

# The Value and Path of Ethnic Traditional Sports Entering Campus from the Perspective of Sports and Education Integration

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## Abstract

Traditional national sports as an important part of school sports, it carries China's excellent traditional culture, traditional national sports into the campus is not only the inevitable requirements of the development of The Times, but also the only way to the integration of sports and education. In recent years, with the increasing influence of ethnic traditional sports in society, the combination of traditional folk sports and school physical education has gradually attracted the attention of researchers. However, traditional national sports still face many problems and challenges when entering the campus. The theory of sports and education integration undoubtedly provides the most appropriate solution to this dilemma. Based on this background, from the perspective of the integration of sports and education, this study will use the methods of literature, logical analysis and expert interview to analyze the value and path of national traditional sports into the campus, and put forward corresponding countermeasures and suggestions, so as to lay a theoretical foundation for promoting the sustainable development of national traditional sports in school sports.

## Keywords

Integration of sports and education; Ethnic traditional physical education; Sports school.

## 1. The Function of National Traditional Sports

### 1.1. The Fitness Function

The fitness function is the core of the whole life optimization theory of traditional Chinese sports. Traditional ethnic sports are body-centered activities, and the improvement of physical quality is mainly reflected in the integration with human limbs. Through feeling, the whole body can participate in sports, which not only exercises the heart and lung function, but also improves the flexibility of the body[1]. In addition, the exercise of some traditional ethnic sports can also cultivate the good perception ability of body organs, effectively improve the physical quality, promote the growth and development of the body.

### 1.2. Competitive Capabilities

Competition is the embodiment of the main function of traditional Chinese sports, which enables participants to hone their will and open their minds in the competition [1]. Throughout our country, a variety of traditional national sports events, such as fire cracker ball, autumn dry, gyro, shooting and so on, have gradually become competitive events in the national traditional sports games on the basis of excavating their competitive functions, improving their competition rules and highlighting their appreciation. With the popularity of modern competitive sports and its influence, many traditional national sports in China are gradually becoming competitive.

### 1.3. Entertainment Function

National Traditional Sports pay attention to the satisfaction of people's physical and mental needs and emotional wishes, and mostly appear in the form of self entertainment, recreation

and games. Therefore, people can get pleasant emotional expression and catharsis in these activities. Traditional sports activities of many ethnic groups are non utilitarian forms for all ethnic groups to obtain physical and mental pleasure after production and work [1]. In these activities, participants not only obtain physical health, but also achieve the purpose of pleasure and relaxation psychologically.

#### **1.4. Viewing Function**

Appreciation is a characteristic function of Chinese traditional sports, which is also one of the important reasons for the charm and vitality of national traditional sports culture. In the national traditional sports culture, many forms of expression are integrated with sports, drama, dance, music and other factors. These projects not only reflect the national characteristics, entertainment and fitness characteristics, but also have the value of artistic appreciation.

#### **1.5. Educational Function**

National traditional sports is a national cultural form of syndrome, which is rich in people's values, ethics, aesthetics and behavior patterns. Since the birth of each sport, it contains a certain educational function, and some projects have even become one of the indispensable contents of school physical education. Among many ethnic minorities in China, traditional sports is often one of the main forms of ethnic education [1].

## **2. The Value of National Traditional Sports on Campus**

### **2.1. It Is Conducive to Enrich the Content System of Physical Education**

Combining school sports with competitive sports, school physical education curriculum projects exist in multiple forms. The integration of national traditional sports into school education increases the opportunity for students to choose sports independently [2]. In addition, the development of national traditional events should be combined with local characteristics. Students' interest in national traditional events they are familiar with will be higher, students' enthusiasm will be improved, and the development of physical education will become easier. Blend in national traditional sports in the school sports education, both to give play to the role of its heritage and development, and can supplement the school sports teaching project of short board, at the same time promote the cultural exchange, promote the mutual understanding, tolerance and respect, various nationalities also enriched the content of campus culture, the construction of a harmonious campus, It is of great significance to enhance exchanges and integration among ethnic groups.

### **2.2. It Attracts Students' Attention to National Traditional Sports and Makes It Better Inherit and Develop**

Through the excavation and arrangement of ethnic traditional sports, the school introduces ethnic traditional sports with regional characteristics into colleges and universities, which can effectively promote the inheritance and development of ethnic traditional sports [3]. Especially in some regional schools, many students come from local rural areas or ethnic minorities. They have practical experience in some local ethnic minority traditional sports. Carrying out these projects makes them have the subjective initiative to participate in them again.

### **2.3. It Is Helpful to Promote the Integration of Sports and Education and the Development of Sports**

The school is an important place for cultivating reserve talents of competitive sports in China. The entry of national traditional sports into the campus will help to promote the integration of national traditional sports and campus sports, speed up the integration process of sports and education, promote the reform of school sports and promote the development of sports.

## **2.4. It Is Conducive to the Cultivation of Traditional Sports Talents of Ethnic Minorities**

In the final analysis, the traditional sports of ethnic minorities is still a sports, and the most important thing for the inheritance and development of a sports cause is the cultivation of talents. Promoting traditional minority sports on campus, bringing them into the school sports system and teaching the technology of some traditional minority sports can not only make them become fitness and entertainment projects for the majority of students, but also cultivate some students with sports talents, which is conducive to the cultivation of reserve talents of traditional minority sports and the improvement of the level of traditional minority sports in the school.

## **2.5. It Helps to Form the "National Characteristics" of Campus Physical Education**

"Entering the campus" of national traditional sports can directly promote the development of national and folk traditional sports teaching projects, which can be used as an important content of school physical education or included in the school-based curriculum. Second, it can promote the penetration of national and folk traditional sports into different stages of physical education teaching, effectively adjust the classroom atmosphere and enhance students' interest [4].

## **3. The Realistic Dilemma of National Traditional Sports Entering the Campus**

### **3.1. Insufficient Understanding of National Traditional Sports Entering the Campus**

The teaching content, competition organization, sports meeting and extracurricular sports activities of school physical education mainly focus on the three major balls, track and field and other items. Only a small number of schools have set up the courses of national traditional sports. Although some schools have carried out the courses related to national traditional sports, the opening of physical education courses is generally single, and the physical education curriculum resources of schools need to be enriched and improved. Some schools have not even introduced this course, and the school pays less attention to it. In addition, compared with other projects, the audience of national traditional sports is less, and most students do not understand national traditional sports.

### **3.2. The Shortage of Teachers of National Traditional Sports**

The scale of traditional national physical education teachers is small, there is a shortage of teachers, and teachers' teaching services are insufficient. The teachers of national traditional sports in China mainly come from normal and comprehensive sports colleges, and the number of students is small. In addition, most of the people who really master the skills of China's national traditional sports are folk artists, inheritors of intangible cultural heritage and relevant skill masters, which makes the school fall into the dilemma of lack of teachers when introducing some national traditional sports [5].

### **3.3. There Is No Unified Textbook and Theoretical Standard**

The original teaching methods of national traditional sports are mostly oral transmission, and there are relatively few written materials. The textbook system lacks certain standardization, such as some basic concepts and terms of national traditional sports are not standardized and unified, the discipline system lacks scientificity, systematicness and logic, and the textbook content has no stable and unified structure system [6].

### **3.4. Lack of Family and Social Sports**

The pressure of fast-paced work and life in modern society, coupled with the massive intervention of electronic products and the lack of parental companionship, result in a serious lack of family sports. At present, the development of community sports in China is worrying. Although community facilities have been improved to a certain extent, such as fitness venues and matching sports parks, it is difficult to promote community sports due to the lack of long-term and laissez faire community management after the completion of the community [7].

## **4. The Implementation Path of National Traditional Sports Into Campus**

### **4.1. Comprehensive Publicity of Traditional Physical Education in Ethnic Schools**

We should clarify the post responsibilities of the main body responsible for the integration of sports and education, let school leaders, physical education teachers and students' parents come out of the past "gold medal" sports cognition, and emphasize that everyone participates in sports, everyone has the opportunity and must receive physical education. Enrich the school's physical education curriculum resources, introduce new national traditional sports, strengthen the innovative consciousness of physical education teachers, organize the development of school-based curriculum of national traditional sports, introduce some ethnic minority sports with obvious regional characteristics for key promotion, teach according to different ages and personal differences, and let students understand and participate in different sports culture.

### **4.2. Standardize the Teaching Staff of National Traditional Sports**

At present, China's schools are still facing the problem of lack of national traditional professionals. For professional physical education teachers, schools should actively introduce and hire retired athletes or coaches of national traditional events and other people with rich teaching and training experience.

### **4.3. Standardize and Sort Out the Teaching Materials and Theories of National Traditional Sports**

It is necessary to conduct on-the-spot investigation in the "original ecological" minority inhabited areas, excavate and sort out the original materials on the basis of maintaining the national characteristics, and systematically sort out and scientifically process the original historical records.

### **4.4. Implement the Linkage Mechanism of "Home, School and Society" to Promote the All-round Development of Students**

School sports activities should be closely linked with family, school and society, three-dimensional integration and long-term promotion of China's national traditional sports activities. The teaching of national traditional sports should be combined with the concept of health, the development characteristics of different ages, social needs and other factors, so that students can not only improve their professional skills of national traditional sports, but also develop in an all-round way.

## **5. Conclusion**

When carrying out the work of national traditional sports under the background of the integration of sports and education, the school should closely integrate the integration of sports and education with the National Traditional Sports Culture on the basis of in-depth analysis of the connotation of national traditional sports culture, so as to form the "national

characteristics" of campus sports teaching, enrich students' campus culture, promote the reform of school sports and promote the development of sports.

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