

The Practical Significance of Living Inheritance of Sports Intangible Cultural Heritage to Physical Education in Colleges and Universities

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Abstract: Colleges and universities are not only a place for college students to teach knowledge, skills, political ideas and other contents, but also an important place to inherit the traditional culture of the Chinese nation. Sports intangible cultural heritage is the representative content of excellent traditional culture, but in the current social stage, it is faced with the dilemma of atrophy of inheritance scope and insufficient power of inheritance. At the same time, under the background of curriculum reform, the sports interest of middle school students in physical education in colleges and universities is not high, and the teaching content is monotonous and so on. It is of great significance for the reform of physical education curriculum and the inheritance of non-heritage of physical education.

1. Introduction

The physical education curriculum in colleges and universities is an important way to inherit the intangible cultural heritage of sports, and it is also an important research direction for the inheritance of non-posthumous sports in the current stage. Under the social background of building a healthy China, sports non-heritage has received extensive attention in primary and secondary schools, but many sports non-heritage projects have not been systematically carried out in college sports courses. Sports non-posthumous has strong fitness value and educational value, introducing sports non-posthumous items into college physical education courses can not only enrich the teaching content of physical education courses, but also cultivate students' interest in participating in physical education courses.

2. The Importance of Sports Non-Heritage in College Physical Education Curriculum

With the development of the times and the change of people's living habits, many sports non-heritage items gradually disappear from people's vision and lose the impetus of inheritance. In this case, it has a great positive effect on the inheritance and development of the non-posthumous sports in the form of living form. Colleges and universities are the main way to cultivate the high-quality talents needed for the development of the country, and college students are also the backbone of the future society. Through physical education courses, college students can understand, participate in and love sports non-heritage projects, can spread the influence of sports non-heritage projects, expand the scope of inheritance, and strengthen the power of inheritance. Contemporary college students are a very dynamic and creative generation, when college students are interested in sports non-heritage, sports non-heritage projects can gradually spread widely in various social platforms through the social activities of college students, so that sports non-heritage projects get more opportunities to be passed on and recognized.



Figure 1 Sports intangible cultural heritage

3. The Influence of Non-posthumous Physical Education Courses on the Development of Colleges and Universities

Colleges and universities are the main way of national excellent culture, with the responsibility of inheriting and spreading excellent culture and the duty of inheriting knowledge and skills[1]. Sports non-heritage is the representative content of excellent culture, and it is also the content that colleges and universities need to protect and pass on. Integrating the non-posthumous sports into the physical education curriculum in the way of living state is an effective way for colleges and universities to make use of their characteristics and advantages, play their own advantages of cultural communication, and protect and inherit the non-posthumous sports. Setting up the physical education course of the teaching sports non-heritage project can not only promote the development of the physical education teaching research in colleges and universities, but also help to create the campus culture atmosphere of protecting and inheriting the excellent culture, and guide the students to actively participate in the protection and inheritance of the excellent culture. In general, the living status of non-posthumous sports in college physical education curriculum is helpful to the teaching reform and development of physical education major in colleges and universities, and also helps to build a good campus culture in colleges and universities.

4. The Influence of Non-posthumous Sports on Physical Education in Colleges and Universities

4.1. Impact of Non-Posthumous Sports on Physical Education Curriculum Reform

The sports non-heritage item often integrates the martial arts, the gymnastics, the game, the dance and so on many kinds of elements, and has the strong dance martial arts performance nature or the game athletics nature, has the extremely interesting, the appeal, has the strong attraction to the present time university student[2]. Sports non-posthumous sports gymnastics, martial arts and other elements to ensure its fitness value, games, dance and other elements to ensure the entertainment function of the project. In a word, most non-posthumous sports have the value of integrating into college physical education courses. Under the educational background of curriculum reform, the physical education curriculum in colleges and universities is faced with many problems, such as the low interest of students to participate in sports activities, the single content of physical education teaching, the backward teaching methods of physical education and so on. Taking the physical education curriculum as the living way of the sports non-heritage project can effectively help the reform of the college physical education curriculum.

4.2. The Influence of Non-Posthumous Sports on the Teaching Effect of Physical Education Courses

Under the background of the rapid development of national economy, the vision of contemporary college students is global, and most students can be regarded as knowledgeable. However, contemporary college students also have many shortcomings, that is, the domestic excellent traditional culture cognition is insufficient, the importance of sports cognition is insufficient. In such a situation, the sports non-heritage in the form of living form into the university physical education curriculum, can have a greater positive impact on the growth of college students. Sports non-heritage is a combination of traditional culture and sports. Compared with traditional sports, non-heritage sports are more interesting, interesting and appealing[3]. Carrying out high-quality non-posthumous sports courses can not only stimulate students' enthusiasm for participation with the elements of games and dance, but also improve students' physical quality with the elements of martial arts and gymnastics. In general, the development of non-posthumous sports courses can improve the physical and mental quality of college students and enrich their after-school life.



Figure 2 Sports intangible cultural heritage

5. The Strategy of Inheriting Non-Posthumous Sports

5.1. Building a Curriculum System for Non-Posthumous Sports

In order to do a good job of sports non-heritage project, it is necessary to make sports non-heritage project integrate into college physical education curriculum in the form of modernization, standardization and systematization, that is, colleges and universities should build the curriculum system of sports non-heritage project. Colleges and universities should organize non-posthumous professors and physical education professors to discuss the subject framework, knowledge system, curriculum system and curriculum. In this process, colleges and universities need to refer to the experience of introducing sports non-heritage projects in other colleges and universities in China, find out the similarities and differences of the curriculum system of sports non-heritage projects established by colleges and universities in different provinces and cities, and analyze the advantages and disadvantages of these curriculum systems. In addition, colleges and universities can also hire other colleges and universities with the experience of curriculum construction as consultants to provide advice for the construction of the curriculum system of sports non-heritage projects. Taking some colleges and universities in Hebei Province as an example, these colleges and universities have arranged non-posthumous physical education courses in physical education compulsory courses and elective courses, but non-posthumous physical education courses often occupy only one semester, and the total number of hours is 16 to 20. This kind of curriculum arrangement is obviously unreasonable, all sports non-posthumous events are after the baptism of time to pass on so far, to experience, understand, learn the content and essence of non-posthumous sports, a semester of teaching time is obviously not enough. Therefore, colleges and universities in the construction of non-posthumous physical education curriculum system, need to take into account the relationship between teaching content and teaching time, so that students have enough time to pass on the study of non-posthumous sports. In view of this problem, colleges and

universities can choose online courses as a breakthrough point, use online and offline mixed teaching mode, display the detailed teaching content in the form of online courses on the campus network learning platform, and guide students to understand the non-posthumous items in depth after class. By making online courses, colleges and universities can teach students non-posthumous sports in a more reasonable way.



Figure 3 Sports intangible cultural heritage

5.2. Building a Contingent of Qualified Non-Posthumous Physical Education Teachers

The construction of the curriculum system of sports non-posthumous projects and the teaching of courses all need high-quality teachers, but the relevant talents in colleges and universities are very scarce. The existing PE teachers in colleges and universities have only the teaching experience of traditional sports projects, and they do not know the actual teaching effect of the non-posthumous courses taught by these teachers can be imagined[4]. Therefore, colleges and universities need to build a high-quality teaching staff of non-posthumous physical education courses to ensure the teaching quality of non-posthumous physical education courses. Colleges and universities first need to introduce talents to enrich the teaching staff. Talents include both the inheritors of non-posthumous sports and the PE teachers with strong learning ability. After enriching the talent team, colleges and universities need to train the teachers in both sports non-heritage project content and teaching ability. Through such a way, let the PE teacher become the "inheritor" of the sports non-heritage project, and have the ability to teach the sports non-heritage project.

5.3. Making Use of Campus Cultural Construction to Publicize Non-Posthumous Sports Projects

The campus culture construction of colleges and universities can not be separated from the influence of community activities. Colleges and universities can set up the theme of "sports non-posthumous activities ", guide the school community to carry out activities related to sports non-posthumous projects, and provide teachers' guidance, venue arrangement and other services to let the whole school teachers and students understand the sports non-posthumous projects in such a way. In addition, colleges and universities need to make full use of various media channels to promote sports non-heritage projects to stimulate students' understanding and participation interest. such as the new media propaganda platform of colleges and universities, campus broadcasting and so on. For example, colleges and universities can provide the head of the new media propaganda platform with the list of sports non-heritage courses set up by the school, and let the responsible person push the relevant articles. Through a variety of ways, colleges and universities can create a discussion, exchange, learning sports non-heritage of the atmosphere, for the sports non-heritage of the project to provide support.

6. Conclusion

To sum up, the introduction of sports non-posthumous items into college physical education has important practical significance for the living inheritance of sports non-posthumous items, the reform and development of college sports, and the development of colleges and universities. However, the sports non-posthumous project in the university physical education curriculum can not be easily realized, colleges and universities need to take effective measures from the curriculum system construction, teacher training, propaganda and explanation, campus community and so on, so that the non-posthumous sports can be truly and reasonably integrated into the college physical education curriculum.

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