

Research on the Path of Traditional National Sports Helping Rural Sports Development

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Abstract

In order to develop rural sports and inherit traditional ethnic sports, this paper analyzes the current situation of rural sports development from the perspectives of children, teenagers, middle-aged people and the elderly, and puts forward the development path of rural sports combined with traditional ethnic sports. There are paths: The government should play the role of macro-control, carry out the competition of traditional ethnic sports in rural areas, develop the leaders of traditional ethnic sports in rural areas, recruit teachers in the direction of traditional ethnic sports in rural schools, increase publicity and improve cultural literacy.

Keywords

Traditional National Sports; Rural Sports Development.

1. Introduction

Rural sports refers to mass sports activities in rural areas, in which farmers participate. According to the existing venues and facilities or related natural conditions, physical fitness, leisure and entertainment, social interaction, etc. are achieved through some sports events. Developing rural sports as a part of national fitness is conducive to improving the overall quality of villagers and building a new countryside. Develop sports, etc. Traditional national sports is not only an important part of traditional culture, but also an important part of sports. The development and inheritance of traditional national sports is of great significance to the promotion of China's cultural soft power, the awareness of the Chinese national community and the national self-confidence. Traditional national sports have the typical characteristics of origin, simplicity and easy operation, which embodies the thinking idea of "people-oriented", shows the interpretation and expression of "meaning of life" and leaves a deep imprint on people's hearts. [1] At present, rural sports are backward in development, weak in thought and poor in physical and geographical environment. There are few parameters or even no participants, and there are basically no related sports events. Traditional national sports have multiple functions such as education, fitness, entertainment, aesthetics, national cohesion and communication, competition and so on, and contain human wisdom, courage, fearlessness and tenacity. Promote the development of rural sports with traditional national sports, and the two are compatible. Develop rural sports with national traditional characteristics.

2. Current Situation of Rural Sports

The development of sports in rural areas is relatively backward, lacking of talents and resources, limited projects that can be carried out, and people's poor sports awareness, lack of venue resources, unreasonable setting of venues and facilities, low utilization rate, resulting in waste of resources. From the children's point of view, they receive little knowledge of physical education at school, and it is difficult to motivate the surrounding people to participate when they go home. For common basketball and football, I only know simple rules and can't call out relevant professional terms. In remote areas, many physical education teachers are engaged in

various teaching tasks, so they have no time to concentrate on teaching physical education. Some physical education teachers are still teaching Chinese, mathematics and English in primary schools, which leads to the lack of development from school. From the youth's point of view, there is no spare time to participate. Most of the young people who have not received education go out to work and have no time to take care of them. They are busy with their studies when receiving education. Because they are far from home, they go home less often, and it is difficult to drive them. From the perspective of middle-aged people, they are the most important labor force, leaving early and returning late, and just want to lie down and have a rest after hard work. Watching TV, I don't have the energy to develop and exercise, especially in modern sports. Many sports tend to be of medium and high intensity, and sports injuries are easy to occur due to wrong movements, so basically no one participates. From the perspective of the elderly, they have basically lost their labor force, can only do light work, or stay at home directly, have no entertainment activities, and live a monotonous life. The rural area is wide, the sports activities of the elderly are not organized and difficult to organize, and there is a lack of basic understanding of sports. It is generally believed that it is the activities of young people, so basically no one participates. From the aspects of policies, venues and facilities construction, etc., in the past, emphasis was placed on the construction of sports venues and facilities. For a long time, institutional inertia and path dependence, The content, quantity and mode of public sports services in rural areas mainly depend on the unilateral decision-making of superior administrative departments and rural grass-roots organizations, lacking farmers' active participation, solidifying the authority of administrative departments and marginalizing farmers' needs. [2] The supply of rural sports public service products involves a wide area, scattered demand points, and driven by the interests of the market itself. The market of rural public sports service products with high cost and low profit is difficult to provide. [3] Secondly, the professional talent resources are in short supply, and the sports management is not satisfactory. [4]

3. The path of National Traditional Sports to Promote Rural sports Ddevelopment

3.1. The Government plays a Macro-control Role

Incorporate the construction of rural sports into the planning. For those who make special plans, assign special personnel to take charge, set up special fund management, pay attention to farmers' voices, solicit villagers' opinions and suggestions to build related venues and facilities according to local conditions, and pay attention to cultural publicity and promotion. In terms of policy, support should be given according to local conditions and within the reasonable and legal scope. Make good use of relevant policies of rural revitalization to encourage linked enterprises to develop local ethnic resources. Or carry out public welfare activities, so that capable enterprises can subsidize the development of rural sports venues and facilities, reduce the financial pressure of the government, and better develop rural areas.

3.2. Carry out Traditional Sports Competitions of Rural Ethnic Groups

Proper sports competitions can improve people's enthusiasm for sports, improve the level and popularity of sports, and promote the surrounding economy. According to the characteristics of national traditional sports that are not limited by venues, low cost and remarkable local characteristics, and combined with different local characteristics of different groups of people, we can also make use of minority festivals. Carry out national traditional sports competitions and promote the development of rural sports. In many areas of Yunnan, near the free time of the Chinese New Year, many people will gather in an empty place where the terrain is slightly flat, and learn from each other about gyro-playing techniques, which shows that traditional

ethnic sports are loved by the people, and the requirements for venues and facilities are not high. As the Chinese New Year approaches the slack season, Relevant competitions can be held according to popular national traditional sports events in the region, and certain rewards can be given to motivate people to participate. With the maturity of the competition, we can expand the lineup of the competition, introduce sponsorship to make the competition a local feature, hold it at a fixed time, strengthen publicity, drive the surrounding economy and bring into play the economic benefits brought by the competition. Increase farmers' income.

3.3. Development of Traditional Sports Leaders in Rural Areas

Any activity can't be carried out without organizations and organizers, and the establishment of social organizations for traditional sports competitions of rural ethnic groups. Rural sports are difficult to carry out in rural areas, so we need a local influential person to be the leader, to drive everyone's participation, and leaders of many ethnic tribes have a greater voice and are familiar with traditional ethnic sports. Hiring such personnel to take the lead and train them can greatly improve people's enthusiasm for participating in sports, and effectively organize related activities to promote the development of traditional sports activities in rural areas, thus helping the development of rural sports.

3.4. All Rural Schools Recruit Teachers in the direction of National Traditional Sports.

It is the foundation of teachers' education and the source of promoting education. To strengthen and improve the physical education of Xinshida, the role of physical education teachers can not be ignored [5]. Dig deep into the essence of traditional national sports culture, give full play to its functions of gathering national feelings, cultivating the national and national community ideology, and integrate it into the ideological and political education in primary and secondary schools in villages and towns. Let the teenagers in villages bathe in the growth of traditional national sports culture, and increase the identity and self-confidence of traditional national sports culture; [6] Economy is the foundation of development and the basis of maintaining life. At present, there are few posts in the social recruitment for traditional sports of ethnic minorities, which leads many people to give up traditional sports of ethnic minorities because of life. Setting up corresponding posts can reduce the pressure of life, increase the employment rate and attract more people to participate, thus being promoted. Schools are of great significance to the promotion and inheritance of traditional national sports. Children and adolescents are the future of the motherland, and part of the promotion and inheritance needs to rely on students. Teachers are extremely important to students and can drive their enthusiasm. Guide students to actively participate, and then drive the surrounding crowd.

3.5. Increase Publicity to Improve Cultural Literacy

Developing national traditional sports culture and improving farmers' cultural literacy are the basis for the development of rural national traditional sports. Make full use of the myths and legends related to various ethnic groups, attach importance to their cultural values, enhance people's memory points, convey realistic scenes of national traditional sports cultural values, and reflect the interactive venues of national traditional sports cultural values. Stimulate the interest of the masses [7], from traditional national sports to modern sports, and increase farmers' awareness of sports. At the same time, we should develop rural sports, make full use of ethnic resources, promote and publicize them, help rural economic development, revitalize the countryside, and provide farmers with a material basis to participate in physical exercise in their leisure time without worries. Thereby improving farmers' awareness of physical fitness.

4. Conclusion

Promoting the development of rural sports through ethnic traditional sports can save some expenses of venues and facilities and reduce financial pressure. On the one hand, according to the characteristics of ethnic traditional sports, villagers can more easily accept sports and actively participate in physical exercise, and at the same time use ethnic resources to increase economic income.

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