

Study on Displaying the Cultural Values and Characteristics of Traditional Ethnic Sports in College Physical Education

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Abstract: As China pays more attention to the development of Chinese culture and traditions, people are being introduced with an increasing number of China's ethnic sports. Higher educational institutes play a critical role in cultivating young talents, and thus they should continually emphasize the inheritance and development of national traditional Ethnic sports in physical education. This paper leverages literature review and other methods to investigate the current landscape of Chinese ethnic sports and emphasize the necessity of promoting traditional culture in education. It also suggests that higher educational institutes should customize the sports curriculum and transform teaching methods, so that the values and characters of ethnic sports will be highlighted, and the ethnic sport itself can be better developed in the future.

1. Introduction

As a large multi-national state, China is composed of 56 ethnic groups with a long history and rich cultural heritages. Every minority ethnic group has its own characteristics, resulting in cultural differences among each of them, and thus, ethnic sports and relevant events that are specialized to each ethnic group differ in their own forms, which is supported by what Lin deemed as the regionality of sports culture ^[1]. Currently, the existing model of university sports education is facing a lack of diversity, making many students lose the motivation to engage in the sports class, which is a major barrier for the optimization of university sports education. In this context, introducing university students with excellent national sports events will not only arouse their interests, but also broaden their horizons and strengthen their understanding on the Chinese national sports, which will benefit the promotion of Chinese cultural characteristics featured in ethnic sports.

2. The Current Landscape of Chinese Ethnic Sports

China is composed of a great many minority groups and has various Ethnic sports that represent strong Ethnical characteristics, such as equestrian, racing, archery, polo, fire dragon and so forth. However, only a few of them are included in college physical education and modern sports events including badminton, soccer, ping pang and basketball are still dominant choices ^[2]. Consequently, the values of Chinese ethnic sports culture haven't made best use of. Currently, the government has been advocating for increasing culture identity ^[3], which promotes the development of Ethnic sports education. Unfortunately, the promotion reaches a minimal positive outcome because of the limitations that exist in different aspects.

The diversity in ethnicity leads to the differences in living styles and customs among each minority group, which further leads to the different forms and values of ethnic minority sports ^[4]. Whereas the current sports teaching methods in college are aligned with the education model and advocate against more diverse ones in different regions. It is a major obstacle to carry out the education of ethnic minority sports in college effectively. In some colleges that have already carried out ethnic sports teaching, they are facing the challenge of incorporating certain excellent ethnic sports because they are not engaging with other minority groups. The result is that some endangered ethnic sports originated in remote areas could be disappearing soon. Meantime, universities in

remote areas don't possess high-quality educational resources or advanced teaching approaches ^[5], and thus they don't have enough budget for the development of ethnic sports.

3. The Necessity of Highlighting Ethnic Minority Sports' Cultural Values and Characteristics in College Physical Education

3.1 Promoting National Sports Culture

China is made up by many different minority groups and each of them has its own culture, causing the nuances in different ethnic sports. On the other hand, they can be representatives of Chinese traditional culture, history and customs. However, unlike modern sports, ethnic sports haven't received enough attention. Some of them are not developing, but disappearing or even dying ^[5]. If higher educational institutions could highlight the importance of ethnic sports, it will not only help Chinese traditional sports culture be better inherited, but also ignite students' passion. Overall, it will benefit the development of Chinese culture and sports in a long run.

3.2 Promoting the Reform of College Physical Education

At the current stage, the college physical curriculum includes basketball, soccer, ping pang, tennis and other modern sports or athletic sports. These factors make the spread of Chinese ethnic sports difficult. With the rising of Chinese traditional culture, it is continuously accepted by people worldwide. Under such a circumstance, highlighting ethnic physical in college teaching can greatly benefit the reform of college physical education with new innovations and improvements. Under the influence of the curriculum reform, ethnic minority sports can be introduced to class in different forms, so that students can learn more about them and the traditional culture rooted deeply in the national heritage ^[6]. At present, most teaching modes are built on the purpose of entertaining, or the enjoyment of sports ^[7] which will facilitate the development of ethnic minority sports and arouse students' interest. Some scholars examine the teaching model of traditional ethnic sports education under the view of Ecologic Education ^[8].

3.3 The Necessity of Development Ethnic Sports Culture

China was once invaded by Western countries, when the demotic economy, politics and education were negatively impacted. In the meanwhile, western sports were introduced to China and widely spread afterwards. Attention had been paid to Chinese ethnic sports ever since the reform and opening-up. However, western sports still have a profound influence and take a dominant role in China. On the contrary, China is still at the initial stage of socialism with certain restrictions that hinder the development of Chinese ethnic minority sports and the use of relevant facilities. Under such a circumstance, the wide spread and promotion of ethnic sports are limited ^[9]. As technology and science are progressing rapidly, different countries are better bonded than ever before, and strategic development becomes the theme in the context of globalization. As we know, the rise of globalization has both pros and cons. It promotes the cultural exchange among different countries, but it also leaves less space for developing cultures. Global economy helps promote the development of ethnic sports, but also intervenes it negatively from some other aspects. In the new era, China regards the promotion of cultural prosperity as a fundamentally important strategy and considers the development of ethnic minority sports as a main objective. As a diverse nation, development the traditional cultures of different monitory groups can increase cultural competence. Therefore, introducing ethnic sports to universities can benefit the development of Chinese culture and celebrate ethnic diversity.

3.4 The Characteristics of Ethnic Minority Sports and Cultures

Ethnic minority sports are an element that is deeply rooted in Chinese traditional culture, playing a critical role in culture evolution. First of all, ethnic cultures feature the way people exercise and entertain, two main characteristics shared among different cultures. The strong entertaining function of the ethnic minority sport makes it more acceptable among the public. Ethnic sports make a positive contribution to the development of national sports as it entertains the participators. In the

context, the development of ethnic minority sports shares the same goal with higher education. Second of all, ethnic sports incorporate the essence of Chinese traditional customs and folk arts, which is irreplaceable by Western sports. Therefore, the appreciation of Ethnic sports can shape a person's life value as well ^[9]. Last of all, many ethnic sports can be practiced in groups, where people will communicate and engage with each other among communities. In this way, ethnic minority sports are highly associated with community services to increase public participation, helping with the spread of Ethnic cultures in a sport format.

4. The Strategies of Integrating Ethnic Minority Sports into College Physical Education

4.1 Strengthening the Development of Chinese Sports Cultures

As the society progresses, the rapid development of information network shortens the distance among different countries and gradually forms globalization. To promote ethnic sports in the context of globalization, the sports need a reform to absorb new elements and increase diversity. Ethnic sports are an important component of Chinese traditional culture ^[10], which is contradicted with western sports from this perspective. Therefore, it is necessary to strengthen the development of Chinese sport cultures to mitigate the influence of western sports. Firstly, the reform of ethnic minority sports should be scientific. Chinese ethnic sports are comprised of distinct minority groups' sports and impacted by their traditional customs. With that being said, a reasonable revolution can suit for the complexity of Chinese ethnic minority culture is recommended. Secondly, considering the impact of globalization, we should change the inherent model with a new one that can better represent the new characteristics of Chinese ethnic minority sports.

4.2 The Integration of Western Sports and Chinese Minority Ethnic Sports

China has begun to open to the global market ever since the reform and opening up policies came into effect. The confidence in Chinese culture has been consolidated, but still, the integration of western sports can make China a strong sporting nation. Higher educational institutions are the most important places for talent cultivation, and college physical education plays a critical role in college education. Chinese ethnic minority sports need to embrace cultural diversity and innovations on the basis of maintaining its original characteristics. The integration between western and Chinese sports will help the later ones enter a bigger platform worldwide, so that people around the world can understand the value of Chinese ethnic minority sports and their cultures ^[11].

4.3 Customizing Ethnic Minority Sports Education in Universities

The promotion of ethnic sport cultures needs to take various factors into consideration, such as the characteristics of each minority group, the current landscape, relevant government policies. Higher educational institutions should take the responsibility to spread national ethnic sport cultures, which indicates that we should customize educational strategies, promote national sports based on demographic characteristics on Ethnical perceptions, and enhance students' understanding on national sports ^[12]. One great example is the promotion of horse racing and wrestling in Inner Mongolia's local colleges. On one hand, the spread of national traditional sports in universities will help with sports diversity. On the other hand, it is critical to invest more money in sports facilities to meet with students' needs on practicing national Ethnic sports.

4.4 Changing the Approach and Methodology to Teaching Proactively

The demand for high-quality education services is increasing in today's society, and the traditional method of teaching can no longer meet people's needs nor make a critical role to benefit student's development in a long term. Therefore, higher educational institutions should change the approach and methodology of teaching and seek for more diversified models that will work for the integration of minority ethnical teaching ^[13]. It is also important to ensure that students will be motivated to learn minority Ethnical sports and perceive relevant knowledge critically. The necessity of changing the teaching model also lies in the difference between physical education and the others. Teachers should expand their knowledge scope and identify more entertaining methods

to arouse students' interests. To create a more positive environment for students to engage in the practice of minority Ethnic sports, games or other innovative methods can be considered to deliver high-quality education.

5. Conclusion

National Ethnic sports are important components of Chinese traditional culture. Its spread in universities will create a profound influence. Therefore, highlighting its cultural value is the appropriate strategy for the development of traditional Ethnic minority sports in college physical education. The new methodology to teach Ethnic sports should weigh students' preference and broaden their horizon. It will not only expand the valuable traditional culture of Chinese minority ethnic sports, but also encourage students to delve into the research of minority ethnic sports' cultural values. At the same time, the integration of western and Chinese sport culture, an increasing investment in sports facilities, an updated teaching approach, and a positive practicing environment will work together to promote the inheritance and development of the national minority ethnic sport culture, making it more influential in the globalization of sports.

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