

Analysis of the Current Situation and Countermeasures of Ethnic Traditional Sports in Guiyang University

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Abstract: In this paper, Guiyang University is selected as the research object to study the form, content, evaluation, objectives and conditions of the traditional ethnic sports in the university. It is found that in the development of the traditional ethnic sports in this school, there are some problems of focusing on specialized courses rather than general courses, the development forms to be enriched and the curriculum development to be strengthened. In this regard, after analysis and discussion, this paper believes that the school should pay attention to the development of the general courses, reasonably evaluate the learning results of the students 'general courses, enrich the development of traditional national sports, promote students' learning participation through the form of associations; balance and strengthen the development of the three types of courses, rationally allocate the school curriculum resources, and formulate the corresponding development objectives according to the curriculum form.

Keywords: Guiyang University; Ethnic traditional sports; Situation analysis

1. Preface

Traditional national sports refers to the way of sports activities created by people of all ethnic groups in the world in different historical periods to meet people's physical and mental development in different historical periods. Ethnic traditional sports is a comprehensive science to understand and study the phenomena and laws of Chinese traditional sports, and has the nature of applied discipline closely related to sports practice.

Guiyang University is located in longdongbao, Nanming District, Guiyang City, Guiyang City, is an ordinary undergraduate university. On the development of the national traditional sports, Guiyang college has been Guizhou sports bureau, Guizhou ethnic affairs, Guiyang city sports bureau and a number of provincial units awarded: Guizhou minority traditional sports training base, Guizhou dragon dance lion dance training base, Guizhou province fitness qigong demonstration school and so on a batch of provincial and municipal training and training base. Based on this, this paper choose Guiyang college as the research object, the status of the national traditional sports investigation and analysis, and through the study of the present situation, analyzes the advantages and disadvantages of its national traditional sports, and the future how to better carry out the national traditional sports strategy analysis.

2. The current situation of ethnic traditional sports in Guiyang University

2.1 Form analysis of traditional ethnic sports

In the development of traditional ethnic sports of Guiyang University, its development forms include general courses, elective courses, specialized courses and competitive training teams. Among them, the general course is a public compulsory course for all freshmen students. However, in the general courses, the traditional physical education is only one of the course contents for students to learn, rather than the traditional physical education as the only teaching content or the main teaching content. Compared with the general courses, the elective courses are aimed at some students of Guiyang University. In the second year, the students can choose different physical education courses in the form of course selection. In the course selection, the items related to traditional ethnic sports will be selected as one of the optional courses. In the elective courses, national

traditional physical education is the only content of course teaching, and its teaching content has more depth. The specialized courses are relatively special. Only the students of sports related majors in the college will study the specialized courses. In the form of this course, students should not only learn to master the relevant knowledge and skills of traditional national sports, have a high professional technical level, but also learn the teaching methods and teaching organization of traditional national sports courses, and have certain professional teaching and scientific research ability. The development form of competitive training team is different from the development form of curriculum. It is a form of development integrating learning and training for a very small number of students.

2.2 Contents of traditional ethnic sports

In terms of the content of traditional sports, we mainly investigated the traditional sports carried out by Guiyang University over the years. We have sorted out all the traditional ethnic sports projects carried out by Guiyang University over the years, and made classified statistics according to the form of their development. The statistical results are shown in the following table. From the statistical results shown in the table, it can be seen that in the development of the content of the traditional ethnic sports, the form of specialized courses covers more abundant content, involving the largest number of projects.

Carry out the form	launch projects
General course	Martial arts, Taijiquan
selective course	Wushu, Taijiquan, fitness Qigong
Professional course	Martial arts, tai Chi, fitness Qigong, dragon and lion dance, action ball, board shoes, high feet, shuttlecock
Competitive training team	Fitness Qigong, dragon and lion dance, action ball, board shoes, high feet, shuttlecock

2.3 The evaluation of traditional ethnic sports

In the evaluation of the traditional ethnic sports, the paper mainly investigates the evaluation system of the students' learning results mainly in the form of curriculum. By investigating the evaluation of students 'learning results in three types of curriculum forms, we found that different course forms have different requirements for students' learning results. General courses have low requirements for students. Since the traditional ethnic sports courses are only one of the contents of students 'general sports courses, most general courses do not evaluate students' achievements in learning traditional ethnic sports courses. In the elective course, students who choose the national traditional national sports project only need to learn the selected project in the course, so the assessment content of the course is also the evaluation of students' mastery of the project. The difficulty of the assessment and evaluation of professional courses is the most demanding among all the course forms. The evaluation content of specialized courses is divided into two contents: action skills and theory mastery. Students need to pass two assessments at the same time to finish the course smoothly.

2.4 Development objectives of traditional ethnic sports

In terms of the development goal of national traditional sports, we should first consider the evaluation system of the three course forms. It is not difficult to see that the evaluation criteria of the three course forms are different, and there are also great differences in the difficulty system. The learning goal of general courses is to let students contact and understand the traditional ethnic sports, and cultivate some students' interest in learning through contact. In the elective course, its learning goal has become to make the students master the basic skills and basic ways of the traditional national sports projects, and have a certain ability to apply the skills of these projects. In specialized courses, the learning goal of students learning traditional national sports is to master project skills and basic technical movements, and on this basis, learn and master some difficult movements, master the basic theories of project development, skillfully use project skills, and have certain project organization ability.

2.5 Conditions for the development of traditional ethnic sports

In the investigation of its conditions, we mainly investigated two parts, one is the school's teacher conditions, the other is the school's site equipment conditions. First of all, in terms of teachers, there are 8 teachers in the school who teach traditional ethnic sports and organize competitive training. However, in the actual work of traditional ethnic sports in schools, 8 teachers can not meet the requirements of their projects. Since only one teacher can teach some programs, the college gives priority to them as professional course content and competitive training programs. However, general courses and elective courses can only arrange other projects that can be taught by multiple teachers because of their limited energy.

In the school field equipment conditions, different ethnic traditional sports projects have different requirements for the conditions of the field equipment. In the investigation of the site equipment conditions of Guiyang University, with the current development of its traditional ethnic sports projects, the quantity and quality of the school site fully meet the needs of its current courses. In the case of equipment, the project courses involved but need equipment are all specialized courses and competitive training teams, which are basically only carried out for students majoring in sports, so the number of equipment can also meet the current curriculum needs of the school to a certain extent.

3. Problems existing in the development of ethnic traditional sports in Guiyang University

From the current situation of the development of the traditional ethnic sports in Guiyang University, the problems existing in the development are mainly reflected in the following three points: 1. There are problems in the course development of emphasizing specialized courses rather than general courses. From the perspective of its content, evaluation and objectives, its focus is more inclined to specialized courses. However, the curriculum resources and emphasis to the general courses are obviously weaker than the other two types of curriculum forms. 2. The development forms of traditional ethnic sports need to be enriched. At present, the development forms of traditional ethnic sports in Guiyang University are divided into course forms and competitive training. In these two forms, the opportunities for ordinary students to contact with traditional ethnic sports only stay in the relatively simple general courses and elective courses, and there are no more opportunities for in-depth contact. 3. The development of traditional ethnic sports courses needs to be strengthened. At present, there are some problems of unbalanced resource allocation in the development of national traditional national physical education courses and the incomplete evaluation and goal of courses.

4. Countermeasures of ethnic traditional sports of Guiyang University

In view of the problems existing in the development of traditional ethnic sports in Guiyang University, this paper believes that the future development should be adjusted and improved from the following aspects. 1. Attach importance to the development of general courses. In balancing the development of various courses, it is particularly important to establish the evaluation system of general course traditional ethnic physical education. The teachers of the college can use the process evaluation method to evaluate the students' learning attitude and their phased results accordingly, and include the evaluation scores into the final assessment results. 2. Enrich the ways of developing traditional ethnic sports. The college can enable students interested in traditional ethnic sports to continue to contact and experience through the form of associations. It provides a way and way for students who want to experience more traditional sports. 3. Balancing and strengthen the development of three courses. In order to enrich the content of elective courses, the college can separate the specialized courses from the elective courses to enrich the content of the elective courses. And according to the actual situation of students and learning foundation, formulate appropriate learning objectives and evaluation system.

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