

Research on the Integration of National Traditional Sports and College Physical Education

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Abstract: In this paper, firstly, the value and function of traditional national sports and college physical education in the process of cross-integration are expounded, which are in line with quality education, to achieve lifelong sports, to help implement the national fitness program, to strengthen the body and mind, to inherit culture and exchange feelings, to cultivate skills and lifelong education, respectively. Finally, from the aspects of strengthening the construction of national traditional physical education curriculum resources, setting reasonable curriculum according to the source of students, people-oriented, health first, inheriting tradition, carrying forward innovation and so on, this paper puts forward a reasonable development way to integrate national traditional physical education and college physical education curriculum.

Keywords: National traditional sports; Physical education in colleges and universities; Merge

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Introduction

In the 5000 year history of Chinese civilization, 56 Chinese nations have formed a colorful traditional Chinese sports culture. Although the forms of sports of all ethnic groups are complex and diverse, they are all aimed at strengthening the body and keeping healthy. The entry of traditional national sports into the university curriculum will inject fresh blood into the physical education teaching of Chinese colleges and universities, and play a good role in promoting the development of national physical exercise. More importantly, the teaching of traditional national sports not only inherits a traditional form of sports, but also publicizes the sports civilization of the Chinese nation, expands the cultural heritage of the Chinese nation, cultivates the Chinese national spirit and patriotism of the vast majority of young people, and contributes to the development and progress of human civilization.

1. The value of the integration of national traditional sports and college sports teaching

1.1 Compliance with quality education

In the process of cultivating students' quality in the school, physical education teaching is very important. Physical education curriculum can help students stimulate enthusiasm, and at the same time, it has the educational function that ordinary students cannot substitute for other subjects. The traditional Chinese national sports enable ordinary students to pay more attention to self-cultivation after learning the traditional Chinese national sports, followed by physical fitness. In modern times, Western sports are more competitive, while Chinese national cultural sports are more humanistic, entertaining, and national characteristics. How can the two be more effectively integrated and applied in school physical education curriculum, so that sports participants can understand Chinese national culture while strengthening their physical fitness, which is also an effective way to promote the majority of Chinese teenagers to enhance their humanistic quality and physical quality.

1.2 Achieving lifelong sports

The integration of traditional national sports and physical education teaching in colleges and universities, on the one hand, can

improve the country's training of students' lifelong sports ability and sports habits, on the other hand, can also train students' basic sports consciousness level and sports ability. Although at present, many colleges and universities in China have begun to carry out scientific physical education curriculum design, extracurricular sports development and sports competition training, which can effectively cultivate the sports literacy of college students, compared with developed countries, college students' lifelong basic sports awareness level and sports implementation level are still insufficient. The combination of traditional folk sports teaching and modern college sports courses is the most effective way to overcome the limitations of students' cognition of traditional sports values.

2. The function of integration of national traditional sports and college sports teaching

2.1 Physical fitness and entertainment

There are great differences between the traditional sports culture of the Chinese nation and the western economic sports. The traditional national sports culture refers to a sports form with unique skills that meets the physical requirements of the Chinese people and is people-oriented, with the basic idea of strengthening the body and health as well as the purpose of making people physically and mentally integrated and happy. In the traditional sports in colleges and universities, in addition to choosing sports events according to different local characteristics, we should also teach students in accordance with their aptitude and cultivate their interests and hobbies according to their personality, age stage and hobbies, so that they can understand the rich knowledge of traditional sports, but also learn the appropriate ways and means of physical exercise, so as to achieve the goal of physical fitness.

2.2 Inheriting culture and exchanging feelings

Many forms of activities and their connotations in traditional national sports are embodied in different cultures and have strong national consciousness. By integrating the cultural connotation of traditional national sports with charisma and attraction into physical education teaching, learners will be able to access its profound national cultural content. With sports courses as the main body, by increasing the proportion of national culture and sports courses, It can drive learners to accept national culture and feel national emotion. National emotion refers to the process of human understanding of its culture, which gradually changes from unconscious input to conscious input. At the same time, human mind is also moving towards a destination, further exploring its cultural form and content, so as to fully grasp and form its own cultural values .

3. The integration path of national traditional sports and college sports teaching

The traditional national sports are rich in forms of expression, and have certain advantages in modern university sports courses, including the following characteristics: universal participation. Like modern competitive sports, because traditional national sports have greater flexibility, modern competitive sports are easier to break through the shackles of traditional venues, rules and actions, which greatly stimulate people's interest and initiative in exercise, so that everyone can participate; The scientific nature of moral education. National sports take competition as the goal, performance as the basis, and at the same time, it actively promotes the participation of students. Because of their different feelings, the learning effect will be different; Cultural connotation. In the teaching of traditional sports in colleges and universities, the traditional cultural content of the Chinese nation is carried forward, which further enhances the students' national feelings; Supporting teaching. In view of the particularity of traditional human sports in terms of strength, technology and intelligence, different traditional sports events of different natures should also be taught in the physical education curriculum of colleges and universities. For example, the physical group event "tug of war", the individual event "wrestling" and other events should also be determined by the level of sports ability. Taiji, boxing and other activities focusing on technical training should also be determined by the level of sports ability, It is mainly to determine the technical activities of sports by sensitivity and coordination, combine various kinds of activities in different training courses, and rationally arrange school education, extracurricular activities and sports competitions, so that national cultural and sports events can better enter colleges and universities.

3.1 Strengthen the construction of national traditional sports curriculum resources

Under the impact of competitive sports, traditional national sports in colleges and universities can only become an elective course of interest in some schools, or as an elective subject with few resources. Although most students are interested in traditional minority sports, most of the selected content is the course of competition. The main reason is that the teaching resources of traditional national sports are insufficient, and the number of students that can be accepted by the class has to be limited under the premise of not meeting the needs of the school. Even the students who have taken the traditional sports of ethnic minorities have never been exposed to such

sports. They often encounter difficulties in teaching courses, and the teachers only teach skills. When some problems have gone beyond the scope of skills and cannot be solved, they will also make the students no fun, which makes the teaching of courses difficult. Therefore, colleges and universities should gradually improve the teaching resource system, provide students with more traditional ethnic sports subjects to choose from, and reserve more excellent teachers. They should not only be technical instructors, but also be the inheritors of sports culture.

3.2 Set reasonable courses according to the source of students

The geographical location of the university and the source of enrollment will directly affect the development of the traditional national sports of the university. The contents and methods of different national sports activities are different. Therefore, according to the source of students, we should set up national sports that meet the requirements of the source of students, and choose sports courses with strong universality and regional and national characteristics. For example, there are more Mongolian students in schools, so we should focus on developing traditional sports courses such as wrestling, horse riding, archery, etc; Schools in Guangxi and Guangdong can develop lion dancing and stilt walking. In the process of setting up courses, we should not follow the trend. We should go deep into the field and make reasonable teaching plans. In the teaching process, we should tell students in detail and step by step about the background of the times, national customs and cultural connotation that produced these national sports, so that students can understand traditional culture and combine it with the subjective consciousness of modern culture.

4. Conclusion

To sum up, as an excellent hotbed for inheriting, carrying forward and disseminating the traditional Chinese sports, the school should actively create an excellent teaching environment for traditional ethnic sports. By increasing the proportion of traditional ethnic sports courses, the school should pass on the progressive and healthy traditional sports culture to learners, so that learners can not only master the most advanced technology, but also create and understand on this basis, Lay a good spiritual foundation for future personal development, and make contributions to the socialist modernization cause with a strong physique and rich spirit.

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