

Strategy Analysis of Developing National Traditional Sports in College Physical Education Class

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Abstract: There are 56 ethnic groups in China. The 55 other ethnic groups except the Han nationality are ethnic minorities. Because of the different geographical locations of different ethnic groups, their living habits are different. Therefore, each ethnic minority has sports that are different from other ethnic groups and have great national characteristics. Carrying out the teaching of national traditional sports in the college physical education classroom can not only enrich the content of physical education activities in colleges, but also enhance students' understanding of national sports, improve their national cultural identity and pride, not only enhance their physical fitness, but also further Improve their personality development. The paper mainly discusses the strategy of developing national traditional physical education teaching projects in college physical education classrooms.

1. The Value of National Traditional Sports in the College Physical Education Classroom

Colleges and universities are important places for cultivating higher-level talents. College students must not only master excellent professional knowledge, but also establish a correct outlook on life and values through higher education. They must not only learn the excellent culture of their own people, but also learn the excellent culture of other nations. National sports projects have rich national characteristics and connotations, which can cultivate students' all-round development of morality, intelligence, body and beauty. Therefore, it is of great significance to carry out national traditional sports in the college physical education classroom teaching [1]:

First of all, it is the inheritance and protection of traditional national sports. China's national traditional sports has a long history. After thousands of years of development and precipitation, it has formed a profound national sports culture. Colleges and universities are the birthplace, inheritance and processing place of culture. At the same time, it is also the main way for physical education to become standardized, scientific and popular. Therefore, there are plans to introduce traditional national sports in college physical education, which can make more colleges and universities. Talents feel the charm of national sports projects, enhance their awareness of protecting traditional culture, and further expand the development space of traditional sports. Secondly, it is conducive to improving the physical education teaching system in colleges and universities and enriching the content of physical education. The goal of physical education in colleges and universities is to improve students' enthusiasm for physical exercise, cultivate students' lifelong sports awareness, and realize the all-round development of students' moral, intellectual, physical and aesthetic. However, the problem of the single content of physical education in colleges and universities in China is widespread. Although the new curriculum reform emphasizes to further enrich the content of physical education in colleges and universities, it still cannot meet the diverse needs of students [2]. The integration of traditional sports in college physical education can highlight the regional advantages of national sports resources, rationally design school-based physical education curriculum, further improve teaching and sports, and enrich teaching content. Finally, improve the students' humanistic qualities and moral sentiments. National traditional sports can use scientific health methods to guide students in physical, functional, physical and other aspects of exercise, so they are widely recognized and welcomed by college students; and national sports are rich in content, diverse in form, and have strong entertainment, so Stimulate students' interest in learning. In addition, the introduction of national sports programs in college physical

education helps students understand the sports customs of different ethnic groups, understands more national cultures, can cultivate students' sense of responsibility, national pride, enhance the cohesiveness of all ethnic groups, and establish a sense of national unity. To further improve students' national cultural awareness; in addition, national sports programs are highly entertaining and interesting, and can cultivate students' aesthetic consciousness. Therefore, the introduction of national sports programs in college physical education can improve students' humanistic qualities and moral sentiments [3].

2. The Principle of Developing National Traditional Sports in College Physical Education

The following principles should be followed in the teaching of national traditional sports programs in colleges and universities:

First of all, the principle of fun. Interest is the motivation and premise to ensure students' attitude towards learning, and is a necessary factor to improve teaching effectiveness. Therefore, the teaching of national traditional sports programs should not only consider the fitness function of the project, but also take into account its entertainment and interest, so as to better stimulate students' interest in learning and fully mobilize their enthusiasm for learning, so that they can actively and actively invest in it. In the study and training of national sports. Of course, in the actual teaching process, teachers should combine the students' actual situation, hobbies and interests, make reasonable innovations on national sports projects, improve their applicability in college physical education, better realize the goal of physical education, and promote students' physical and mental health. Healthy development. Second, the principle of security. Physical education courses are mostly outdoor activities. Outdoor sports require a variety of sports facilities and equipment. When selecting traditional sports, the environment for carrying out activities is often complicated. Teachers should pay attention to adopting effective safety measures during project development and facility application. And all aspects of student protection, taking necessary measures to ensure the safety of national sports projects. Finally, the character. Compared with the existing sports projects in colleges and universities, the biggest advantage of traditional national sports is that it has its own characteristics. National sports originate from the daily production and life of people of all ethnic groups. Some ethnic groups are affected by various objective factors and subjective factors. The sports project still retains a strong original ecological taste. Teachers should pay attention not only to the combination of national characteristics, but also to modern factors, and to innovate national sports projects so that they not only carry forward the role of national culture, but also pay attention to teaching [4].

3. The Strategy of Developing National Sports Programs in College Physical Education Classrooms

In the specific teaching, we can continuously improve the education system of national sports programs from the following aspects:

In order to truly enter the college classroom, national sports must conduct professional research on the teaching of national sports programs and invest a lot of manpower, material resources and financial resources. At present, although some colleges and universities have begun to carry out practical research on national traditional sports, they often lack systematic, scientific and perfect theoretical system support. The specific project, project transformation details and project rules are still in the exploration stage. Therefore, major universities should increase their research efforts on national traditional sports: First, according to the professional development and curriculum requirements of students, combined with the nationality, historical and original ecological characteristics of national sports, the technical actions and organizational forms of the project and The specifications of the equipment have been improved and optimized to make it more consistent with the classroom teaching requirements of colleges and universities. Secondly, strengthen the traditional sports scientific research work, set up a national cultural research center in the school, organize a national sports activity seminar, invite relevant experts and professionals from home and

abroad to come to the school for academic exchanges, and provide theoretical support for the development of national sports projects; Teachers, through the form of project establishment, set up a scientific research platform, and give certain financial support and policy support, encourage physical education teachers to invest more research energy in national traditional sports activities, and continuously improve the quality of teaching. Finally, the faculty is constantly expanding. Based on the original faculty, the folk sports culture inheritors are invited to the school to specialize in the teaching of traditional sports. Compared with the teachers in the school, the folk sports culture inheritors have a better understanding of the cultural origins and movement characteristics of the project. Students explain and demonstrate more standard action essentials, which is more beneficial to stimulate students' interest in learning and improve students' enthusiasm for learning.

First of all, innovate the traditional national sports curriculum. At present, the situation of carrying out national traditional physical education courses in colleges and universities in China is not universal enough. Although some colleges and universities have set up national sports courses, they have fewer class hours and a single type. Most colleges and universities do not have traditional national sports programs. Some colleges have set up sports elective courses, but the content is mostly emerging basketball, badminton, aerobics and other emerging sports. The traditional national sports are mostly martial arts, and other projects are in short supply. In view of this situation, it is necessary to strengthen the construction of the national traditional physical education curriculum, incorporate the national sports project into the physical education curriculum teaching plan, and on the basis of ensuring the strong national characteristics of the sports project, based on the actual situation of the school, innovate the national sports project. For example, fancy skipping, croquet, etc., can be adjusted to enter the campus; or re-arrangement of wooden balls, wrestling, archery and other items into the physical education content of colleges and universities; can also incorporate national traditions in the warm-up exercises before the start of the course. Sports items, etc.

Secondly, a curriculum setting method combining compulsory courses and elective courses is adopted. At present, most of the physical education courses in colleges and universities are compulsory courses. Only a few colleges and universities are restricted by external factors such as teachers and school conditions. Introducing ethnic traditional sports into college physical education classrooms, you can use the combination of elective courses and compulsory courses to set up courses to provide students with more choices. Students are free to choose a course according to their hobbies and interests, not only to ensure their initiative, but also to help students develop hobbies and hobbies in the school, and then cultivate their awareness of lifelong sports [5].

Finally, the teaching of national traditional sports should be integrated into national culture. The main purpose of the teaching of national traditional sports in colleges and universities is not only to enhance the physical quality of students, but also to have an important function, namely to carry forward the national culture and improve the national pride of students. Therefore, the teaching of national traditional sports should be consciously integrated into the national culture. For example, when learning about Chinese martial arts such as Tai Chi and Chang Quan, teachers should first guide students to master the essentials and routines, and then teach Tai Chi culture and Chinese martial arts culture to students. After mastering this knowledge, students can not only be accurate. Demonstrate the essentials of action, and introduce other people to the inheritance philosophy of this project, so that others can understand the concept of Chinese martial arts such as Tai Chi.

College associations are an important form of various activities. At present, many colleges and universities have established a variety of student associations, but the development of the associations on campus is extremely uneven, especially the traditional national sports, not only in small quantities, but also in high quality. Teachers and students have very few opportunities to get in touch with national culture; and the daily activities of the association lack the connotation of national culture, lack of awareness of propaganda and protection of traditional culture, and do not create a strong national traditional sports atmosphere on campus. In response to this situation, national cultural festivals can be held in colleges and universities, creating a good atmosphere for the development of traditional national sports, enhancing the influence of traditional culture and enriching students' campus life. Strengthen the publicity and knowledge popularization of the

campus national cultural festival, fully mobilize the enthusiasm of the students, and make students full of expectations for cultural activities, and generate a strong sense of cultural identity in the follow-up activities. The main contents of the National Culture Festival include ethnic art exhibitions and folk cultural activities. Students, faculty and staff are encouraged to participate actively, and they are boldly displayed to fully reflect the charm of national culture [6].

4. Conclusion

In short, China's national traditional sports project is a national treasure that has been precipitated by China's national culture after thousands of years of development. It is a direct reflection of the cultural values, aesthetic ideals and cultural pursuits of all ethnic groups in China. As major universities that cultivate high-level talents, the effectiveness of their physical education curriculum will have an important impact on the physical quality and moral quality of talents. The introduction of national traditional sports into college physical education can not only improve teaching quality and enrich teaching content. And can inherit and protect traditional culture and enhance students' sense of national identity. In the actual teaching process, colleges and universities should set up traditional national sports teaching and research sections according to their actual conditions, strengthen the theoretical research of national traditional sports projects; establish a perfect curriculum system to improve teaching effects; and organize rich national cultural activities in the school to create a strong The national cultural atmosphere creates conditions for better teaching of traditional national sports.

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