

Research on the Construction of Campus Sports Culture with National Sports Characteristics

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Abstract: At the present stage, China's economic level is growing steadily, and improving students' comprehensive quality is conducive to improving the country's comprehensive cultural level. Schools mostly focus on modern sports culture to carry out physical education, and the construction of campus sports with national sports characteristics is conducive to promoting students' understanding of Chinese national culture and enhancing national cohesion. In this context, this paper starts from the development of campus sports culture, lists the main problems of national sports characteristics in the construction of campus sports culture. And to put forward a corresponding solution strategy in the construction of campus sports culture with national sports characteristics, in order to provide reference for the construction of campus sports culture with national sports characteristics.

1. Research Background

1.1 Literature review

Xu Changhong and Lu Yan have studied many literatures, interviewed many experts and made a comprehensive logical analysis. This paper studies and summarizes Yunnan sports culture and campus sports culture, as well as minority sports culture (Xu and Lv, 2012). Bai Xiaolong scholars expounded that the integration of ethnic sports characteristics into campus sports culture in Xinjiang is a necessary condition for the inheritance of ethnic culture (Bai, 2014). Li Xiao, a scholar, used logical analysis to summarize the inherent spirit of strong physique, moral education and harmonious nature contained in traditional national sports (Li, 2015). Lei Yali and Li Xiaoming are scholars who analyze how to construct the campus sports culture with national sports characteristics in Colleges and universities, and put forward specific measures on how to construct the campus sports culture in Colleges and universities (Lei and Li, 2015). Peng Wei, a scholar, analyzed and summarized the sports culture in the multi-ethnic environment. The scholar believed that the characteristics of national sports had greatly improved the sports spirit and sports system in Colleges and universities (Peng, 2013). Su Jianping, a scholar, has made a study of campus culture and concluded that sports culture, as one of the indispensable cultures of campus culture, still has a lot of room for improvement (Su, 2018).

1.2 Purpose of research

The Regulations on School Sports Work promulgated by the State Council clearly indicate that schools should attach importance to inheriting and developing traditional ethnic sports. At this stage, sports with ethnic characteristics have played an increasingly important role in campus sports culture. The development of sports with national characteristics reflects the regional cultural level to a certain extent. Sports with national characteristics have inherent meanings of strong physique, moral education and harmonious nature. Therefore, it is of great significance for students to construct campus sports culture with national sports characteristics. To a certain extent, it can enhance students' national cohesion and improve their comprehensive quality. Based on this, this paper studies and analyses the current situation of the development of campus sports culture, summarizes the main problems of national sports characteristics in the construction of campus sports culture, and puts forward corresponding solutions for these reasons. It is hoped that it will be

helpful to construct the proposition of campus sports culture with national sports characteristics.

2.Current Situation of Campus Sports Culture Development

Since the reform and opening up, China's economy has developed rapidly. In this context, the state pays more attention to education. In education, apart from the cultural soft power, the relevant departments gradually began to attach importance to campus sports. In terms of campus sports culture, China has gone through three stages: innovation, exploration and deepening. From the original blindly created to the present multi-specification. Campus sports culture is more diverse, so that more students focus on sports. At this stage, the state has laid a good scientific foundation for campus sports. Campus sports culture has entered a stage of stable development. China has a long history. There are many splendid cultures in the long history, including sports culture. There are many sports cultures with national sports characteristics. These cultures have obvious regional characteristics and are widely spread among the Chinese people. These activities with national sports characteristics not only have the characteristics of Chinese regional culture, but also play an important role in promoting national culture abroad. Among them, Chinese Wushu, Chinese chess, dragon boat and lion dance are typical representatives. Article 4 of the Regulations on School Sports Work promulgated and implemented by the State Council on March 1, 2017 clearly states that schools should attach importance to inheriting and developing traditional national sports (Qi, 2018). At present, we should pay attention to how to combine traditional Chinese sports culture with modern sports culture without affecting modern sports culture, so as to better promote the spirit of traditional Chinese sports culture and improve the comprehensive strength of students.

3.The Main Problems of Current National Sports Characteristics in the Construction of Campus Sports Culture

3.1 Lack of hard environment of campus sports culture

At present, Chinese campus sports culture is mostly in line with modern sports culture, mostly outdoor activities such as track and field, basketball court, football field and so on. In recent years, with the strong support of the state for education, many colleges and universities have increased indoor activities such as swimming pools, volleyball courts, tennis courts and so on. However, compared with the hard environment of campus sports culture with national sports characteristics, it is rare. Even most schools do not have sports facilities with national sports characteristics. In the current framework of school sports facilities design, there are no exhibition rooms and propaganda windows with national sports characteristics (Li, 2014). Therefore, most students do not take the initiative to participate in courses with Chinese national sports characteristics. But now the state has begun to establish national sports characteristic courses in Colleges and universities, such as Taijiquan, a compulsory sports course for college students. Therefore, the construction of a hard environment with national sports characteristics will greatly improve students' learning of Chinese national sports.

3.2 Lack of soft environment of campus sports culture

At present, in the construction of sports culture in China, we only give cultural and ideological guidance to modern sports. Therefore, the awareness of learning the characteristics of national sports is not strong. At present, physical education teachers teaching on campus must have professional qualification certificate of physical education teachers, and the examination of this certificate is mostly modern sports teaching except for the spiritual and ideological aspects of teachers. For example, basketball, volleyball, football and so on. There is no professional learning system in the sports courses with the characteristics of the people's group, and the teachers who study these courses have no professional counterparts, which gradually leads to the scarcity of talents in this field. The lack of motivation for learning and relevant professors is one of the main problems in the construction of campus sports culture with the characteristics of national sports at this stage. In most campus environments, propaganda is not in place, especially in the spiritual level,

which leads to the difficulty of systematic learning conditions for students even if they have the development needs in this area.

3.3 Unrepresentative campus sports culture

Because of its vast territory and diverse nationalities, the teaching environment in China is rather complicated. The difference of nationality and geographical environment determines that it is difficult to develop campus sports culture with national characteristics. Many factors, such as school-running conditions and lack of teachers, also restrict the development of campus sports culture with national characteristics. Existing sports culture resources have not been systematically integrated, and it is difficult to form its own regional representative characteristics. The propaganda of traditional national sports culture in the region is far from enough, and there is no special research institute for sports culture with national characteristics. These national sports cultures were summarized by the Chinese nation through the historical precipitation and the people's labor practice for physical fitness and entertainment. For China, these sports activities are the precious wealth of national culture.

4. Strategies for Constructing Campus Sports Culture with National Sports Characteristics

4.1 Opening sports elective courses with unique national sports characteristics

Compared with modern sports, the national sports characteristic physical education curriculum is relatively low level, but the traditional sports with national characteristics have strong fitness and competitiveness. According to the different regions and nationalities, schools can create sports elective courses suitable for the region. When it was founded, it should be strictly implemented in accordance with the Regulations on School Physical Education Work. To a certain extent, schools should also create sports facilities with national cultural characteristics according to the actual needs of students to ensure that students have learning conditions, so as to promote students to actively learn sports activities with national sports characteristics. Because the level of students on campus is different, they can be divided into four grades: junior class, ordinary class, promotion class and senior class. Primary school students teach the spirit and knowledge of national sports characteristics in accordance with the elementary class, have a certain degree of understanding of national sports, and preliminary contact with sports activities. Junior high school students can find suitable teachers according to ordinary classes for basic building and systematic learning. After having a certain foundation, senior high school students can carry out intensive training in accordance with the promotion class and begin to learn the skills with national sports characteristics. College students teach in accordance with advanced classes, select students with sports talent, train suitable athletes, represent the school to participate in competitions, and promote Chinese traditional culture. Through these four levels of learning, students will be deeply impressed by the sports curriculum with national sports characteristics, and will have obvious effect in improving national cohesion and students' comprehensive quality.

4.2 Strengthening the team building of national physical education

To a certain extent, strengthening the team building of national sports teaching is the greatest promotion of national sports teaching. Students mainly follow the target of teachers, sports learning is the same. The quality of physical education teachers' team determines the degree of students' interest in learning national sports. There are six specific measures in the construction of national sports teaching team. First, schools should actively carry out relevant physical education courses, and build a scientific physical education curriculum system on the premise of integrating with modern physical education. Secondly, teachers of minority physical education enjoy the same salary as normal teachers. In the construction of national physical education teaching team, we should build a scientific and reasonable structure of the teaching staff and improve the teaching of national physical education in a timely manner. Thirdly, we should formulate a talent training plan, strengthen the training of young teachers in Ethnic Sports teaching, and care about the level of

young teachers in Ethnic Sports teaching. Fourthly, the team should actively carry out academic meetings to improve the teaching level of national physical education in view of the teaching of national physical education. Fifth, teachers engaged in the same profession in other regions actively communicate and exchange, increase teaching experience, improve teaching methods and reform teaching content. Sixth, compile textbooks according to national sports events, form an atmosphere of cultural learning and exchange, and use excellent textbooks which have great influence in the field of national sports teaching.

4.3 Constructing a unique campus national sports culture festival

Most schools have their own cultural festivals. In the aspect of improving the sports teaching with national characteristics, building a unique campus National Sports Cultural Festival is also an effective measure to enhance the influence of national sports. During the development of the National Sports and Culture Festival on campus, schools can organize various forms of sports competitions. At the same time, it can also enhance students' interest in sports courses with national characteristics. At the present stage, China's national conditions have not only required cultural talents, but also paid more attention to the balanced development of talents. Participate in the National Sports and Culture Festival of Campus to train their ability to bear hardships and endure hard work and interpersonal communication. We can set up interesting national sports items and folk national sports activities according to different regions and nationalities, so that more people can participate in sports activities. This can not only exercise and ability, but also make students feel the health and joy brought by sports. Most schools also have their own sports organizations, which play an important role in various sports activities organized by schools. In addition to the construction of unique campus national sports cultural festivals, these sports organizations can also set up long-term competition projects, the best choice of projects is diverse, so that students have the interest to participate, through guidance so that more students are interested in national sports. Specific sports items can include bamboo pole dance, archery, national dance evening party, national song display and other interesting items. Let students learn national sports in pleasure. It also plays a great role in the inheritance and dissemination of national culture.

5. Conclusion

This paper studies and analyses the current situation of campus sports culture development, summarizes the main problems of national sports characteristics in the construction of campus sports culture, and puts forward corresponding solutions to these reasons. With the rapid development of China's economy and its growing international status, it is necessary for a big country to establish a cultural image with national characteristics. At the present stage, it is very important to popularize specific sports culture with national characteristics in campus sports. I hope the suggestions in this paper can provide reference for the construction of campus sports culture with national sports characteristics.

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