

Traditional Sports into the Campus: Diabolo Sports into the Secondary Vocational Colleges Physical Education Curriculum

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Abstract: In order to accelerate the integration of traditional national sports into secondary vocational schools, enrich the content of physical education courses, stimulate students' interest in learning courses, and improve students' physical health level. Using the method of literature, this paper studies the influencing factors and development path of Chinese traditional sports sport of Diabolo being integrated into PE curriculum in secondary vocational schools. In line with the principle of comprehensive policy and treating both symptoms and root causes, this paper will explore the future development path of Diabolo movement integrating into the PE curriculum in secondary vocational schools from four dimensions. Research thinks: Government: Deepen policy support. Schools: Improve teaching efficiency. Family: To promote the inheritance of sports together. Society: Creating an enabling environment.

Keywords: Traditional Sports; Shake Diabolo; Secondary Vocational Schools; Physical Education Courses

The year 2020 will be the final year for China to complete the building of a moderately prosperous society in all respects. A country with a population of 1.4 billion has a remarkable “report card” on health. Without health for all, there can be no well-off society in an all-round way. Since the 18th CPC National Congress, General Secretary Xi Jinping has adhered to the people-centered development thought, which has laid a solid and healthy foundation for realizing the Chinese dream of the great rejuvenation of the Chinese nation^[1]. Young strong China strong, sports strong China strong, vocational school students are to point to junior high school graduation as a starting point, is receiving secondary vocational and technical education of full-time students in school, including secondary vocational and technical schools, secondary vocational schools and higher vocational and technical colleges in the reading mode of 1, 2, 3 students. Vocational schools to cultivate the qualified skilled talents, is affected by many factors, however, can lead to the development of secondary vocational school physical education curriculum is not balanced, campus curriculum content development is relatively scarce, lack of physical education curriculum attraction such as the status quo, the student to participate in the activities of physical education curriculum enthusiasm is not high, the national fitness consciousness as well as the loss of lifetime sports concept. In order to strengthen physical education curriculum construction and focus on improving students' core quality, physical education curriculum focuses on this series of goals, selects teaching materials, enriches teaching content, introduces traditional sports items and infuses physical education curriculum vitality. Therefore, the national traditional sports into the campus activities to promote the depth, the current physical education curriculum in vocational colleges to carry out the reality of the investigation, actively build the promotion mechanism, and then put forward practical path.

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doi: 10.18686/ahe.v4i12.3213

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1. Analysis of the value of Diabolo sports integrated into PE curriculum in secondary vocational schools

Diabolo is a popular traditional miscellaneous games, entertainment and fitness activities in the Han nationality areas, especially in the north of China. It is also one of the traditional sports in China. It is also a folk culture with a long history in China. The earliest records of Diabolo can be seen in the Xuanhe Period of the Northern Song Dynasty, with a history of nearly a thousand years up to now. There are many literati and famous writers writing records, which shows that Diabolo movement can be accepted by the majority of people from ancient to popular among urban and rural people. In June 2006, he was listed in China's first national intangible cultural Heritage list and became a well-known fitness and entertainment program after being featured as a performance at the Opening ceremony of the Beijing Olympic Games^[2].

At present, the DK Diablo project has entered the campus and become one of the teaching contents of physical education courses in some schools. Vocational colleges pay attention to the education of cultural knowledge and specific professional and technical skills, and at the same time, keep pace with the times and fully pay attention to the development of quality education and the cultivation of all-round development of students. The function and value of Diabolo fully accord with the curriculum objectives of improving the physical health level of teenagers, carrying out the fundamental task of cultivating people with morality and promoting the development of core literacy in the process of physical education in secondary vocational schools.

1.1 The fitness value

The upper limbs and lower limbs are moving in different degrees, accompanied by the rotation of the limbs, the movement of the feet and the relaxation and contraction of the arms, which can effectively promote the coordinated development of teenagers' limbs and enhance the coordination and sensitivity of the human body. Secondly, when Diabolo is doing all kinds of tricks, his eyes should always be focused on Diabolo, in order to feed back to the brain at any time, to make the correct judgment, and complete the action correctly. Therefore, eyes and brain nerves in the process of Diabolo will be constantly exercise and improve, especially in the blue sky and white clouds kept rolling eye ball, which can play a role in the protection of vision. Finally, when we shake Diabolo, the periodic contraction and diastole of skeletal muscles ensure the venous blood refluxing, and the venous blood circulation can be strengthened, so as to promote the tissue supply of blood and adequate oxygen in various organs of the human body, and the metabolism of substances will also be improved, finally to improve the physical quality and health level of students^[2].

Teenagers often participate in Diabolo physical activity exercise effect will be more, can continuously enhance the ability of concentration, physical coordination, and achieve the effect of strengthening the body.

1.2 Education value

Physical education is an important part of people's comprehensive education. Through the Diabolo campaign to cultivate students' moral, intellectual, aesthetic, physical and labor, "five educations coexist" to promote the overall development of young people. First of all, moral education is the central task of school education. It has positive significance in shaping healthy personality, cultivating healthy students and guiding students to gradually form correct values, which are all the moral value expression of the Diabolo movement. Secondly, the intellectual education value of Diabolo. Intellectual education is gradually reflected along with the improvement of sports skills. Participation in Diabolo plays a promoting role in the development of intellectual education in sports, cultivating students' observation ability, sports judgment and ability to solve emergent problems, which are undoubtedly the value manifestations of intellectual education content. The sport of Diabolo contains unique aesthetic education value and cultural connotation. The beauty of movement, vitality, technique and team spirit as well as the beauty of spectator's appreciation of sports are displayed in diablo Sport. The national culture, the national spirit and the national aesthetic feeling are the specific forms of cultivating the students in vocational colleges.

1.3 Historical and cultural value

The Chinese nation is broad and profound, and the traditional national sports are rooted in the rich soil of national culture, which has witnessed the development of history. Each kind of intangible cultural heritage of national traditional sports records the history of that time, which is a reflection of the social politics, economy and daily life of that time, and also reflects the cultural concepts represented by a particular historical period^[3]. It is recorded that Diabolo is a folk children's toy evolved from the gyro. Playing Diabolo was regarded as an elegant act in ancient times, while modern Diabolo performance was regarded as a wonderful skill and played in a variety of ways. In the evolution of history, a variety of titles were formed. It was called "kongzhong" in the Ming Dynasty and "Diabolo" in the Qing Dynasty^[2].

As an intangible cultural heritage, Diabolo is a historical witness and an important carrier of culture. It represents the quintessence of Chinese traditional sports culture, full of cultural values of art and history.

2. Factors influencing the incorporation of Diabolo sports into PE curriculum in vocational schools

Secondary vocational school education is mainly for the socialist construction of our country to train the front-line skilled talents and high-quality workers, is the important foundation of China's economic and social development. With the adjustment of economic structure and the transformation and upgrading of industrial structure, the demand structure of the society for talents has also changed, and the curriculum development of vocational colleges has been developing together with individuals and the society.

For carrying out vocational schools shaking Diabolo exercise, make the secondary vocational school students' interest in learning sports course content, and then from various angles analysis of shaking, Diabolo movement into the influence factors of secondary vocational colleges sports curriculum, deepen understanding of the problems, and to clarify shake Diabolo exercise into secondary vocational colleges sports curriculum development direction.

2.1 The promotion of traditional national sports

As a traditional sport with a long history, Diabolo is an excellent cultural treasure of China and the inheritance of the long history of the Chinese nation. With the rapid development of modern society, information dissemination, constant collision of ideology and culture, external communication and internal introduction of culture are becoming more frequent, and the trend of internationalization of education is enhanced. Foreign emerging sports items have also appeared in the PE curriculum, which are soon sought after by students at all stages. With the development of modern sports, many traditional Chinese sports teaching contents are restricted, and the promotion degree and popularity of traditional sports are not high. As a result, Diabolo sports cannot develop in a sustainable and healthy way.

2.2 Supporting resources for campus curriculum teaching

(1) Teachers. Teachers are the leaders of the curriculum and the vision of the school curriculum development. In a sense, the professionalization degree, professionalization degree and knowledge framework of teachers directly affect the promotion and development of campus PE curriculum content development.

(2) School-based curriculum, national curriculum, local curriculum and school curriculum jointly constitute the whole curriculum system of basic education in China, among which the national curriculum plays a guiding role and the local and school physical education curriculum serves as a useful supplement.

(3) Teaching guarantee. If the soft power of school culture is "empty", then the school curriculum is "real", and students will be subtly influenced by the school culture in the process of accepting the school curriculum. School culture is the "root" of school curriculum development, curriculum culture is the core of school culture, curriculum is the carrier of school culture. School culture and school curriculum are of unity and symbiosis. Only by taking root in school culture and reflecting the characteristics of school culture can school curriculum survive and develop^[4]. Course development must be supported by

manpower and materials. Diabolo, like other sports events, is affected by venue equipment. However, this sport does not require special venue requirements or special construction of venues, and its equipment is relatively cheap, has a long service life and has extensive procurement channels. It can be seen that Diabolo has relatively low requirements for venues and equipment.

2.3 The guidance of family education on campus sports

Different family education has different values. The physical education thought and attitude in family education, as well as the physical exercise habit of family members, can have a hidden influence on the project tendency of young people to participate in campus physical exercise and the choice of campus physical education curriculum teaching content. The physical exercise behavior of family members can have an effective influence on the physical exercise behavior of teenagers. Studies have shown that students with good family physical exercise habits are more willing to participate in continuous physical exercise activities, and can maintain high enthusiasm during the exercise process. In contrast, students who do not have the habit of physical exercise at home have lower motivation to participate in physical exercise activities, which often leads to the discontinuity of their sports participation plan. Therefore, the sports awareness and sports value displayed by family members can effectively influence other factors ^[5].

2.4 Effective integration of social resources

(1) Social atmosphere. While the school carries out the curriculum content of traditional sports, the atmosphere of the whole society is also crucial. There are a large number of people participating in the Diabolo movement in the society, which will definitely promote the development of the campus Diabolo movement, such as promoting social communication and display opportunities, and school group learning opportunities.

(2) The joint collaboration between home, school, community, shaking, Diabolo is a folk sport, has a long history and mass base, the deep social, community, shaking, Diabolo exercise more high level personnel, secondary vocational schools to carry out the need to family, school and community sports integrated coordination, youth good shake Diabolo exercise learning atmosphere, to promote vocational schools “knowledge” and the effective combination of “education”.

3. The development path of Diabolo movement into secondary vocational school curriculum

As regional campus, “traditional sports in full swing, there are still many schools of Diabolo curriculum development lagging, only remains in the preliminary introduction stage cannot be sustainable development, to explore shaking Diabolo movement path into secondary vocational colleges sports curriculum development in the future, to provide some constructive ideas and opinions of the sustainable development for reference.

3.1 Government: Deepen policy support

(1) To enhance the appeal of carrying forward the national traditional sports consciousness. The Communist Party of China (CPC) is the faithful successor, promoter and builder of the fine traditional Chinese culture, and it should consciously shoulder the responsibility of inheriting and developing the fine traditional Chinese sports.

(2) Optimizing government functions. Party committees and governments at all levels should more consciously and actively promote the inheritance and development of excellent traditional Chinese sports, give full play to the leading role of the government, encourage and guide strong social forces to participate in the inheritance and development of traditional sports, and create a favorable social environment and institutional mechanism ^[6].

(3) Promote the development of national traditional sports culture in vocational colleges. Departments of education and culture at all levels should strengthen the organization and leadership of vocational colleges in promoting the inheritance and development of traditional national sports culture. Promote the coordination between vocational colleges and various departments, combine with the development needs of national key, emerging, cultural industries and regional characteristic

industries, encourage cooperation in running schools, establish ethnic culture-related majors in secondary vocational colleges, and accelerate the implementation of the goal of integrated personnel training in secondary vocational colleges^[7].

3.2 Schools: Improve teaching efficiency

(1) Guarantee of good teaching conditions. Diabolo exercise location equipment requirements are relatively low, from the teachers into consideration, the traditional physical education curriculum development, school physical education teachers to shake Diabolo the sport widespread professional level is not high, schools can provide traditional sports teacher training activities, or professional teachers to participate in related training, effective to strengthen the construction of teachers team.

(2) Establish sports associations. Diabolo movement is relatively difficult to enter the general course, it can be used campus sports associations. At present, the main campus sports associations in vocational schools mainly include basketball for boys, taekwondo and cheerleading for girls. With teachers as the main force, the association was established by combining in-class and out-of-class activities, and the plan management and activities were carried out.

(3) Setting up interest extracurricular sports groups. The curriculum arrangement and academic pressure of secondary vocational school students will be relatively small compared with that of ordinary high school students. The school sets up extracurricular sports groups to attract students' interest, so they can make full use of their spare time to participate in extracurricular sports groups.

3.3 Family: Promote sports inheritance together

(1) Inheritance of sports and exercise habits. Strengthen the influence of parents model, show the power of parents model, in the process of sports exercise, family members to participate in, more conducive to the creation of a harmonious and interactive physical exercise atmosphere, to help develop good habits of physical exercise.

(2) Support the inheritance of traditional sports culture. Parents and students shoulder the responsibility of inheriting and developing traditional sports, deeply understand the culture and value of traditional sports, pay attention to cultural edification and practice cultivation, so as to improve the sense of participation in family traditional sports and the sense of identity of traditional sports culture.

(3) The change of family education concept. Parents' guidance and support are crucial to students' attitude towards participating in sports activities. Parents should communicate more with schools, improve their educational awareness, change traditional ideas, practice the view of students' all-round development, and guide students to deeply experience the fun of sports.

3.4 Society: Creating an enabling environment

(1) We will speed up the nationwide campaign. The society or community should actively carry out traditional sports activities, and encourage students and family members to take an active part in them, so as to improve the participation of teenagers and students in secondary vocational schools, and promote the breadth and depth of participation in traditional sports.

(2) Strengthening the construction of traditional sports culture. In the current society, the media dominates the vision of students or others, and its influence and discourse power ranks the first^[8]. According to the inheritance and protection of intangible cultural heritage, modern social software mainly used by teenagers such as Douyin and Weibo, as well as places where teenagers mainly gather, should be used to coordinate publicity. Part of the reason why the movement has not been fully popularized and well integrated into secondary vocational schools is that the masses do not know much about it.

(3) Build cultural confidence. It is the responsibility of the new era to promote the creative transformation and innovative development of traditional sports culture and to realize cultural confidence is its aim. Folk artists, masters of art and inheritors of intangible cultural heritage are encouraged to participate in the teaching of Diabolo movement in secondary vocational schools, so as to enhance their influence and enhance their cultural confidence^[9].

4. Conclusion

In the era of changing international politics and economy, the modern scholar, although his social and self-positioning have changed, often feels confused when facing the new world, but he cannot abandon his responsibility. It is often said that culture is the blood of a nation and the spiritual home of its people. In fact, for every country, traditional culture is also the root of its nation. Under the changes of the times, national traditional sports have been continuously inherited and updated, and have been sublimated, thus becoming an activity that the public likes and enjoys and the hearts are connected with each other. The introduction of national traditional sports into the campus is a great project, among which, vocational schools are typical representatives, the construction of school physical education curriculum is often not paid attention to, it seems that the development of traditional sports in vocational schools has gradually faded out of people's sight. The integration of Diabolo into PE curriculum in secondary vocational schools is not only the development of curriculum content but also the urgent need for the inheritance of traditional PE. Therefore, inheriting the fine traditional Chinese sports culture and integrating it into the daily physical education curriculum activities of young people are the responsibility of both the family and the family. Instead of relying on the strength of one party, the joint efforts should be made jointly.

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