

Exploration on the development of national traditional sports under the construction of the outline of sports power construction

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Abstract: *Sports power has become a hot word in modern sports, but the construction of sports power is not only reflected in competitive sports, but also includes mass sports. Only by developing national traditional sports and competitive sports at the same time can China gradually move from a sports power to a sports power array. This thesis mainly explores the development ideas and specific paths of China's national traditional sports under the background of building a sports power, in order to bring reference value.*

Keywords: *building a sports power; National traditional sports; Development ideas*

1. Introduction

Under the background of global economic development, western sports culture is widely spread in China, which also leads to some people's wrong ideas about national traditional sports culture, which in turn brings about a crisis of inheritance and development. With the strengthening of the country's comprehensive strength, China has gradually moved from a "sports power" to a "sports power" at this stage. Under this background, how to promote the inheritance and development of national traditional sports culture has also become a new issue of the times.

2. National traditional sports and its characteristics

2.1 Overview

China's national traditional sports has a long history, and it has rich and varied contents and projects, and its philosophical thoughts are also very rich. Traditional folk sports are different from competitive sports, which mainly aim at strengthening physical fitness and self-cultivation. Traditional national sports emphasize the harmony between nature, which is mostly carried out in the natural environment. Although the traditional national sports are not dominated by competition, it can effectively enhance the physique of athletes and has the characteristics of leisure, which is also the reason why traditional national sports are favored by the audience.

There are many ethnic groups in China, and the living areas and environments of different ethnic groups are different, and people's life concepts and ways are also different. Therefore, different ethnic sports also have obvious regional characteristics. Traditional ethnic sports contain ethnic cultural charm, and this sport does not have high requirements for age and venue. Athletes can master the intensity of sports according to their own actual conditions, so the promotion difficulty is relatively low [1].

2.2 Characteristics

National traditional sports have the characteristics of entertainment, realm, adaptability and regionality.

Recreation refers to the traditional national sports, which is mainly based on fitness and entertainment. It belongs to a folk cultural activity, and it is produced by the creation of sports culture after the material survival needs of human beings are met and the spiritual needs are higher. At the beginning, this sports activity has a strong randomness and is simple and easy to operate. With the development in recent years, the memory of national traditional sports has gradually become

sophisticated and strict rules have been established. At the beginning, this sports activity was highly free, and it was mostly carried out according to the time and place. Later, it was gradually integrated into festivals, productive labor and religious rituals, and it also carried the cultures of different nationalities, and was also associated with music and national dance, which made its entertainment characteristics more obvious [2].

Competitive means that traditional national sports activities not only show entertainment, but also have a sense of competition. Traditional national sports culture shows people's agility and strength. Traditional national sports activities first appeared in primitive society, and among the religious celebrations carried out by the emperor to repay the blessings of the gods, sports competitions were an important component. In the pre-Qin period, martial arts and martial arts also developed rapidly. At that time, in order to survive better, fight against the natural environment and compete for more territory to expand their own power, it was necessary to train and learn martial arts. For those weak ethnic groups, practicing martial arts for all has become an inevitable custom. Therefore, the traditional national sports activities were used and created in the war, and they were inherited and carried forward in the development of all ethnic groups. The traditional national sports activities not only have unique skills and attacks, but also have the characteristics of religious belief, which highlights the competitive spirit of sports, and participants can also hone their personal will during the competition.

Adaptability means that traditional sports culture can adapt well to people's psychological and physiological needs, living environment and cultural traditions in different periods in the long-term development, and can also meet the needs of different groups of people. For example, men can engage in sports activities such as wrestling and horse racing, which reflects the brave spirit of men; Women can do sports such as springboard, which is highly regarded as ingenuity. In traditional national sports activities, young people and mature people are the main force, and the elderly can also be used as judges to guide them. Children can also participate in traditional national sports activities such as tug-of-war, so traditional national sports activities have the characteristics of wide adaptability.

Regional characteristics mean that different ethnic groups have different regional environments, and they will create unique sports activities based on their own cultural background, and these activities are different from other ethnic groups, which is what we call regional characteristics. For example, the northern part of China is vast, and people's lives are relatively wild. In the harsh natural environment, people of the northern nationalities gradually develop the spirit of bravery and will carry out ethnic cultural activities such as horse racing, wrestling and dragging ice beds. The southern region is mostly surrounded by mountains and water, with good material conditions, and its chosen sports mode is relatively mild. Generally, it will engage in sports activities such as swimming, diving and dragon boat racing. In addition, there are some differences in the customs and habits of ethnic groups in different regions, and people of the same ethnic group will have great differences in the development of traditional sports and cultural activities because of regional differences.

3. Connotation and motivation of sports power

3.1 Overview of Connotation

Sports power refers to that China's sports cause level is in the forefront of the world, which belongs to a comprehensive concept, and has rich connotation and the characteristics of The Times. To achieve the goal of becoming a sports power, we should not only ensure the improvement of the national competitive sports level, but also promote the improvement of the comprehensive level of mass sports. If you want to develop from a big sports country to a strong sports country, you must meet the following conditions: first, you must have a high level of science and technology and a perfect sports public service system; Second, the comprehensive physique of our people is strong, and the popularity of mass sports is high; Third, sports activities and developed industries; Fourth, competitive sports can win a large number of gold medals in international competitions, and there are sufficient reserve talents [4].

For our country, building a sports power is the goal of sports work at this stage, but it needs long-term and firm efforts to achieve this goal. Therefore, we should have a comprehensive understanding and profound understanding of the connotation of a sports power, and at the same time understand the specific development of sports in China at this stage, analyze the problems of sports development and take effective measures to solve them, so as to ensure that the goal of a sports power can be realized as soon as possible.

3.2 Sports Power Foundation

After years of efforts and development, China has also become a world sports power at this stage, which has laid a realistic foundation for the construction of a sports power. The dream of building a sports power has also promoted China's determination to develop sports-related undertakings, and sports committees and sports bureaus and other related institutions are also making constant efforts and struggles for the realization of this dream. At present, the Party and the government also attach great importance to the construction of a sports power, and in the 2008 Olympic and Paralympic Games, they clearly put forward a mobilization order to promote China's progress into a sports power, which also pointed out the way for China's sports development.

The reason why China can become a big country in competitive sports depends to a great extent on the development of China's national economy. Economic progress enables China to invest more money in the comprehensive competition of competitive sports. In addition, the focus of national sports has changed over the years, from the previous competition to the promotion and exchange of sports culture, and the coordinated development of competitive sports and social sports. At the same time, after years of accumulation, China has also accumulated rich experience in sports. The sports infrastructure, service system and talent team construction have tended to be perfect, and the construction of sports perfection system has also provided internal motivation for the construction of a sports power and the development of national traditional sports culture.

4. The value of national traditional sports in the construction of a sports power

The promotion of Chinese culture should be the key content in the construction of a sports power, and only in this way can China stand tall in the world. Under the background of the spread of cultures and ideologies in various countries to China, strengthening the value of national traditional sports and leading Chinese people to actively participate in traditional sports activities through various strategies can make them form national cultural self-confidence and consciously resist some bad western cultures, which is very important for maintaining the balance of national culture [5].

National traditional culture is of great value in the process of building a sports power. In terms of fitness, it can meet the needs of Chinese people to participate in physical fitness activities. With the improvement of people's economic level, people's demand for sports activities has also increased, especially middle-aged and elderly people who have more spare time will participate in folk sports games such as Tai Ji Chuan and Yangko because of their health needs, and the mass base of these projects is also very broad. From the perspective of leisure, national traditional sports also constitute the demand of leisure sports system. Leisure sports can meet the different needs of modern people, such as social relaxation, entertainment, competition and fitness, and enrich their lives. Traditional national sports itself has regional characteristics, which can provide leisure sports forms for people in different regions, such as bamboo dance of Tujia people in Hunan and water splashing festival of Dai people in Yunnan. The development of these traditional national sports activities can safeguard this national cultural belief and is also an important way for people to experience leisure life. Through the development of national traditional sports and cultural activities, we can also show moral principles such as benevolence and great harmony, which can enlighten people's lives with wisdom.

From the perspective of cultural communication, national traditional sports can also promote the unity of all ethnic groups, and it can show the individual culture and spirit of different ethnic groups, so that all countries in the world can know more about our national culture. There are 56 ethnic groups in China, and the existence of different sports and cultural activities also makes us realize that all ethnic groups are indispensable. With the development of China's economy and sports, some people in other countries also try to understand our culture through traditional sports, such as China's health preserving, Qigong and traditional martial arts. These folk sports are a condensation of the core ideas of our culture, and in the process of building a sports power, these ideas will be further spread with sports, integrated into the sports culture of other countries, and even have a far-reaching impact on the development of world sports culture [6].

5. The development dilemma of national traditional sports in the process of building a sports power

5.1 Some people have a weak sense of physical fitness

In 2010, China proposed to “vigorously develop public sports undertakings” and attached great importance to sports services and people’s lives. China’s rural population base is relatively large, but compared with the people in urban areas, the rural people generally have a weak sense of physical fitness, so the country is also highly concerned about the development of farmers’ sports at this stage, and has carried out a series of government projects around this problem. In recent years, with the development of farmers’ sports construction project, rural sports infrastructure construction has made some achievements, but only relying on this change can not effectively promote the development of mass sports in rural areas of China. It can only change the backward status of infrastructure construction, but it can not solve the problem of farmers’ weak awareness of participating in physical exercise. For example, in some rural areas of China, the economy is good and the sports facilities are relatively perfect, but even in the off-farm busy stage, the number of people who can actively participate in sports activities is not much, which also shows that the key to the development of rural mass sports lies in the people's awareness of physical fitness in this area, and they have not taken the initiative to maintain the psychology of national traditional sports culture [7].

5.2 The impact of urban cultural diversity development

The city is the frontier of cultural communication, and if we want to promote the further development and inheritance of our national culture, we must also attach ourselves to the city. With the globalization of economy and culture, China’s urban culture presents diversified characteristics at this stage, and various foreign cultures in the network also appear in the lives of urban people, which has a great impact on the physical and mental development of contemporary teenagers. Such as boxing, yoga, street dance, taekwondo, etc., are increasingly prominent in the urban cultural pattern, and the existence of this problem will inevitably have a negative impact on the development of national traditional sports. Under the background of social transformation, urban residents and youth groups pay more attention to sensory stimulation, but neglect spiritual enjoyment, which will also cause folk sports such as martial arts and wrestling, which are mainly based on traditional spiritual enjoyment, to be in an embarrassing situation, with less attention and gradually away from urban groups. In this context, how to make urban residents and youth groups pay more attention to traditional national sports games is also a problem that needs to be highly valued in the construction of a sports power.

6. The construction of national traditional sports inheritance system in the process of building a sports power

6.1 National traditional sports activity system construction

Sports activities are the external manifestation of sports culture, and the development of national traditional sports activities can reflect our traditional national culture. Activities are to take a series of actions in order to achieve a certain goal, while the purpose of traditional national sports activities is to promote the healthy development of people’s body and mind, and they will adopt methods with regional and national characteristics to carry out corresponding sports activities. There are many nationalities in our country, so the traditional national sports activities are rich in content. If we can inherit and carry forward these activity systems, it will be a valuable asset for the cultural development of our country. People’s interest and enthusiasm are the key to whether these activity systems can be inherited. If people in this area want to have a deeper understanding and cognition of traditional sports and cultural activities and are willing to actively participate in them, relevant departments need to transform the original activity system according to the characteristics of the development of the times, and build an activity inheritance and innovation system on this basis [8].

Traditional national sports activities are mainly composed of traditional methods, techniques, costumes and utensils. If we want to innovate the inheritance system of activities, we can start from the following aspects: First, on the basis of following the traditional methods, we should incorporate some good modern sports technical actions into it, and we can also enhance the expressive force and vitality of traditional national sports activities by changing technical actions, activities content and expression methods, so that more people can be attracted. For example, sports activities in minority folk festivals

can be changed by absorbing modern sports technology to promote inheritance. The second is to preserve the traditional technology and activities, so that the activities can highlight the vitality on the basis of primitive simplicity, fully awaken the people's cultural memory, and mobilize their enthusiasm for participation. For example, in the process of traditional wrestling activities, modern methods and rules can be adopted, which can maximize people's interest in participating. For example, some ethnic and folk games can also be carried out by modern stage performance methods to gain more people's love. Third, we should not only adopt the current methods to carry out folk sports activities, but also incorporate some modern sports technologies into them. However, we must ensure that the technical actions and core contents of traditional sports activities can be preserved, and only change sports technologies in some aspects, and build a new technical system on this basis to further enhance the appreciation, entertainment or competitiveness of traditional national sports. For example, modern dragon and lion sports and competitive martial arts are favored by many young people because of their obvious competitive characteristics, and have also been introduced to other countries at this stage [9].

In addition, we should organically combine modern utensils, clothing, technology and traditional sports activities. Based on the content of traditional activities, modern processing of sports equipment, equipment, clothing, music and technology can enrich its entertainment effect, fitness effect and audio-visual effect. For example, the fitness yangko is created on the basis of absorbing the elements of modern dance, social dance and national dance, and at the same time, modern daily necessities such as bells, chopsticks and sticks need to be used in the exercise process, and this innovation also makes the yangko endowed with modern significance and more flavor of the times and vitality.

6.2 Construction and inheritance of theoretical system of national traditional sports culture

The inheritance of national traditional sports culture theory is very beneficial to the prosperity and development of national culture, and it also belongs to a process of cultural value appreciation. The word "value-added" is newly applied in economics, which means that capital will multiply larger entities on the basis of previous operation and adjustment. Although it initially serves the economic field, it can also be applied to the social sciences of the primary productivity. Social science achievements are economic values formed by the working people's practice in our country, including social and scientific research. In the process of social production, the potential value of social science achievements will gradually be transferred to social production products, and the value will be added by improving labor productivity. Sports belongs to social science, and traditional national sports activities are the ideological and cultural concepts condensed by Chinese people in thousands of years of practice and the technical actions created, and its inheritance itself is the value-added of culture. In the process of cultural communication, it will also generate new value because of different social backgrounds and regions, and its value-added will be enlarged because of the increase of cultural communication, which is also called cultural proliferation. At present, with the high degree of social development, the phenomenon of cultural appreciation also has universal characteristics.

As far as sports culture is concerned, theory is its cornerstone, and under the background of modern society, any culture that wants to be inherited and developed must be supported by scientific and systematic theories, so as to fully stimulate the self-confidence of its own people. At present, China has started to study traditional national sports in many aspects, including physical education, psychology, culture and management, and achieved some results, but it is still a little weak in the theory of modern economic sports, which will also restrict the inheritance and development of traditional national sports.

In order to solve this problem, it is necessary to deeply excavate and sort out the traditional national sports activities. Study its development law and activity principle, on this basis, form a knowledge system of sports theory framework with Chinese characteristics, such as the principle of health preservation and fitness, rules of competition activities, etc. At the same time, with the help of advanced concepts and scientific and technological methods, we should actively invest in the excavation of the theoretical convergence point between national traditional sports and modern sports, so as to construct the corresponding theoretical system more accurately and deeply and promote the transformation of national traditional sports. In addition, it is necessary to combine modern technology with traditional concepts, tap the value of national traditional sports, and use multidisciplinary modern discipline knowledge to build a value system of national traditional sports, so that it can have many functions such as competition, leisure, fitness, tourism and so on.

6.3 Inheritance and construction of national traditional sports spirit system

At present, the concept of national traditional culture is facing the dilemma of gradual loss in the spiritual consciousness of our people. In recent years, China has paid great attention to the education of national spirit, and regarded athletes' competitive spirit as a manifestation of national spirit. However, this spirit is a symbol of western humanistic spirit and does not have too many national cultural characteristics in China, so it cannot be passed down as the Chinese national spirit. We should reconstruct the content of national traditional sports spirit. First, we should selectively absorb and learn from the sports cultural content of western countries, always take the national traditional sports spirit as the core, and make use of the advanced western cultural concepts to make up for each other's weaknesses, so as to promote our further development. Second, the traditional national sports should be selective, and the western humanistic spirit should be weakened by carrying forward the traditional Chinese sports culture. If we only emphasize competition blindly, it will lead to insufficient social stability, so we should maintain coordinated development and friendly coexistence in popularity competition. These are the traditional values that should be contained in China's traditional national sports culture. We should adhere to the unity of nature and man, the unity of body and mind, and the unity of human nature, choose representative projects as development targets, and expand the influence of China's traditional sports cultural spirit through international tourism, competition and education, so that other ethnic people can also recognize China's traditional sports cultural concepts and realize the promotion and inheritance of national culture.

7. Conclusion

In a word, national traditional sports culture is an important part of Chinese civilization, which was created, inherited and developed in thousands of years of development history. Although the times are developing and changing, its national cultural spirit is still worth learning and inheriting by modern people. Therefore, relevant departments must carry out research on traditional national sports and activity forms, and develop more high-quality resources to promote the development of traditional Chinese sports, so that China can gradually move from a sports power to a sports power.

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