

Study on the Path of Promoting Chinese Sports Spirit in the Field of Diabolo Culture

-- Case study on Chengdu University of Information Technology

Shiyuan Long, Jiameng Sun*

School of Foreign Language, Chengdu University of Information Technology, Chengdu 61400, Sichuan, China

Abstract

It is a truth widely acknowledged that Chinese sports spirit exerts a vital part in promoting Chinese excellent traditional sports culture. And most research on promoting Chinese sports spirit has been carried out at the theoretical level. Moreover, diabolo culture is part of the Chinese excellent traditional sports culture, which means promoting it will enhance Chinese sports spirit. However, few writers have been able to draw on any systematic research into the subject of promoting Chinese sports spirit in the field of diabolo culture. Therefore, the aim of this study is on the path of promoting Chinese sports spirit in the field of diabolo culture. This study uses the literature research method to investigate three levels of Chinese sports spirit promotion. They are individual level, higher education level, and social level. Furthermore, it is hoped that the proposed measures in this study will provide some useful ideas for the current problems.

Keywords

Chinese Sports Spirit; Diabolo Culture; Cultural heritage approach.

1. Introduction

In the new global economy, Chinese sports spirit has become a central issue for sports promotion. However, the promotion process faces a lot of obstacles, including the absence of excellent traditional culture in sports in the promotion of Chinese sports spirit, the decline of social awareness in the promotion of Chinese sports spirit, and so on. Therefore, this study adopts a new approach to the path of promoting Chinese sports spirit in the diabolo culture in a specified context – the Chengdu University of Information Technology (hereinafter referred to as CUIT).

2. Chinese Sports Spirit

2.1. The Definition of Chinese Sports Spirit

Going through years of development, Chinese sports spirit plays a more and more essential role in Chinese sports processing as well as Chinese excellent traditional sports culture. It is widely acknowledged that Chinese sports spirit consists of 6 parts. They are fighting for our country, sacrificing selflessly, seeking endlessly for truth, abiding by the law, keeping in unity and cooperation, and striving tenaciously. [1] Professor Huang Li claims that “Chinese sports spirit is defined as patriotism, self-sacrifice, health, happiness, fair competition, challenge-conquering, unity and cooperation as the main values of consciousness, thinking and general mental state.” [2] After considering more relevant materials, this thesis adopts the latter one as the definition of Chinese sports spirit.

2.2. Dilemma of Promoting Chinese Sports Spirit

2.2.1. Absence of Excellent Traditional Culture in Sports

Chen Guohua believes that one of the problems that are faced by the promotion of Chinese sports spirit is the loss of Chinese excellent traditional culture in Chinese sports spirit itself.[3] Indeed, the 21st century brings a lot of new changes to Chinese sports. On the one hand, with new technologies and techniques, the 2022 Beijing Winter Olympic Games and Paralympic Games were held successfully, and the Chinese sports delegation collected 9 gold, 4 silver, and 2 bronze medals to rank third in the medal table, setting a record high for gold medals and medals. This is a great achievement in China's sports history and also an excellent improvement in Chinese sports spirit. On the other hand, while modern sports in China thrives quickly and vigorously, the converse side is a loss of Chinese excellent traditional culture in the promotion of Chinese sports spirit, especially the excellent traditional sports culture. That is to say, Chinese excellent traditional culture will gradually lose its power because modern sports dominate the sports field. If this situation keeps existing, Chinese sports spirit will lose its originality. Moreover, the reconstruction process of Chinese sports culture will be delayed.

2.2.2. Decline of Social Awareness in the Promotion of Chinese Sports Spirit

Recently, the decline of social awareness in the promotion of Chinese sports spirit is getting more conspicuous. Firstly, when asked about the contents of sports spirit in China, few individuals can realize and understand the existence of Chinese sports spirit. It is hard for citizens who do not receive education in relation to this field to figure out the contents of Chinese sports spirit. What's more, the society cognition for Chinese sports spirit is even more unsatisfied. In 2022, Wu Xiaocai regarded that most college students rarely become aware of the existence of Chinese sports spirit in most sports activities.[4] Widely extending from this point, the lack of positive social awareness of Chinese sports spirit in China is one major problem in its development.

3. The Diabolo Culture

3.1. Introduction to Diabolo Culture

Diabolo, a combination of entertainment and fitness, has existed for thousands of years in China. Developed from folk games called pumping gyro, and with transformations of different shapes and materials, diabolo finally became a well-established sport in Chinese sports history. In the Song Dynasty, according to the Annals of Chinese Culture, an acrobatic event named 'Nongdou' represents that diabolo has existed since that period.[5] In the Ming Dynasty, diabolo evolved further. And at the same time, known as 'Kongzhu' (a new name for diabolo), in the Imperial Scenery the chapter of Spring Field written by Liu Ton and Yu Yi, specific production methods and play style of diabolo were recorded in detail. What has to pay attention to is that the diabolo at this period is still playing on the ground instead of in the air. [6] During the Qing Dynasty, there has been an increasing amount of literature on diabolo. Besides intangible materials, some ancient tangible diabolos have been well preserved in different regions of China, such as in the Palace Museum. In modern China, diabolo subsequently developed into a common sport for every citizen no matter their age or status.

Nowadays, the values of diabolo are gradually apparent. In China, Yu Han and Xiaofeng Yang pointed out that the values of diabolo include medical value, social value and humanistic value. [7] Because of these values, the diabolo culture remains, and it encourages more and more Chinese people to have opportunities to get to know this sport, which on the other side enhances diabolo culture correspondingly. Medical value brings people a healthy lifestyle while social value and humanistic value revitalize Chinese excellent traditional sports culture.

3.2. Diabolo Culture and Chinese Sports Spirit

The first level of the relationship between diabolo culture and Chinese sports spirit is an inclusive relationship. Up to now, several studies have indicated that diabolo culture is an entailment of Chinese sports spirit. Yan Limin suggests that the source of Chinese sports spirit comes from three aspects. These are Chinese excellent traditional culture, the cultural essence of the Chinese national spirit, and interaction with western sportsmanship.[8] From this point, it is undeniable that Chinese sports spirit did originate from Chinese excellent traditional culture. Besides, there is a great deal of insightful research work proving that Chinese sports spirit comes from Chinese excellent traditional culture. For example, Huang Li in her thesis concluded that Chinese sports spirit was deeply rooted in Chinese excellent traditional culture. [9] What's more, diabolo culture belongs to Chinese excellent traditional culture in the sports field, which represents that Chinese sports spirit entails the diabolo culture.

Thus, another relationship becomes clear. Modern sports are developing rapidly and the trend of fitness sports for all is greatly accelerating. Therefore, the diabolo becomes a new sport activity for most modern people. In addition, modern technologies have changed the face of diabolo sports. For example, Cuiting Kong and Lie Zhang demonstrated using virtual reality technology to enhance the digital experience of diabolo.[10] The continuation of diabolo culture like this is taking place in various parts of China. In other words, another relationship between diabolo culture and Chinese sports spirit is continuing.

3.3. Promotion of Diabolo Culture——Case Study on Chengdu University of Information and Technology

3.3.1. Introduction to Diabolo Promotion in CUIT

At the Chengdu University of Information Technology, diabolo, as a Physical Education elective course, has been in existence for 14 years. Since diabolo has been listed as a national-level intangible cultural heritage project in 2006, to inherit Chinese excellent traditional culture, the university has adopted the guidelines of recreation, physical and mental fitness as well as protection, inheritance, and innovation in the teaching process. Furthermore, in this practical Physical Education course, the word 'play' is integrated through the whole process. Both in the classroom and in the student's independent practice, the focus is on games to fully motivate the students and to achieve the aim of passing on Chinese excellent traditional sports culture.

With the passage of time, the diabolo has developed quickly and diabolo education has also been popularized and promoted by a certain group of university students. For this reason, this thesis adopts it as an example to illustrate how diabolo culture will be promoted in 2 ways and these are course promotion and social promotion.

3.3.2. Course Promotion

The diabolo course at CUIT is set as a combination of in-class and extra-curricular hours. First of all, the general physical education paradigm in this university follows the teaching mode of the PE club. And based on this mode, total credit hours per semester are 24 hours. Moreover, according to this mode, in-class hours are mainly run by professional faculty with a scientific and rigorous curriculum specifically designed for students who want to learn this course. The total credit hours per semester are 16 hours. What's more, the extra-curricular hours are 8 hours including activities like teacher's guidance and training programs in spare time.

The content of the diabolo course is greatly oriented to Chinese excellent traditional culture. Diabolo, as one of the crucial carriers for the promotion of folkloric sports activities, was greatly integrated with the curriculum of this university. For example, the diabolo course syllabus lists teaching purpose which relates to Chinese excellent traditional culture in every chapter, such as Great Harmony, cooperation, patriotism, etc. To sum up, the diabolo course at CUIT not only

teaches about the diablo but also spread various abundant connotations of Chinese excellent traditional culture.

A unique feature of the diablo course at CUIT is the implementation of an online teaching method named "Shanling classroom". More specifically, it is an online website providing students with different methods and skills for diablo practice. Besides, it is precisely divided into exercises that are suitable for students at different levels of learning. And at the end, a self-assessment section is offered for diablo learners to have a self-checking test, which provided people who are really like it and want to further advancement to a higher level.

3.3.3. Social Promotion

After a few years passed since the diablo course was set, an association came into being in 2014. In order to have a better improvement in the promotion of diablo culture and Chinese excellent traditional culture, Sichuan Diablo Association was born. Under the guidance of CPC, the University, and social organizations, diablo lovers from all walks of life jointly forged this association. And reversely, this association also contributes greatly to the further development of diablo culture. For example, "Jingxianghuang" (a mini app in WeChat used for diablo promotion) and Cloud Fitness are made by the association which greatly improved diablo culture as well as people satisfaction. In this way, the social promotion of diablo culture is getting more and more welcome.

At the same time, more fantastic diablo games thrive. Taking National Fitness Online Games as an instance, in 2022 the very First National Olympic Sports Centre Playing Diablo Network Competition triumphantly launched in China. It is estimated that a higher percentage of the University's students enrolled in the diablo course chose to take part in this online competition. This phenomenon actually represents that the social promotion of the diablo culture is making progress.

3.4. Dilemma of Promoting the Diablo Culture

3.4.1. Limitations in the Scope of the Recipients of the Diablo Culture

One of the biggest issues regarding the promotion of diablo culture is the limitation of the scope of the recipients of it. In the statistical data of Xing Cheng conducted in 2016, only 267 out of 13603 students, or 1.96% of the total in CUIT, opted for diablo. [11] In other words, just a small range of students have opportunities to touch diablo culture. With the elapsing of time, this is not beneficial to the popularity of the diablo culture, nor does it serve the purpose of widely promoting Chinese excellent traditional culture. This happens to a greater or lesser extent throughout the country, and without a doubt, it harms the further development of the cultural heritage.

3.4.2. Limited Subjective Initiative of the Recipients of Diablo Culture

Different people have different hobbies. Their subjective initiative on the diablo culture can be different too. Some diablo culture receivers may extremely go crazy about it, while some are not. Under these circumstances, the parts of receivers who don't like diablo culture are unable to understand the diablo culture, not even mention the Chinese sports spirit in this embodiment of Chinese excellent traditional culture.

3.4.3. Lack of Integration of Chinese Sports Spirit into Diablo Culture

Though the content of diablo course at CUIT has some relevance to the key elements of Chinese sports spirit, few chapters identify a kind of teaching content or plan that contains Chinese sports spirit. In other words, there is a dearth of integration of Chinese sports spirit and diablo culture courses. This may lead to an undesirable effect on Chinese sports spirit promotion in this field. Moreover, a review of relevant sources reveals that there is little relevant literature on the combination of the diablo culture and Chinese sports spirit.

4. Suggestions to Promoting Chinese Sports Spirit in the Field of Diabolo Culture

4.1. Individual Level

The role of individual power in the promotion of Chinese sports spirit in diabolo culture cannot be underestimated. In this way, diabolo lovers in society can utilize their power to encourage more potential diabolo lovers to participate in this meaningful activity. But in this process, the question is to settle the problem--the lack of integration of Chinese sports spirit and the diabolo culture. More specifically, it can be achieved by internet promotion. As Guo Kaimeng pointed out that "With the development and innovation of science and technology, the world's smart technology is rapidly rising from the information age to the wisdom age." [12] Therefore, implementing the wisdom of online promotion can be useful. And the first step is to get more participants to play diabolo. To deal with this, using WeChat Official Accounts gives a hand in promoting the approach. And here are some other ways like registering new accounts in hot apps, filming relevant clips about diabolo culture, and so on. The next step can add more elements from Chinese sports spirit in their clips or posts. In sum, from the perspective of the individual level, widely promoting the diabolo culture while gradually adding elements of Chinese sports spirit can be a desirable way to enable more peers to join this activity.

Simply using the individual promotion of diabolo is not enough, and diabolo activities themselves need to be improved according to different characteristics in different age groups. There are mainly three groups of people who would be willing to join the diabolo activity. The first group is the young generation. Most teenagers are fond of activities that can arouse their curiosity. Therefore, more novel activity forms and techniques such as VR related to diabolo activity may help diabolo culture gain influential power over other entertainment choices. Then, there comes the middle-aged group. To some extent, they are one of the busiest groups in the whole society since they are burdened with tremendous pressure. So, diabolo activity can be a new way to improve their physical and mental well-being. The last one is the elderly. It is widely acknowledged that participating in diabolo play can have numerous health benefits. To maximize the potential impact of these benefits, it is imperative to develop practical measures to encourage more senior citizens to engage in this activity.

4.2. Higher Education Level

No doubt verified diabolo courses in institutions of higher education can powerfully promote the diabolo culture. In 2022, Zhao Yuting and Pan Zhiguo suggest that the "implementation strategy of inheriting Chinese sportsmanship in colleges and universities mainly includes PE classrooms, PE teachers and sports practices", that is, focusing on these three aspects in physical education in universities and colleges can achieve the purpose of better promoting diabolo culture. [13] Therefore, the integration of the diabolo culture and Chinese sports spirit can be conducted in three ways.

Firstly, it is likely to introduce more relevant teaching content which embeds the noticeable Chinese sports spirit elements like patriotism, self-sacrifice, health, happiness, fair competition, challenge-conquering, unity, and cooperation, to the PE classrooms of diabolo. Then, the intention of teaching content can be expanded from simply teaching 'how to play diabolo' to 'why is diabolo so important?' and 'how to put it into practical use?'. To achieve this purpose, providing opportunities for community engagement, upgrading diabolo class content in the pace of time, and so on, may be helpful.

Secondly, diabolo teachers in all institutions of higher education follow the trend of Chinese sports spirit, and understand it, then finally use it in their classes. Also, the diabolo teaching department may choose to cooperate with other departments, such as music, dance, and theatre, to draw teaching inspiration from other areas. In this way, diabolo teachers openly

implement a class by providing students with meaningful practice and various learning options. Furthermore, after class, diablo teaching can use technology to enhance the learning experience. For instance, diablo instructors can use videos, online tutorials, and mobile apps to supplement traditional teaching methods.

Lastly, actualize the infusion of Chinese sports spirit into diablo culture. In other words, getting greater students involved in the diablo culture needs more joint efforts made by all faculty at Colleges and Universities. One practical approach to achieve this objective is through the formation of a diablo club. In this way, diablo club can spur students into diablo practicing as well as cultural inheritance. By leveraging the diablo club platform, students can not only develop their diablo playing skills but also grasp a deeper understanding and appreciation of Chinese sports spirit.

4.3. Social Level

Since the diablo performance in the 2008 Olympic ceremony has drawn attention from all over the world, year after year, now few people can remember the diablo at all. Thus, in terms of diablo performances, combining the diablo culture with Chinese sports spirit is a very desirable solution. By assimilating Chinese sports spirit such as patriotism, fairly competition, and so on, diablo performances can convey its merits of it. For instance, the performance costumes can feature traditional Chinese designs related to Chinese sports spirits, the music can be composed of themes concerning Chinese sports spirits, and the performances can display these values through diablo actions and interactions with the audience.

Recently, the national fitness campaign has developed quickly in China. Ten years of the revolution, the national fitness service supply keeps improving and the national fitness public service system keeps moving to a higher level. [14] Therefore, the promotion of the Chinese sports spirit in the field of the diablo culture may take advantage of its great power. On this basis, actively promoting diablo culture and Chinese sports spirit through volunteer activities, community publicity, and internet publicity, and calling on more residents to understand them and to be more willing to use the existing sports infrastructure to participate in this activity.

Finally, the social promotion of the integration of Chinese sports spirit culture and diablo culture rely heavily on the assistance and support of the government. For instance, relative government assignments can incorporate diablo culture into the national development plan and allocate resources to promote its popularity among the public and build more diablo-specific venues to encourage more participation. Moreover, establishing diablo-themed parks or areas with a combination of Chinese sports spirit can provide more opportunities for citizens to experience and learn about it.

5. Conclusion

Chinese sports spirit is embodied with abundant Chinese excellent traditional culture and the promotion of it is meaningful to the whole country. With this goal in view, this study demonstrates a new approach to promoting Chinese sports spirit. It is a study on the path of promoting Chinese sports spirit in the field of diablo culture with a case study of CUIT and the final suggestions come from the individual level, higher education level, and social level. Since very little research has been conducted in the field of diablo culture, this would be a fruitful area for further work. Hopefully, this study will provide useful suggestions on the current problems in promoting Chinese sports spirit.

Acknowledgments

Funding projects:

2023 College Student Innovation and Entrepreneurship Project of Chengdu University of Information Technology: "Research on Cross-cultural Promotion and Publicity of Chinese Traditional Sports Spirits Under the Perspective of Sports Diplomacy" (202310621258).

2022 Education Research and Reform Project of Chengdu University of Information Technology: Student-competency-centered Development of Core Values through Interpreting Course Reform of Translation Major (JYJG2022026).

References

- [1] Xie Qionghuan. Chinese Sports Spirit is the Spiritual Wealth of the Whole Nation [J]. QIUSHI, 2000 (21): 11-13.
- [2] Huang Li. The Culture Connotation and Thought Sources of the Chinese Sports Spirit [J]. China Sport Science and Technology, 2007(05):3-17.
- [3] Guo Hua Chen. A study on the promotion of Chinese sportsmanship in the context of cultural power [D]. East China University of Technology, 2018.
- [4] Wu Xiaocai. Research on Integrating Chinese Sportsmanship into Cultivating Healthy and Physical Manner of College Students: Take an Example of a Health Rehabilitation Vocational College [J]. , Journal of Nanning Normal University (Philosophy and Social Sciences Edition), 2022, 43(03):75-81.
- [5] Shanghai Local History Codification Committee. General History of Chinese Culture. 1999
- [6] Zhang Yanron. Reflections on the Historical Evolution of Air Bamboo and its Development in Contemporary Times [J]. Sports Culture Guide, 2017(06):70-74.
- [7] Han Y, Yang X. Social Change. Forging, Development—Exploring the Modernization Way of Intangible Cultural Heritage about Diabolo Culture [J]. 2018.
- [8] Yan Limin. Research on the Influence of Chinese Sports Spirit on the Personality Shaping of the College Students in the Ner Era [J]. Sport Science and Technology, 2022, 43(05):16-19.
- [9] Huang Li. Precious and Unique Advantages of Chinese Sports Spirit [J]. Journal of Wuhan Sports University, 2022, 56(09):21-29.
- [10] Kong C, Zhang L. Developing a co-design process model for the digital presentation of intangible cultural heritage: a case study of "Warm Inheritors Digital Diabolo" [J]. ISPRS Annals of the Photogrammetry, Remote Sensing and Spatial Information Sciences, 2021, 8: 89-94.
- [11] Xing Cheng. Empirical study on the development of diabolo in colleges and universities [D]. Chengdu Sport University, 2015.
- [12] Guo Kaimeng, Gu Yanan. The Construction of Smart Tourism City and Digital Marketing of Cultural Tourism Industry under Network Propaganda Strategy [J]. Security and Communication Networks, 2022, 2022.
- [13] Zhao Yuting, Pan Zhiguo. Implementation strategy of inheriting Chinese sportsmanship in college and universities from the perspective of education [J]. Journal of Liaoning Normal Colleges (Natural Science Edition), 2022, 24(03):85-89.
- [14] Information on <http://www.sport.gov.cn/n20001280/n20745751/c24678168/content.html>