complete teaching system, and at the same time, have a certain understanding and mastery of certain traditional national sports in order to design a scientific and reasonable teaching program. In this regard, based on the perspective of cultural inheritance, this paper first analyses the current situation of traditional national education in physical in medical schools, and then focuses on exploring the construction strategy of traditional national education in physical teaching model in medical schools, in order to provide reference for relevant personnel.

1. Introduction

For a long time, in China's college education in physical, the education in physical mode carried out by teachers in the actual work is relatively simple and unified, and in physical education, students can choose their favorite sports for training according to their own preferences. In this process, colleges and universities should integrate more valuable traditional national sports into existing education in physical, thereby promote the inheritance of China's national culture and sports spirit. In

the current college education in physical system, due to the influence and introduction of foreign culture, many students have a very strong interest in this new type of sports, in this process, students will compete to choose this new type of sports, and ignore the importance of developing national traditional sports, which is not conducive to inheriting and promoting the relevant sports spirit, nor can it make the promotion and dissemination of national traditional sports in college life.

2. Analysis of the Current Traditional Ethnic PE Teaching Situation in Medical Colleges from the Perspective of Cultural Inheritance

2.1 PE courses are not paid attention to, and traditional sports are lacking

In the context of the new era, medical school students must continuously study and master professional knowledge in their respective professional fields, and medical professional courses are relatively heavy, students' time is often occupied by professional courses, and the time for physical activities is less^[1]. In addition, due to the small number of class hours for students in physical education teaching in medical schools, many teachers and students do not pay enough attention to PE courses, and their attitude towards education in physical teaching is often perfunctory, resulting in physical education classrooms becoming a place for students to move freely. In physical education, the traditional PE mode is often centred on modern sports, students in the process of PE, have a strong sense of competition, master certain sports skills, but these sports do not have traditional national sports, so in the current education in physical, usually traditional national sports will be ignored, resulting in students rarely receive traditional national sports related teaching.

2.2 Lack of Traditional Ethnic PE Teaching Equipment, not Integrated with Modern Education in Physical

In the education in physical of medical colleges, in order to carry out targeted traditional national sports teaching for students, it is first necessary to strengthen investment in teaching equipment and hardware equipment, so that the traditional national education in physical teaching model can give full play to its role. However, from the current teaching physical education courses situation in medical colleges, there are many modern sports equipment in the sports equipment library, but there is a lack of traditional national education in physical teaching equipment. At the same time, in the process of implementing traditional national sports, due to the lack of relevant teaching material support, teachers often can only collect relevant materials before class for integration, and expand teaching in the classroom, but in the absence of traditional national sports equipment, students are not much interested in the traditional national sports learning. Therefore, the lack of teaching space, teaching equipment, teachers and other aspects of traditional national education in physical makes it difficult for traditional ethnic education in physical teaching to be effectively integrated into education in physical teaching in medical colleges.

2.3 There is a Shortage of Teachers in Traditional Ethnic Sports, and Insufficient Professional Teaching Capacity

In the existing education in physical system, in order to form a more complete traditional national PE system, it is necessary to have a strong team of teachers as a support, in this process, the introduction of professional traditional ethnic education in physical teachers, let them give full play to the advantages of traditional sports in teaching practice, so as to stimulate students' enthusiasm to participate in traditional sports. However, at present, in the education in physical curriculum of medical schools, the professional teaching of PE teachers is often based on modern sports, and due

to the lack of traditional national PE teachers, it is impossible to provide students with corresponding teaching content, and non-professional teachers often find it difficult to meet the relevant professional standards when teaching traditional national education in physical, resulting in the difficulty of effectively promoting and implementing classroom teaching goals^[2].

3. The Construction Strategy of Traditional Ethnic PE Teaching Model in Medical Colleges from the Perspective of Cultural Inheritance

3.1 Change Traditional Teaching Concepts and Promote the Inheritance of Traditional National Sports

From the perspective of cultural inheritance, in the education in physical teaching of medical colleges in the new era, in order to better integrate traditional national sports into education in physical, it is necessary to change the inherent teaching concepts of the past. In this regard, in the historical process of the development of education in physical, many competitions are increasingly attracting the attention of teachers and students, so in the classroom, people often take modern sports as the most popular sports at present, and strengthen and train them. Many of the contents of these courses come from Western sports activities, and in this long-term education and development, teachers and students often neglect the inheritance and national traditional sports development, resulting in limited teachers' teaching thinking. In this regard, teachers should actively change traditional teaching concepts and actively promote the promotion and inheritance of traditional national sports in actual teaching. For example, in the education in physical curriculum of medical schools, teachers can introduce traditional sports related to martial arts, so that students can actively experience the essence of traditional martial arts through the guidance of teachers in the process of education in physical learning. From the perspective of cultural inheritance, education in physical in medical colleges should integrate traditional national sports into the education in physical classroom, so that it can be fully developed in modern PE.

3.2 Enrich Traditional Ethnic Sports and Promote the Integration of PE Theory and Practice

In the public education in physical courses of medical colleges, teachers should integrate traditional national sports into education in physical teaching, and first of all, they should reasonably choose traditional ethnic sports in combination with the actual teaching situation; Secondly, it is necessary to enrich the traditional national PE teaching program, so that students can obtain a new sports practice experience while exercising, and at the same time can have a deeper understanding of traditional culture. Therefore, when carrying out traditional ethnic education in physical, teachers cannot limit the teaching content to a certain scope, only provide students with basic teaching programs in the classroom, and adopt superficial teaching methods to carry out traditional ethnic education in physical teaching. This teaching model is not conducive to stimulating students' interest in traditional national sports, nor is it difficult for students to effectively acquire practical sports knowledge and skills in the classroom. Therefore, as a PE teacher in a medical school, he should actively expand a variety of traditional sports activities in his work practice, and at the same time shoulder the responsibility and mission of inheriting traditional national sports, and integrate the essence of traditional sports into students' sports training^[3]. For example, in the teaching of traditional ethnic PE courses, teachers can extend traditional sports to various ethnic groups, including Han martial arts, lion dance, dragon dance, Go, Keju, etc., as well as Mongolian traditional sports, such as wrestling, horse racing, archery, Mongolian chess, etc. and other local traditional sports, such as snatching, kickball, bamboo floating, swinging, etc. In physical education, teachers can combine it with modern education in physical activities, or set up specialized elective courses. From the

perspective of cultural inheritance, medical schools should also pay attention to the organic combination of theory and practice when carrying out the teaching and practice of traditional sports. On the one hand, before physical activities, teachers should popularize the knowledge of the history of traditional national sports to students, so that they can understand the history and culture contained in these traditional national sports through theoretical reserves, so that they can better understand and apply them in practical operation in the future. At the same time, it is also required that teachers can conduct more detailed and comprehensive teaching to students in teaching practice, and break down certain sports into simple and clear operation steps to facilitate students to practice in class.

3.3 Reasonably Increase Investment in PE and form a Professional Teaching Team

At present, due to the lack of funds for education in physical in China's colleges and universities, there are some problems in physical education. For example, due to the lack of relevant sports equipment, teachers cannot use the corresponding equipment to carry out professional teaching activities. This is very detrimental to the development of traditional national education in physical in medical colleges. Therefore, in the case of combining education in physical in colleges and universities with traditional national sports, the medical school should reasonably increase investment in traditional education in physical, and through the vigorous promotion and development of relevant government departments, colleges and universities can get more funds, so as to provide more high-quality teaching equipment for schools ^[4]. In addition, to carry out traditional national sports in physical education teaching in colleges and universities, special education in physical teachers should also be provided for schools. First of all, it is necessary to train the current college education in physical teachers in traditional national sports, history and culture, so that they can conduct special teaching and discussion in their spare time to achieve the understanding and application of traditional education in physical teaching strategies. On the other hand, medical schools can appropriately introduce inheritors of traditional national sports in physical education, so that they can provide more targeted guidance for the teaching of skills and cultural science popularization of traditional national education in physical. Under the premise of comprehensively developing the existing teachers and introducing foreign professional education in physical teachers, a group of high-quality traditional national sports and education in physical teachers have been trained, so as to effectively improve the teaching quality of education in physical in medical schools.

3.4 Expand School PE Curricula and Improve the Construction of PE System

From the perspective of cultural inheritance, in order to better implement traditional national education in physical measures, so as to achieve the purpose of inheriting and promoting traditional education in physical. First of all, teachers should design a series of traditional sports school courses according to the characteristics and teaching goals of traditional national sports, combined with students' actual hobbies, and in this process, select a variety of sports projects from many traditional national sports that can not only stimulate students' interest, but also allow students to actively participate. Secondly, corresponding education in physical teaching materials should be formulated to improve the teaching system of school education in physical courses. Finally, teachers should fully understand and master the physical learning status and physical characteristics of students, and choose the traditional national education in physical teaching model suitable for students according to the actual situation, and carry out distinctive education in physical courses ^[5]. For example, the "Dragon and Lion Dance" sports program can be set up to expand the teaching scope of traditional education in physical courses on the basis of the original education in physical courses. Compared with ordinary football and basketball, many students have never been in contact with it before, but have only seen the style of related sports in film and television works, so students often have a strong curiosity about

these traditional national sports, and then actively participate in traditional sports teaching and experience the unique charm of traditional sports. In addition, the teaching practice of dragon and lion dance requires multiple students to participate in teams, which is a team sport, so in the teaching process, it can not only effectively inherit traditional sports culture, but also effectively enhance students' cooperation and communication skills, and experience the positive role of inheriting traditional national sports.

4. Conclusions

To sum up, from the perspective of cultural inheritance, in the process of the development of education in physical in medical schools, integrating traditional national sports into education in physical can not only add rich teaching activities to the school's education in physical classroom, but also enable students to inherit and promote national traditional culture while carrying out education in physical. Therefore, government departments, schools, teachers, students, and other forces should be integrated to carry forward traditional national sports activities in physical education in colleges and universities.

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