

A probe into the mutual promotion between the inheritance of traditional culture and the development of national sports in private universities

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Abstract: In the process of the inheritance of national sports in China, it can also be said that it is a kind of cultural activity inheritance, in which the performance situation and content reflect the nature and simplicity to the maximum extent. Cultural self-confidence is not only to identify with China's excellent traditional culture, but also to objectively compare the advantages and disadvantages of Chinese and Western traditional cultures, correctly understand the value of China's traditional culture, and consciously protect and inherit China's excellent traditional culture, so that culture can become China's soft power and the cohesion of national spirit. Traditional culture is the crystallization of thousands of years of civilization in China, and it is the cultural essence of the Chinese nation with universal value recognition. Traditional culture enhances the self-confidence of national sports culture, and national sports promotes the inheritance and exchange of traditional culture. Based on the mutual promotion between the inheritance of traditional culture and the development of national sports, this paper puts forward the construction of mutual promotion mechanism between the inheritance of traditional culture and the development of national sports in private universities. This study hopes to provide better suggestions for PE (physical education) reform in private universities, create more favorable reform conditions and comprehensively improve the overall quality of PE in private universities.

1. Introduction

National sports refers to the national sports activities carried out by a certain ethnic culture or several nationalities in a certain range, which have strong national cultural colors and characteristics. The characteristics of national sports, such as habituality, folklore, fitness, entertainment and popularization, make national sports have great social and cultural values [1-2]. In the process of adjusting various teaching activities, private universities gradually realize that traditional culture plays an important role in promoting modern education.

In modern PE (physical education) teaching, it is mainly to develop and guide the content of PE teaching. However, in this process, the development of its national sports in China has a long history, and its content, form and style all show the unique cultural content of our nation [3]. This is of great theoretical and practical significance for inheriting traditional culture in higher education, promoting quality education of college students, improving the quality of ethnic sports teaching in

private universities and cultivating college students' lifelong sports thoughts and skills.

2. The inheritance dilemma of national sports in private universities

Whether the national sports teaching in private universities revolves around the guiding ideology of "health first" and inheriting national sports culture is a very critical issue. At present, the spread of national sports in private universities has evolved into the spread of action technology. What everyone learns is basically the body movement of national sports, and its foundation-traditional culture has been left aside. Dragon boat race, which originated from traditional festivals in China, has also become a popular sport in China and even in the world. The operation and live broadcast of the Chinese Dragon Boat Race have far exceeded the value of the sport itself [4]. Therefore, how to use scientific methods to teach students to improve their interest and understand China's national sports culture is the key to teaching.

In the current PE teaching in private universities, the teaching content is influenced by competitive sports, and many people confuse health with sports technical physical fitness. The teaching content is all-encompassing, difficult and high-tech, and it is repeated with the content of primary and secondary school textbooks. PE teaching activities are still lack of contact with local culture, which leads to the lack of characteristics and attraction to students, which makes it difficult for students to fully devote themselves to PE teaching, thus leading to the unsatisfactory actual efficiency and learning efficiency of PE teaching. This will cause our students to be unable to get corresponding support and assistance in the future [5-6]. The curriculum arrangement is monotonous and unified, with teachers demonstrating students' learning and practicing as the main teaching method. The classroom atmosphere and students' enthusiasm are not high, and the teaching evaluation is also based on students' final skill level.

3. The mutual promotion between the inheritance of traditional culture and the development of national sports

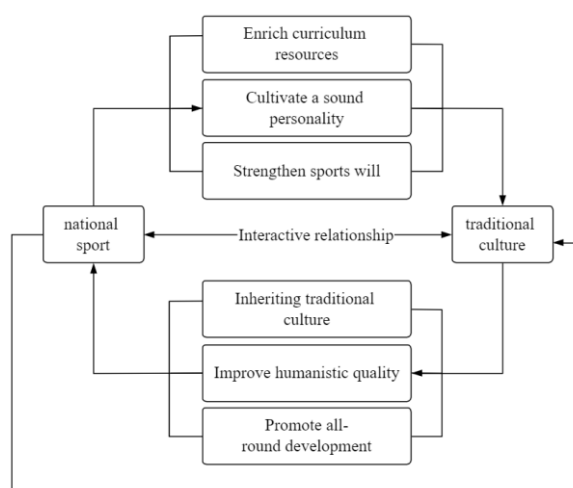


Figure 1: Interactive coupling relationship between traditional culture inheritance and national sports development

There are highly coupling factors between the inheritance of traditional culture and the development of national sports, which together meet the needs of cultivating and developing students and become the motivation to induce their interactive coupling relationship. Among them, national sports can enrich school curriculum resources, cultivate students' sound personality and

strengthen sports will [7]; Traditional culture can also be a platform for national sports to inherit excellent traditional culture, improve students' humanistic quality and promote students' all-round development (Figure 1).

3.1. Traditional culture enhances the confidence of national sports culture

National sports is a national sports activity with Chinese national characteristics. For national traditional sports, it can be described conceptually with sports activities widely spread around the world. In the process of historical evolution and development, it has been continuously infiltrated. In the process of the inheritance of national sports in China, it can also be said that it is a kind of cultural activity inheritance, in which the performance situation and content reflect the nature and simplicity to the maximum extent. The government should promote national sports to better integrate into the global arena, address future challenges, embrace modernization, enhance the overall physical fitness of the nation, and further advance the unity, progress, and harmonious development of all ethnic groups.

From the perspective of social science, culture is a complex and abstract concept, which can be understood as the habits, attempts and customs agreed by social members [8]. Sports activities are one of the carriers of culture. If we simply teach sports knowledge to students without the cultural background of sports formation, it will lead to the lack of educational function in sports teaching.

Cultural self-confidence is not only to identify with China's excellent traditional culture, but also to objectively compare the advantages and disadvantages of Chinese and Western traditional cultures, correctly understand the value of China's traditional culture, and consciously protect and inherit China's excellent traditional culture, so that culture can become China's soft power and the cohesion of national spirit. At present, China's socialist modernization is in a critical period. Private universities should actively undertake the responsibility of cultivating lifelong talents who support the party's leadership and China's socialist system and strive for Socialism with Chinese characteristics, and integrate traditional culture into PE to enhance the confidence of national sports culture.

3.2. National sports promotes the inheritance and exchange of traditional culture

Traditional culture is the crystallization of thousands of years of civilization in China, and it is the cultural essence of the Chinese nation with universal value recognition. Inheriting and carrying forward excellent traditional culture is not only the mission of the descendants of the Yellow Emperor, but also the spiritual direction of the "Chinese Dream" for the all-round rejuvenation of the Chinese nation. As the abstraction and sublimation of human production and life activities, culture is bound to inherit and exist in human production and life practice activities. National sports provide a platform to achieve a high degree of integration of culture and market, so that cultural existence can have a broad interface facing the people's livelihood with the help of the national sports communication mechanism. Therefore, national sports have incomparable outstanding advantages in the inheritance of traditional culture.

Private universities bring together many young college students, who have a wide range of interests and are willing to accept excellent culture. In the interwoven environment of minority sports culture and modern western sports culture, minority students have a more personal understanding of the spread and development of their national sports. Through the minority sports education carried out by private universities, minority students realize that minority sports are both national and world-wide. Private universities should seize this opportunity, set up national sports entities to provide consumers with various sports fitness and entertainment services, provide paid national sports-related knowledge consultation, skills training and counseling, test and fitness

evaluation of national sports projects, and carry out the application and popularization of national sports scientific research results [9], so as to promote the inheritance and exchange of traditional culture.

4. Construction of mutual promotion mechanism between traditional culture inheritance and national sports development

4.1. Innovative integration of culture and sports

The functional coupling between traditional culture inheritance and national sports development is the result of their overall interrelation, which should have the commonness and special attributes of functions. Therefore, the functional coupling between traditional culture inheritance and national sports development is divided into four elements: individual development, cultural inheritance, spiritual encouragement and national cohesion (Figure 2).

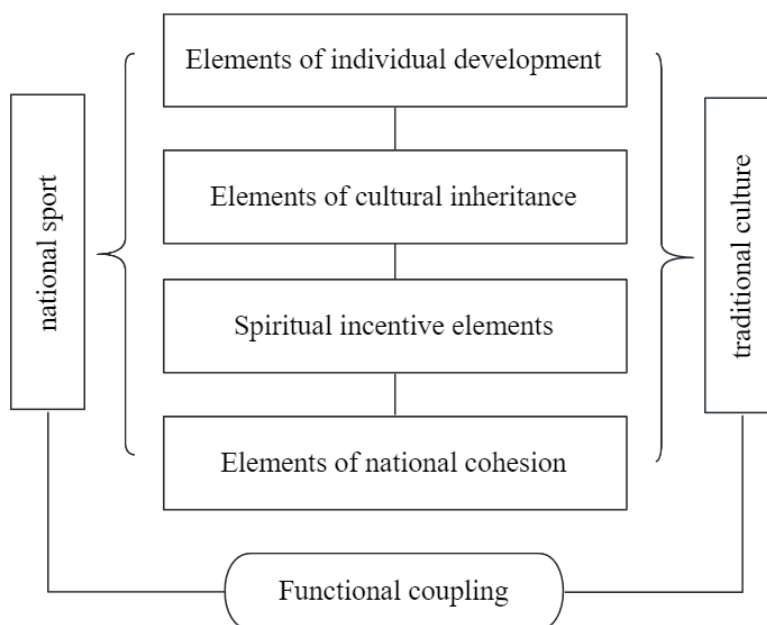


Figure 2: Functional coupling between traditional culture inheritance and national sports development

If we innovate in organizing education and teaching activities in private universities, it will have a great impact on teaching effect. On the basis of excavating traditional culture, teachers can carry out new-style competitions, performances and other different forms of teaching activities, so that students can learn and acquire knowledge in colorful activities. Educators should encourage students to enhance their comprehension and knowledge of national sports culture through practical sports activities. This approach will not only invigorate and enhance the appeal of educational activities but also kindle students' interest in traditional culture and sports.

In the development of national sports, it is necessary to analyze and study in strict accordance with the goals of fitness, safety and interest, and constantly standardize and improve in the process of integrated application, and gradually form the school-based characteristics of PE courses.

4.2. Constructing the teaching system of national PE in private universities

The content of ethnic sports is rich and colorful. We should integrate and classify the ethnic sports that are currently being carried out in private universities and those that can be incorporated

and suitable for development in private universities, and make reasonable arrangements for these contents in actual teaching. According to the characteristics of the projects, we can adopt compulsory courses, elective courses or use extracurricular activities such as sports associations and community activities to carry out them. Folk sports and minority sports fully show the social history, politics, economy, culture, religion, customs and psychology of China. Because of their strong leisure and entertainment characteristics, these sports can be inserted into the preparatory activities of the course, the break and the end of relaxation according to the actual teaching needs.

In order to cultivate students' habit of lifelong exercise, the teaching of technology and skills is indispensable. In teaching, all teachers' demonstrations and all students' exercises can be the carriers of traditional culture. If we want to realize this, it needs to be clear that culture is not the same as words, and sports are also the forms of culture. When students understand the rich cultural connotations of some sports, they will certainly have a correct grasp of these sports. There are many kinds of folk sports games, and some folk sports games are very different from each other, which requires flexible organizational forms. Therefore, it is of great benefit to enrich the form of PE teaching and to form a good classroom atmosphere. Folk sports games are a good way to realize students' playing in middle school and learning.

4.3. Strengthen the construction of campus culture and enhance cultural self-confidence

As the main position for the healthy growth of students, schools are the necessary links in the process of cultural construction, and also the excellent places for creating national cultural atmosphere and establishing national sports associations. The coupling between the inheritance of traditional culture and the development of national sports should give full play to the role of explicit and implicit culture, create a campus cultural atmosphere and cultivate students' cultural consciousness.

First of all, schools at all levels can make full use of traditional festivals and folk activities to strengthen the construction of campus culture, stimulate students' interest in learning, create a cultural atmosphere, and enhance students' sense of cultural identity and pride, so as to better inherit Chinese traditional culture. Secondly, the school should encourage the establishment of national sports associations or interest groups to meet the conditions for the establishment of national sports associations. By creating a sense of spiritual encouragement in national sports activities, educational institutions can foster students' rational thinking, enhance their patriotic sentiments, aid in personality development, and instill a lifelong awareness of sports [10].

4.4. Constructing scientific evaluation method of national PE teaching

The reform of teaching activities in private universities is not only limited to the innovation of teaching organization, but also should pay attention to the cognition of Chinese traditional culture. PE teachers in private universities not only realize students' good mastery of traditional PE content, but also integrate its cultural connotation into students' learning. The evaluation of students' understanding and knowledge of traditional culture should be increased in national PE courses. After the teaching, students' understanding and progress of China's traditional cultural knowledge should be examined, and students' physical quality, mental health, social adaptation and benign behavior tendency should be evaluated accordingly. At the same time, we need to use the spiritual power of traditional culture to evaluate students effectively, so as to guide students to know their own thoughts more accurately, thus ensuring the best overall learning effect of students.

5. Conclusions

In modern PE teaching, it is mainly to develop and guide the content of PE teaching. However, in this process, the development of its national sports in China has a long history, and its content, form and style all show the unique cultural content of our nation. National sports is a national sports activity with Chinese national characteristics, and traditional culture enhances the confidence of national sports culture. Traditional culture is the crystallization of thousands of years of civilization in China, and it is the cultural essence of the Chinese nation with universal value recognition. National sports promotes the inheritance and exchange of traditional culture, and promotes the application and popularization of scientific research achievements of national sports, so as to promote the inheritance and exchange of traditional culture. Based on the integration of the two, the traditional teaching organization mode is reformed to improve the quality of PE teaching activities in private universities and promote the all-round development of students.

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