

# Discussion on the Teaching Mode of National Traditional Physical Education in Colleges and Universities under the Cultural Inheritance

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**Abstract:** Today, the globalization of economy and the opening of information, traditional national culture of our country has been subjected to the certain impact, which has made some impact on the revival and development of traditional culture of our country. From the perspective of cultural inheritance, physical education teachers in colleges and universities should infiltrate Chinese traditional culture and traditional sports methods into traditional physical education teaching in order to strengthen the understanding and inheritance of culture. This paper points out some problems existing in the current physical education in colleges and universities, and explains how to improve and optimize the efficient physical education teaching mode based on the perspective of cultural inheritance.

**Keywords:** Cultural inheritance; College physical education; National tradition

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## 1. Some problems existing in the teaching of traditional ethnic sports in colleges and universities

### 1.1 Some teachers lack of understanding of the cultural value of traditional national sports

Physical education in colleges and universities is a multi-functional course, which can strengthen students' physical fitness, strengthen students' psychological quality and expand students' cultural cognition. Some college teachers can recognize the teaching function of physical education, but ignore the teaching value of physical education to spread culture. Therefore, college physical education teachers pay more attention to the teaching of traditional national sports skills to students. It neglects the national culture contained in the traditional national sports and fails to guide students to explore and learn the traditional excellent culture behind the traditional national sports. As a result, students only understand the skills and do not understand the sports culture in the process of learning traditional national sports, which is not conducive to the formation and development of students' cultural character.<sup>[1]</sup>

### 1.2 The content of traditional national sports is not rich enough

Judging from the current actual situation, the traditional ethnic sports classes constructed by some physical education teachers in colleges and universities in China are not rich enough. There are various forms of traditional ethnic sports in our country. Cuju, Wuqin, Baiguanjin, Taijiquan, traditional martial arts and so on all belong to the category of traditional ethnic sports forms. However, due to the lack of understanding of traditional ethnic sports forms and the lack of venues and sports equipment by physical education teachers in colleges and universities, the forms of traditional ethnic sports in some colleges and universities are relatively simple at the current stage, only including traditional ethnic sports forms of low difficulty such as Taijiquan and Baduanjin. Such classroom content is not rich enough, which is not conducive to attracting students' learning enthusiasm. It is not conducive to strengthening students' grasp of traditional national sports skills and understanding and inheritance of traditional national sports culture.

### **1.3 Disconnect between traditional national sports skills and traditional national sports culture**

At the current stage, most physical education teachers in colleges and universities pay more attention to imparting traditional ethnic sports skills to students in the teaching of traditional ethnic sports, and rarely spread traditional ethnic sports culture to students. As a result, students only master sports skills in the learning process of traditional ethnic sports, but fail to understand the role of each sports action and the corresponding relationship between sports action and Chinese traditional culture. For example, when teaching students Taijiquan, teachers only pay attention to teaching students Taijiquan movement skills, and fail to tell students deeply and comprehensively the origin of Taijiquan and the close relationship between Taijiquan and self-cultivation. In such a learning mode, students often only master the contact methods of Tai Chi, but do not understand why they learn Tai Chi, do not know how to improve their physical health or mental health through contact with Tai Chi.

## **2. How to optimize the teaching of traditional national sports in colleges and universities from the perspective of cultural inheritance**

### **2.1 Carry out teaching based on correct teaching guiding ideology**

At the current stage, colleges and universities lack the guiding ideology for traditional national sports teaching, and physical education teachers in colleges and universities often carry out teaching under the guidance of general physical education guiding ideology, but there is a big difference between traditional national sports teaching and general physical education, and the guiding ideology of general physical education is not consistent with traditional national physical education. Physical education teachers in colleges and universities can set up correct teaching guiding ideology and carry out teaching based on correct teaching guiding ideology from the perspective of traditional national physical education teaching objectives and teaching contents. One of the purposes of national traditional sports teaching in colleges and universities is to strengthen students' body, strengthen students' psychological quality, cultivate students' temperament, and promote students' self-cultivation in the study of national traditional sports. The second purpose of national traditional physical education in colleges and universities is to spread excellent traditional Chinese cultural thoughts to students, strengthen students' understanding and inheritance of Chinese traditional culture, and achieve the goal of enhancing students' self-confidence in national culture. Therefore, physical education teachers in colleges and universities should take teaching traditional national sports skills to students, spreading traditional national sports culture and enhancing students' self-confidence as the teaching guiding ideology, and carry out traditional national sports teaching based on this teaching ideology.<sup>[2]</sup>

### **2.2 Construct a complete national traditional physical education teaching system**

At present, there are some problems in traditional national sports teaching in colleges and universities, such as single sports items and insufficient classroom contents, which are not conducive to improving students' comprehensive level of traditional national sports. There are many kinds of traditional sports in our country, including wushu, health sports, minority sports and folk sports. Among them, Chinese traditional martial arts include Taiji sword, Taiji stick, Taijiquan, seven-section whip, Changquan, short quan, Wing Chun and so on. Health sports include eight sections of brocade, five poultry, Taijiquan and other forms; Ethnic minority sports include pearl ball, bock, wood ball and other forms; Folk sports include shuttlecock kicking, lion dance, rope skipping and other sports. Each of these sports events has its own characteristics and points, which contain rich traditional Chinese culture. Physical education teachers in colleges and universities should try to incorporate the above traditional national sports forms into traditional national physical education teaching and build a complete traditional national physical education teaching system.<sup>[3]</sup> For example, teachers can make the teaching plan of ethnic traditional sports according to the arrangement of PE class hours in one semester, according to the four categories of martial arts, health sports, minority sports and folk sports, and integrate specific ethnic traditional sports into the teaching plan to carry out traditional ethnic sports teaching in a planned and focused way. For example, physical education teachers in colleges and universities can plan 10 class hours for health exercise teaching, of which 5 class hours are used to teach Taijiquan, and the other 5 class hours are used to teach Wuqin. In this way, students can come into contact with two kinds of health sports within 10 class hours, and can use their spare time to understand and learn the two kinds of health kinematics, and can achieve the purpose of self-cultivation through the study of national traditional sports.

### **2.3 Highlight the characteristics of traditional sports culture**

At the current stage, some physical education teachers in colleges and universities pay attention to the teaching of sports skills and neglect the teaching of sports culture in traditional ethnic sports teaching. As a result, although students have mastered the operation skills of traditional ethnic sports, they do not understand the traditional Chinese culture behind sports events. In order to

optimize the teaching quality of national sports, college teachers should highlight the characteristics of traditional national sports culture in teaching. Each traditional ethnic sports in China has its unique origin and development and evolution process, and each traditional ethnic sports contains the connection between man and nature. Physical education teachers in colleges and universities should highlight the excellent traditional culture behind the sports in the teaching of traditional ethnic sports, and guide students to explore and learn the culture behind the sports. In order to strengthen students' understanding and inheritance of China's excellent traditional culture, to achieve the purpose of enhancing students' national self-confidence. For example, physical education teachers in colleges and universities can introduce the origin of Taijiquan to students when teaching students. According to legend, Taijiquan was created by Cheng Lingzi in the period of Emperor Liang Wudi in the Southern Dynasty. Taijiquan can not only strengthen the body, but also contain the philosophy and culture of pursuing harmony and balance between Yin and Yang. In the teaching process, teachers should highlight the Chinese culture behind Taijiquan in the classroom, so as to effectively strengthen students' understanding of and inheritance of Chinese traditional culture.

### **3. Conclusion**

From the perspective of cultural inheritance, physical education teachers in colleges and universities should establish the correct guiding ideology of traditional ethnic sports teaching, construct a complete traditional ethnic sports teaching system, highlight the characteristics of traditional sports culture in traditional ethnic sports teaching, and optimize the evaluation model of traditional ethnic sports, which can effectively improve the quality of traditional ethnic sports teaching.

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