

## **Application national traditional sports elements in College Physical Education**

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**Keywords:** National traditional sports, College physical education, Physical education, Sports events.

**Abstract:** With the reform of education, colleges and universities pay more attention to physical education, enrich the teaching content, and integrate traditional ethnic sports into the teaching content. National traditional sports are the embodiment of national culture and represent the development of national culture. At present, colleges and universities do not attach enough importance to the traditional national sports and propaganda of the traditional national sports culture, which makes the traditional national sports teaching lack of systematic teaching methods. In view of the problems encountered in the teaching of national traditional physical education in Colleges and universities, this paper analyses and puts forward some solutions.

### **1. Research background**

#### **1.1 Literature review**

National traditional sports is the final sports system formed by the Chinese nation through historical precipitation and fermentation. Ethnic traditional sports are influenced by Chinese traditional culture and have local ethnic characteristics (Wang, 2010). There are many traditional national sports, including dragon boat rowing, lion dance, wrestling, table tennis and so on, which have attracted people's attention (Wu and Lin, 2013). At present, the content of physical education in Colleges and universities is mostly Western sports, lacking the traditional sports of the Chinese nation. In order to ensure the inheritance and cultural development of national traditional sports spirit, colleges and universities should strengthen the teaching of national traditional sports (Wang, 2010). Ethnic traditional sports teaching in Colleges and universities has many benefits for students. It can not only play the role of physical exercise, but also ensure the inheritance of national traditional sports culture. Due to the influence of venues, facilities, teachers and other factors, the teaching of traditional ethnic sports in Colleges and universities encounters obstacles (Ding, 2009). Colleges and universities need to understand the importance of national traditional sports to physical education and strengthen the teaching of national traditional sports through teaching practice.

#### **1.2 Purpose of research**

With the reform of physical education teaching in Colleges and universities, the content of physical education teaching is constantly expanding, and traditional ethnic sports are also included in physical education teaching. However, for the integration of traditional ethnic sports into teaching, universities still lack attention, so there are still many problems in traditional ethnic sports teaching (Hu and Feng, 2015). As a part of Chinese culture, colleges and universities should attach importance to the traditional sports education to ensure the inheritance of the traditional sports culture. Because of the high demand for venues and facilities, colleges and universities can not meet the conditions for the teaching of traditional ethnic sports (Zhang, 2009). Therefore, in order to ensure the smooth progress of traditional national physical education teaching, the reform of college physical education teaching mode is imperative.

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

### **2.1 Enriching the content of physical education in colleges and universities**

At present, in the physical education teaching of Chinese colleges and universities, the teaching content mainly focuses on western competitive sports, such as football, gymnastics, basketball and so on (Chen, 2016). Most traditional ethnic sports have certain requirements for teaching venues and equipment. Traditional Chinese national sports have distinct characteristics, various forms and regional cultural connotations. It is beneficial to enrich the content of College Physical Education by incorporating national traditional sports into college physical education teaching. Colleges and universities need to make use of students' desire to explore interesting things, stimulate students' interest in learning, and improve the quality of physical education teaching (Yang, 2015). In view of the fact that traditional ethnic sports are closely related to people's lives, it is not difficult to popularize traditional ethnic sports in Colleges and universities, which is conducive to students' mastery.

### **2.2 Improving students' physical quality**

After historical precipitation and development, national traditional sports have formed its own cultural system, which is beneficial to the healthy development of people's body and mind. There are many traditional sports of Chinese nationalities, and the forms of sports are various. At the same time, they have strong entertainment and ornamentation. When students participate in national traditional sports, they can not only experience the fluency of national traditional sports, but also improve their physical fitness, so as to stimulate students' interest in learning national traditional sports. Generally speaking, traditional national sports are all systemic exercises, which play a certain role in the exercise of human muscles and nerves. While improving physical fitness, they also have great benefits for various functions of the brain.

### **2.3 Inheritance of national culture**

The integration of College Physical Education and national traditional sports is beneficial to the inheritance and development of national traditional sports culture. As an important provider of talent cultivation in China, colleges and universities can carry on the spread of traditional national sports and popularize traditional national sports, which can be well inherited. Because college students have high knowledge quality and strong learning ability, they can quickly understand and master the national traditional sports, which plays an important role in the development and inheritance of the national traditional sports.

## **3. Problems existing in the introduction of national traditional sports elements into physical education teaching in colleges and universities**

### **3.1 Insufficient attention to national traditional sports in colleges and universities**

For a long time, Chinese colleges and universities have adopted the western sports teaching mode. The teaching content is mainly about football, basketball, track and field, which is not conducive to the inheritance and development of traditional national sports. At the same time, national traditional sports have not been paid enough attention by colleges and universities, which has a great impact on Chinese traditional culture. Due to the lack of attention paid by university sports decision-makers to traditional national sports, western sports have become the mainstream trend of college sports teaching. Students have been growing up under the western sports culture for a long time. They will think that western sports are normal sports and neglect traditional national sports. Some students are completely unaware of traditional national sports. This shows that neither the decision-makers nor the students of physical education in Colleges and universities pay enough attention to the traditional national sports, and neglect the importance of the traditional national sports to the inheritance of Chinese culture.

### **3.2 The single teaching mode of traditional national physical education in colleges and universities**

At present, Chinese colleges and universities adopt examination-oriented education mode, so the physical education achievements of colleges and universities need to be assessed accordingly. At present, the traditional ethnic sports in Colleges and universities are taught in a unified way, ignoring the individual differences of students, which is not conducive to the development of other sports for students. Some students like recreational sports, some students like competitive sports, college physical education ignores students' interests and hobbies, using a unified teaching method. In the aspect of national traditional sports teaching materials, because of the simple form of national traditional sports and the single sports items, the teaching of national traditional sports in Colleges and universities is dull and can not arouse students' interest in learning. Therefore, the traditional national sports teaching in Colleges and universities should change the teaching methods and stimulate students' desire to learn.

### **3.3 Lack of ethnic traditional physical education teaching facilities in colleges and universities**

There are many kinds of traditional national sports, especially archery, dragon boat and lion dance. Because of the influence of University venues and other factors, the teaching of these sports items is affected, and the university can not carry out teaching. In traditional national sports, there are also low requirements for venues and facilities, such as archery, table tennis and other items. However, most of the traditional ethnic sports require more venues and facilities, so they need special facilities and space to teach traditional ethnic sports.

### **3.4 Lack of national traditional physical education teachers**

Physical education institutions need to have high-quality courses to cultivate qualified physical education teachers. Only in this way can they carry out better physical education teaching for students. At present, the teaching methods and contents of Chinese physical education institutions are single. Most of the teaching items are mainly western sports, neglecting the traditional national sports teaching. Only by training teachers in traditional ethnic sports in physical education institutions, can teachers have a deep understanding of traditional ethnic sports, and can better teach traditional ethnic sports to students, so as to ensure the inheritance of traditional ethnic sports.

## **4. Development path of national traditional sports elements in college physical education teaching**

### **4.1 Constructing teachers of national traditional physical education in colleges and universities**

The teaching of traditional ethnic sports in Colleges and universities requires more stringent requirements for physical education teachers. Only when teachers have a good understanding of traditional ethnic sports, can they teach students traditional ethnic sports and stimulate students' interest in traditional ethnic sports. Therefore, colleges and universities should strengthen their understanding of traditional national sports, and promote students to know more about national sports by organizing teachers to go out for exchange and study. At the same time, physical education teachers in Colleges and universities can combine the project teaching mode of other colleges and universities, summarize the actual situation of our school, constantly enrich their teaching content and methods, and strengthen the teaching quality of traditional ethnic sports in Colleges and universities.

### **4.2 Perfecting the facilities of national traditional sports and ensuring the traditional sports teaching**

In order to ensure the smooth development of traditional ethnic sports teaching in Colleges and universities, colleges and universities should increase their investment in traditional ethnic sports, and provide necessary venues and facilities for traditional ethnic sports teaching. Only on the

premise of guaranteeing the facilities of traditional ethnic sports can colleges and universities ensure the smooth implementation of traditional ethnic sports teaching. Affected by regional, customs and other factors, traditional ethnic sports have different characteristics. In the process of teaching ethnic traditional sports, we should interact with students, refer to students' opinions and actual situation, and improve the teaching content and methods of ethnic traditional sports. Only through continuous reform according to the actual situation can we ensure the smooth development of traditional ethnic sports teaching, stimulate students' interest in traditional ethnic sports, so as to actively learn, and then have a sufficient understanding of traditional ethnic sports culture.

### **4.3 Strengthen propaganda of national traditional sports**

In order to strengthen the propaganda of national traditional sports culture, colleges and universities can increase students' understanding of national traditional sports culture by organizing national traditional sports competitions. Colleges and universities can also publicize national traditional sports culture by means of TV, Internet and campus radio, so that students can understand national traditional sports culture and increase the attraction of national traditional sports to students. Only by constantly strengthening the propaganda of national traditional sports culture can colleges and universities increase the attraction of national traditional sports to students. In order to develop the national traditional sports, it is necessary to adapt to the changes of the times and constantly improve it. Only in this way can we ensure the inheritance of the national traditional sports culture.

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