

# Reflections and Practice on Introducing National Traditional Sports Elements into Physical Education Teaching in Colleges and Universities

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**Keywords:** National traditional physical education, College sports, Teaching, Reflection, Practice.

**Abstract:** With the arrival of the new era, the social cognition of traditional culture is gradually deepened, so is the traditional national sports elements. At present, the physical education teaching methods of colleges and universities still adopt traditional teaching materials and teaching methods, which is difficult to meet the rapid development of today's society. The college physical education teaching work introduces the elements of national traditional sports culture and accelerates the reform of college physical education. However, there are still many problems in the actual application process of colleges and universities. The research on traditional folk sports teaching is not deep enough. The traditional national sports culture elements lack publicity in colleges and universities, and lack of perfect national traditional sports teaching materials. These problems hinder national traditional sports. In the application of college physical education teaching, this paper puts forward corresponding countermeasures for the existing problems, in order to provide reference for relevant scholars.

## 1. Research background

### 1.1 Literature review

With the development of the times, the awareness of adolescents on physical exercise has gradually deepened, and the physical education teaching in colleges and universities has attracted enormous challenges (Qin, et al, 2013). The current physical education teaching mode in colleges and universities is still a traditional method. The teaching methods are limited. The physical education teaching methods accepted by all students are the same. There is no individualized physical education teaching method, and the individualized differences and physical and mental development of students are neglected (Cai, 2010). The content of physical education is superficial, and there is no integration of excellent national traditional sports elements into the classroom, neglecting the study and cultivation of culture (Yu, 2014). The traditional culture of the Chinese nation has been accumulated through thousands of years of development and inheritance. The excellent national sports culture is an important part of it. Colleges and universities should deeply study the characteristics and meaning of national sports culture. By summarizing and analyzing some of the exercise skills and behaviors involved in daily production and life, each ethnic group finally formed a sports project with its own characteristics. The traditional national sports elements have profound historical sedimentation, diversified forms and unique physical fitness functions. The introduction of national traditional sports elements in physical education teaching helps to enrich the existing physical education content. It can help students learn sports knowledge and keep fit, and also allows students to deeply understand the traditional sports culture elements. The introduction of traditional folk traditional sports elements in colleges and universities is highly feasible. At the current stage, some colleges and universities have introduced traditional sports culture elements in physical education, maximizing the promotion of national traditional cultural elements, carrying forward their own value-rich physical education content, strengthening students' physical quality, and better promoting college sports. The development of the cause.

### 1.2 Purpose of research

In recent years, the effectiveness of introducing traditional Chinese sports elements into college

physical education has already begun. The state has achieved a series of achievements in the international competition in the aspect of competitive sports, which has a positive effect on the integration of national traditional sports elements into the physical education teaching in colleges and universities (Cao, 2015). Although the traditional national sports elements have been applied in many college physical education teachings, and some achievements have been made, but from the overall situation, the application of national traditional sports elements in the classroom is relatively shallow, without deepening its The value of existence (Guo, 2015). In the field of physical education and teaching, colleges and universities should thoroughly study the elements of national traditional sports culture, improve the use value of traditional national sports elements, and further promote the development of national traditional sports culture elements. This paper collects and collates relevant materials, and draws the role of traditional national sports elements in college physical education teaching. It analyzes some problems existing in the application of national traditional sports elements in colleges and universities, and proposes some measures to apply traditional national sports elements in order to promote The development of physical education in colleges and universities provides a reference for relevant scholars.

## **2. The role of national traditional sports elements in college physical education**

### **2.1 Carry forward the elements of national traditional sports culture and protect the inheritance of national culture**

After thousands of years of development, China has developed into a country with strong comprehensive strength. After a long period of time, China has long been a country with multiple ethnic groups (Long and Sui, 2019). In order to carry forward the traditional sports elements of various nationalities, in 2006, the State Ethnic Affairs Commission and the State General Administration of Sports issued a notice on “Opinions on Strengthening the Traditional Sports of Ethnic Minorities”, stating that China is a unified multi-ethnic country and that ethnic minorities are promoting The traditional sports culture elements belonging to one's own nation are necessary, and comprehensively carry out sports activities with rich traditional elements to meet the physical needs of ethnic minority people to exercise. In the field of physical education, colleges and universities should actively integrate the traditional elements of the country, and the education authorities should actively support the universities. At the same time, pilot schools were established in ethnic minority areas to combine traditional national sports and college physical education to popularize traditional national sports culture elements (Mao, 2012). The main way for the national primitive sports form to go to science and standardization is the physical education of colleges and universities. Therefore, colleges and universities should do a positive role in promoting. Colleges and universities should take this responsibility on their own initiative, which plays an important role in inheriting the national sports culture and strengthening the national sentiment of students.

### **2.2 Optimizing the content of college physical education curriculum, helping students to develop in an all-round way**

National traditional sports are different from modern sports. Apart from the competitive viewing and cohesiveness of sports, they also have the characteristics of leisure, fun and entertainment. They can meet the needs of students both physically and mentally. Traditional national sports programs have stronger attributes of games, entertainment and performances, enriching the content of physical education in colleges and universities. After contacting the professional content learned in the classroom, students can also learn a wealth of extracurricular leisure sports activities. These historical sports programs give students a unique experience that helps them develop their abilities in all aspects (Miao, 2014).

### **3. Problems existing in the application of national traditional sports elements in college physical education teaching**

#### **3.1 Research on traditional national sports teaching is not deep enough**

Although there are many colleges and universities in the physical education teaching work, the traditional national sports elements are gradually applied to physical education, and some attempts and research have been made. However, these tasks are in a preliminary experimental stage. The teaching methods and teaching contents have not yet formed, so there are still obvious defects and problems in the teaching results achieved so far. Since the application of national traditional sports elements in colleges is at an early stage, the funds and manpower invested in each link are seriously insufficient. At this stage, when colleges and universities apply traditional national sports elements, there is no successful current case. Everything belongs to their own exploration. The experiments and methods are not supported by the scientific system. When the national traditional sports elements are applied in the process of college physical education, the setting of teaching content, the choice of teaching time, and the purpose of teaching are not very clear. These problems hinder the effective application of national traditional sports elements in physical education in colleges and universities.

#### **3.2 National traditional sports culture elements lack publicity in colleges and universities**

The national traditional sports elements have many advantages, but the degree of propaganda for the elements of national traditional sports culture is lacking. College students basically do not understand the elements of national traditional sports culture, which also restricts the application of national traditional sports elements in college physical education. . In the process of investigation and understanding, most students' understanding of traditional national sports elements is limited to limited channels such as television and newspapers. Little is known about the characteristics and utility behind traditional national sports. There is a certain bias in existence. In the daily sports activities, colleges and universities do not involve sports activities related to traditional national sports, which also affects the students' understanding of the traditional sports culture.

#### **3.3 Lack of perfect national traditional sports textbooks**

In the existing physical education system of colleges and universities, traditional professional textbooks are used. These textbooks contain almost no content related to the traditional sports culture elements of the nation. Even if some textbooks are involved, it is a simple introduction. Introduction to national traditional sports. There is almost no introduction to the teaching of national traditional sports elements. The existing textbook content is fragmented and cannot build a complete teaching content system. There are still some key methods in the existing teaching content. The teaching process is completely non-executable. . The lack of textbooks for national traditional sports is the most important factor influencing the application of national traditional sports in college physical education.

### **4. The measures of introducing national traditional sports into college physical education**

#### **4.1 Colleges and universities attach importance to the promotion of national traditional sports**

Compared with competitive sports in colleges and universities, national traditional sports pay more attention to ornamental and entertainment. National traditional sports can create a more cheerful and cheerful atmosphere. In addition to the physical fitness of the national traditional sports, there is a deep cultural value behind the sports. Students can also learn about traditional folk sports while also learning about folk culture and religious background. And design aesthetics and other knowledge. Students spontaneously understand the value and characteristic effects of traditional national sports culture, which is of great help to colleges and universities to promote traditional national sports. Therefore, when colleges and universities promote traditional national sports, they must do a good job in the early stage. Promote national traditional sports on campus,

subtly influence students and create a positive atmosphere. Colleges and universities can use the school's existing campus radio stations, campus networks, school newspapers and the Internet to promote traditional national sports. The advantages and meanings of traditional national sports are directly displayed to students, allowing students to deeply understand the charm of traditional national sports and spontaneously like traditional sports. Colleges and universities can also set up corresponding sports associations, such as "Wrestling Society", "Bow and Arrow Society" and "Dragon Club". Colleges and universities with conditions can also set up "equestrian clubs" and also participate in national sports competitions, allowing students to participate in them. Incorporate into national sports.

#### **4.2 Establish a systematic national traditional sports protection mechanism**

National traditional sports is a sports project developed by a nation after years of precipitation. It is the essence of this national sports culture and a precious heritage in the history of human sports. It also represents human culture and history. However, with the development of modern society, traditional national sports programs are facing the risk of loss, especially the loss of traditional folk sports, which has a very important relationship with the cultural and ideological differences between different ethnic groups. . To protect the national traditional sports, the state must be the initiator of the protection activities, and must pay enough attention to the national traditional sports projects and fully support them. Colleges and universities should set up professional courses related to traditional national sports and cultivate professional talents. Combine national traditional sports with modern scientific concepts, improve traditional sports, form a systematic national traditional sports protection mechanism, and better carry forward the national traditional sports culture.

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