

Research on the Necessity of Contemporary College Students' Inheriting National Traditional Sports Culture

Zhu Liping

Qujing Normal School, Qujing, Yunnan, 655011, China

Keywords: Contemporary College Students, National Traditional Sports Culture, Inheritance, Necessity

Abstract: College students are the pillars of the motherland, and the national traditional sports culture is an important part of Chinese culture. Therefore, contemporary college students must pay attention to the inheritance of national traditional sports culture. Under this circumstance, by analyzing the unique sports culture characteristics of the nation itself, it is possible for Chinese colleges and universities to better inherit the traditional Chinese sports culture and the feasibility of the Chinese traditional sports culture. The development effect is integrated into the daily physical education of colleges and universities, so that when colleges and universities inherit the national sports culture, we can find the best and effective measures, so that contemporary college students can understand the unique connotation of the national traditional sports culture. And let college students in China always carry forward the development and inheritance of Chinese traditional sports culture from generation to generation.

1. Introduction

At present, China's national traditional sports culture faces many threats in its development and inheritance, so it is crucial to inherit and protect the traditional sports culture of the nation. Contemporary college students are the future of our country, so it is necessary for them to inherit the traditional national sports culture so that they can better promote the stable development of the national traditional sports culture.

2. Characteristics of National Traditional Sports Culture

2.1 Inheritance

National sports culture has a strong inheritance of the times. The traditional sports culture of all ethnic groups has a long history of development. Initially, it is very likely to be closely related to the production methods of local residents and the life of the group. Along with the progress of society, these cultures have been recognized and passed down by many people in the group, becoming a cultural phenomenon that affects people's lives in a specific region, and also formed a positive psychological tendency toward their development. According to a large number of psychological research results, people can maintain high stability as long as they form a psychological tendency [1]. For example, in terms of wrestling, the wrestling activities of many ethnic groups are diversified. The movement originated from the battle and hunting. After continuous continuation, it has gradually developed into a form of traditional sports activities recognized by every nation.

2.2 Stability and Closure

National traditional sports activities have strong stability and closedness. Generally speaking, for national traditional festival celebrations, traditional sports activities are held, and these activities fully reflect the local national characteristics. For example: some ethnic groups at the wedding horse racing and so on. Some sports culture traditions have a long history, ranging from a few hundred years to thousands of years. With the changes of the times, these traditional sports cultures

have been passed down, and the traditional traditions have been formed to form a beautiful landscape, which has a very strong national characteristics. And these are only limited to self-development within a specific region. In the long history of evolution, the local national sports culture self-protection consciousness has gradually formed, which is also likely to cause the National Sports Culture Bureau to have a strong closedness. In fact, the stability of the national traditional sports culture is mainly due to its unique value for living in a specific period and within a certain scope since its appearance. It is mainly reflected in two aspects: Second, spiritual life. If the production and living methods of the nation are only slightly changed, these can stably preserve the traditional culture. With the progress of the times and the development of society, people's lives and production methods have changed with each passing day. This has caused many traditional cultures to lose their own value [2]. However, as long as they do not directly conflict with modern life and production methods, they rely on them. The traditional inertia of the self and the adaptation of the nation to the psychological level can maintain a certain period of time. For example, the Nadam meeting in Xinjiang has gradually developed into a kind of national culture. The comprehensive event will integrate many activities.

3. The Feasibility of Colleges and Universities to Inherit the Traditional Chinese Sports Culture

3.1 Universities Need a Standardized Education System

For a long time, the main position for carrying forward and spreading the national traditional sports culture is China's colleges and universities. Compared with the folk heritage, the inheritance of colleges and universities is very standardized. Generally, colleges and universities have scientific regulations in terms of training objectives and setting up students' classrooms. The management is relatively complete and can provide convenience for students to understand the traditional culture of national sports. For the traditional education department, colleges and universities have a sound structure, using the correct guidance and education for students, so that they can understand the relevant national traditional sports culture knowledge. In fact, in order to protect the traditional sports culture of our country, the most important method is folk inheritance. However, this method has no policy support and policy guidance [3]. The traditional inheritance method handed down by hand and ear can not reflect the comprehensiveness and standard of inheritance. In contrast, the education system of the university is quite standardized and scientific, which is very beneficial to promote the spread and protection of the national traditional sports culture.

3.2 Universities Have Strong Faculty

The prerequisite for the integration of national sports into schools is a strong faculty. Especially in ethnic colleges and universities, national physical education teachers have in-depth understanding of national traditional sports and have significant advantages in carrying out relevant physical education courses. For example, as far as the Tibet National University is concerned, the faculty of the physical education colleges is very strong. There are many Tibetan physical education teachers. It can strengthen the training for the national physical education teachers, encourage the active development of some traditional sports projects that reflect the national characteristics, and truly implement the national tradition. Sports culture [4]. At the same time, colleges and universities need to comprehensively collect the traditional sports culture resources of each place and different types, use the existing teachers resources of colleges and universities, and also use various modern educational techniques to make a scientific and reasonable perspective. Vigorously inherit and protect China's national traditional sports culture.

3.3 The Perfection of College Disciplines

National traditional sports culture involves many aspects, and it is necessary to have multiple disciplines to participate in order to obtain inheritance and protection. In recent years, the number of colleges and universities in China has increased, and the disciplines are perfect. Taking advantage

of the diversified disciplines of colleges and universities, we can further study and analyze the traditional culture of the nation. Colleges and universities can build a comprehensive interdisciplinary cooperation platform, regularly carry out inter-school academic communication activities, and use the perspective of each discipline to provide more opinions for the protection and development of traditional sports cultural resources. In addition, colleges and universities can use the method of project establishment to encourage teachers to actively participate in the study of Chinese traditional sports culture. As a scientific research staff in colleges and universities, we can also use the methods of field investigation and research to better protect China's traditional sports culture, and comprehensively explore the general inheritance laws of traditional sports culture from the theoretical level.

4. Effective Measures for Inheriting National Traditional Sports Culture in Colleges and Universities

In terms of traditional national traditional sports culture, colleges and universities play a vital role. It is very necessary to carry forward and promote the national traditional sports culture in colleges and universities. Combined with the characteristics of the national traditional sports culture, according to the specific conditions of colleges and universities, effective measures must be taken, mainly reflected in the following points:

4.1 Emphasis on the Development of School-Based Curriculum

The development of school-based curriculum needs to be paid attention to by relevant departments. Under the premise of collecting and sorting out characteristic projects, it is necessary to combine the standard and rationality of college physical education with the unique cultural characteristics of national sports to form a harmonious environment in which different cultures blend together. In order to better promote and popularize the national traditional culture of colleges and universities, it is necessary to attach importance to the investment of scientific research, carry out in-depth research and study of national sports, and actively develop the potential value of national sports culture. Promote the combination of college sports and national traditional sports, and choose to integrate ethnic traditional sports activities of great value. And colleges and universities need to actively organize teachers to carefully write relevant textbooks, refine the technical characteristics and development of national traditional sports activities, etc., and highlight some ethnic characteristics. In addition, we must pay attention to capital investment, continuously introduce relevant sports equipment from developed countries in Europe and America, further improve sports infrastructure equipment, and then fundamentally realize the standardization and rationalization of national sports teaching.

4.2 Attach Importance to Scientific Research in Universities in Ethnic Areas

China must pay attention to scientific research in universities in ethnic areas, establish scientific research departments of national sports culture, deeply explore the value contained in national traditional sports culture, and form a systematic theoretical system with characteristics to lay a good theoretical foundation for colleges and universities. And colleges and universities must scientifically collect and organize national traditional sports culture materials, correctly classify and manage physical objects and pictures, etc., and build a good national sports resource platform. At the same time, it is necessary to combine the specific conditions of colleges and universities with the traditional sports of the nation, not only to inherit, but also to innovate, must be in line with the goal of cultivating talents in higher education in China, and take lifelong education and quality education as the core concept to build a comprehensive National traditional physical education system. In addition, colleges and universities have the responsibility and obligation to protect the national traditional sports culture. It is necessary to organically combine ethnic sports and school sports to carry out traditional national sports activities of interest to students.

4.3 Integrating National Traditional Sports in College Physical Education Curriculum

Using colleges as a medium to introduce national traditional sports in college physical education curriculum is a more diversified content of college physical education, enriching the basic connotation of college sports culture, combining modern sports activities with national sports, and developing together and using education. To better develop and inherit traditional national sports. Colleges and universities must establish a good national traditional sports culture environment, and some ethnic colleges and universities must make rational use of the school's own advantages, encourage students to take the initiative to participate in national traditional sports activities, organize national sports associations, and hold different forms of national sports culture festivals. It is necessary to carry out meaningful national sports activities on a regular basis. Only by doing so can college students realize the charm and importance of traditional national sports.

5. The Necessity of Contemporary College Students to Inherit National Traditional Sports Culture

5.1 Carrying Forward and Cultivating National Spirit Needs to Strengthen College Students' National Traditional Sports Culture Education

With the rapid development of the social economy, college students have realized the convenience and modern material foundation provided by modern technology. However, it is also easy to be influenced by some decadent culture and negative thoughts, which leads many students to have no lofty ambitions and continual will, and some wrong ideas, such as individualism and money worship. Therefore, it is very necessary for college students to carry forward and cultivate the national spirit. They are educated by the national spirit centered on patriotism. This is very beneficial to the cultivation of socialism and citizens, and thus better promote socialist modernization. Construction. National traditional sports culture is an indispensable part of Chinese national culture. Its main purpose is fitness and defending the country. Attaching importance to the combination of form and spirit and the combination of sports and virtue and beauty, these are the manifestations of the excellent traditional culture of the Chinese nation. Therefore, it is very important for college students to understand the national sports culture. In addition to entertainment and fitness functions, students can also be educated and moraled. .

5.2 The Protection of Local National Traditional Sports Culture Must Actively Inherit and Satisfy Sports Culture among College Students

Since the 1990s, many colleges and universities in China have set up national traditional sports majors, and national sports courses have been established in ethnic primary and secondary schools throughout the country. In 1997, after the approval of the relevant departments, the national traditional sports science has become a subsidiary subject of higher education institutions in the development of physical education, which is also one of the secondary physical education disciplines of the first-level physical education discipline. Its purpose is to constantly improve the unique national sports majors in China, and to enable more sports majors to understand the national traditional sports culture and Chinese folk sports. This is a traditional sports development and a heritage of traditional sports culture. . Only by integrating the traditional sports culture into the current physical education in China can more sports culture and more national development be integrated into China's current social development. In 1988, the Ministry of Education of China also issued a professional catalogue of sports majors in higher education institutions, and extended the martial arts profession into one of the national sports majors. The martial arts major was directly included in the scope of undergraduate majors, while national sports. Martial arts in culture is the top priority. Later, due to the influence of competitive sports in western countries, some national sports cultures in China began to decline, not to mention the effective protection of local national sports culture. Therefore, contemporary college students must effectively inherit the national sports culture. The Chinese nation has 56 ethnic groups and belongs to a multi-ethnic country. There are differences in the customs and customs of different ethnic groups and national culture. For example,

the Songkran Festival of the Yi people and the equestrianism of the Mongolians, etc., all fully reflect the characteristics of the nation. However, compared with traditional sports culture, many modern people are very interested in leisure sports activities, such as basketball and football and other international sports. And many people feel that these can enhance their sports taste. Therefore, few people are interested in the inheritance and protection of traditional sports culture. This is not conducive to the stable development of the traditional sports culture of the local people, nor can it better inherit the fine traditional culture of the Chinese nation. In the new era, whether it is the protection of Chinese excellent culture or the promotion of national spirit, it has a great sense of historical mission. Therefore, it is necessary to make full use of the rich resources of colleges and universities. Colleges and universities need to open as many courses as possible about the traditional sports culture of the nation, and carry out professional teaching for all students in the school, so that they can master more knowledge related to the traditional sports culture of the nation. . And this can also lay a solid talent foundation for the protection of local national sports culture, so that they can actively participate in social practice, increase the propaganda of national sports culture, and provide a strong guarantee for promoting the inheritance and protection of the characteristic national traditional culture.

6. Conclusion

In summary, college students are the main group for the protection and inheritance of national traditional sports culture, and the promotion of college students' self-cultivation is also inseparable from the traditional sports culture. The reason why we always promote contemporary college students to protect Chinese traditional sports culture is to promote the Chinese traditional sports culture to more clearly define the development path at this stage, in order to stimulate the consciousness of the masses themselves and let more people The masses actively participated in the propaganda activities of sports culture and actively walked into the process of participation in sports culture, which made Chinese traditional sports culture better and more effective in the current society.

References

- [1] Li Rongzhi. (2018). The Identity Crisis and Inheritance of Chinese National Traditional Sports Culture. *Chinese School Physical Education (Higher Education)*, vol. 5, no. 02, pp. 70-76.
- [2] GUO Zhaoyu, CHEN Gang, Ai Nival, et, al. (2017). Research on the Inheritance Ways and Ways of Minority Traditional Sports Culture in Xinjiang Higher Vocational Colleges. *Wushu Research*, 2, no. 06, pp. 78-81.
- [3] Xu Jian. (2016). Research on the Practice Ways of Inheriting National Sports Culture in Colleges and Universities. *Sports*, no. 15, pp. 95-96.
- [4] Bai Yang. (2015). The Positive Role of National Traditional Sports Culture in College Students' Education. *Grand stage*, no. 12, pp. 170-171.