

Research on the Influence of Traditional Chinese Culture on Modern Sports Values

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Abstract: *This article aims to explore the influence of traditional Chinese culture on modern sports values. By analyzing the concepts of harmony, moral ethics, and fitness in traditional culture, as well as their manifestations and applications in modern sports, the profound influence of traditional culture on the development of modern sports is revealed. Research has found that traditional culture emphasizes concepts such as the unity of heaven and man, benevolence and morality, and internal cultivation, which not only enrich the connotation of modern sports, but also enhance the role of sports activities in social education and comprehensive individual development.*

Keywords: *Chinese traditional culture, modern sports, harmonious concept, moral ethics, internal cultivation and self-cultivation*

1. Introduction

Since ancient times, traditional Chinese culture has deeply influenced the development and evolution of various fields of Chinese society with its profound historical accumulation and unique values. Among them, sports, as an important component of human social activities, not only carry the functions of physical exercise and competitive competition, but also carry the mission of cultural inheritance and value dissemination. With the rapid development of modern society, sports are no longer just a physical activity, but have become an important carrier and expression of social values.

This article will explore the profound influence of traditional Chinese culture on modern sports values. The influence of traditional culture is not only reflected in the form and content of sports activities themselves, but also in the educational function, social influence, and shaping of individual physical and mental development of sports. By analyzing the concepts, moral values, and health principles related to sports in traditional Chinese culture, we can reveal how they have had a lasting and profound impact on modern sports.

The purpose of this study is to explore the mechanism and practical effects of traditional Chinese culture in shaping modern sports values through systematic literature review and theoretical analysis. This not only helps to deepen the understanding of the interactive relationship between traditional Chinese culture and modern society, but also provides new perspectives and theoretical support for sports education, sports policy formulation, and cultural inheritance. Therefore, this article will first sort out the core concepts related to sports in traditional Chinese culture, then analyze the main values in the development of modern sports, and combine empirical cases and comparative research to deeply explore how traditional culture influences and shapes the core value system of modern sports. Ultimately, it is hoped that through the research in this article, certain theoretical and practical support can be provided for the re-evaluation of the value of traditional Chinese culture in modern society.

2. Sports concepts in traditional Chinese culture

Sports in traditional Chinese culture are not only a way of physical exercise, but also carry rich cultural connotations and philosophical ideas [1]. This section will delve into the concept of sports in traditional Chinese culture, analyze its historical development, philosophical roots, and relationship with traditional Chinese medicine health preservation.

2.1 Overview and historical development of traditional sports

Traditional Chinese sports can be traced back to ancient times, and their form and content have constantly changed with the development of society and the evolution of culture. Early sports activities mainly included archery, equestrianism, drumming and dancing, which were not only training during wartime but also an important part of social life [2]. With the rise of feudal society, sports activities were gradually endowed with more etiquette and cultural connotations. For example, the development of martial arts integrates the ideas of Taoism, emphasizing both internal and external cultivation, and unifying physical fitness with mental and spiritual cultivation. This concept is not only about physical exercise, but also about the improvement of spiritual realm, reflecting the concept of the unity of the central body in traditional Chinese culture. With the passage of time, traditional Chinese sports have continuously evolved and enriched, becoming an important carrier for cultural inheritance and physical and mental development.

2.2 Confucianism, Taoism, and Buddhism's understanding and influence on sports

Confucianism emphasizes human cultivation and social ethics. In Confucianism's view, sports are not only physical exercise, but also an important way to cultivate morality and shape personality. Confucius emphasized the principle of "moderation" and advocated moderate exercise to maintain physical and mental balance, while also promoting the educational functions of etiquette and sports. The Confucian concept has influenced the development of physical education in later generations, viewing sports activities as an important means of educating the people and promoting etiquette. Confucianism believes that by participating in sports activities, people can not only strengthen their physical fitness, but also cultivate humility and self-discipline, promoting social harmony and stability. This concept of comprehensive physical and mental development has profoundly influenced the sports education system in Chinese history, playing an important role in educating talents and inheriting culture.

Taoism emphasizes natural harmony and emphasizes the principle of "governing by inaction", believing that physical health is the foundation for pursuing longevity. The Taoist concept of sports is reflected in its emphasis on natural movement and unrestrained characteristics. Taoism believes that people should follow the laws of nature, not force them, but let nature take its course. This attitude is also reflected in the concept of sports activities. Through moderate physical activity, harmony between body and mind can be achieved, promoting the unity of nature and individuals. The sports concept of Taoism is different from the Confucian emphasis on etiquette and moral education, and places more emphasis on the direct connection between individuals and nature. Taoism believes that the human body should maintain free flow and natural rhythm like the natural world, rather than being constrained or regulated by external factors. Therefore, the physical activities advocated by Taoism often manifest as spontaneous and unrestrained movements, such as slow stretching in Tai Chi, deep breathing and sitting in Qigong, etc. These activities aim to balance the qi in the body and promote coordination and harmony among various parts of the body. The Taoist concept of sports has had a profound impact on later generations. It not only influenced the development of Taoist internal cultivation, but also left a profound imprint in traditional folk fitness activities. For example, the Taoist theory of qigong has influenced the Neijia style of Chinese martial arts, emphasizing the principles of both internal and external cultivation, and using softness to overcome hardness. In addition, the natural and health concepts of Taoism have also influenced the development of traditional Chinese medicine health preservation theory, advocating a lifestyle that conforms to nature and maintains physical and mental balance. In short, the Taoist concept of sports embodies a naturalistic philosophy of life, emphasizing the achievement of physical and mental harmony through free and natural physical activities, and promoting the unity of individuals and the natural world. This concept is not only an important part of traditional Chinese culture, but also has a profound impact on the sports and health concepts of the entire East Asian cultural circle.

Buddhism emphasizes cultivation and liberation, viewing sports as a way of spiritual practice. Under the influence of Buddhism, sports are not only a pursuit of physical health, but also a part of spiritual peace and liberation. For example, traditional techniques such as qigong and tai chi integrate the Zen philosophy of Buddhism and the internal cultivation concept of Taoism. By practicing these techniques, people can not only promote physical health, but also achieve spiritual peace and liberation. Qigong, as a method of physical and mental cultivation, emphasizes the movement and harmony of qi. Through deep breathing and specific posture exercises, qigong helps repair the energy flow in the body, promoting physical health and inner peace. Under the influence of Buddhism, qigong is not only a

physical exercise, but also a way of inner cultivation that helps individuals achieve balance and harmony in both material and spiritual aspects. Tai Chi combines the philosophical ideas of Taoism and the practice concepts of Buddhism. Its slow and smooth movements not only contribute to the flexibility and strength of the body, but also emphasize the internal cultivation of inner and outer unity and concentration of mind. Practicing Tai Chi can not only enhance the coordination and flexibility of the body, but also achieve spiritual liberation and peace by focusing and relaxing the mind and body. In short, the influence of Buddhism on sports lies in elevating it to a level beyond the physical body, becoming a tool for the unity of body, mind, and spirit. By practicing traditional martial arts such as qigong and tai chi, people can not only pursue physical health and longevity, but also experience inner peace and liberation, which is consistent with the goal of Buddhist pursuit of spiritual liberation. These traditional martial arts, not only in China but also globally, as a unique way of cultivating physical and mental health, have influenced and attracted many people who pursue inner peace and harmony.

2.3 Relationship between traditional Chinese medicine health preservation and sports activities

The traditional Chinese medicine health theory emphasizes the coordination between the human body and nature, advocating the idea of "unity of heaven and man". From the perspective of traditional Chinese medicine, sports activities are not just simple exercises, but also important means of adjusting qi and blood and promoting the circulation of qi. Traditional Chinese Medicine emphasizes personalized exercise methods that vary from person to person, such as adapting to physical characteristics and choosing appropriate exercise methods according to local conditions, in order to achieve the best state of physical and mental health.

Through a comprehensive exploration of the concept of sports in traditional Chinese culture, we can see its rich diversity in form, content, and philosophical foundation. The influence of traditional culture on modern sports is not only a continuation in form, but also the inheritance and development of values and cultural spirit. A deep understanding and exploration of sports ideas in traditional culture can provide new insights and references for the development and education of contemporary sports.

3. Definition and evolution of modern sports values

In modern society, sports are not only a way of physical exercise, but also an important component of social culture. This section will explore the definition and evolution of the core values of modern sports, analyze their development and changes in the social context, and examine the influence of Western sports thought on modern sports concepts in China.

3.1 Development of sports and changes in values under the background of modern society

With the rapid development of modern society, the role of sports has evolved from simple physical exercise to a more complex social phenomenon. Sports not only meet individual health needs, but also play an important role in multiple fields such as education, economy, and culture. Driven by globalization and technological progress, the scope and influence of sports are constantly expanding, and their values are also constantly changing. In the past, sports mainly emphasized the development of physical strength, technical skills, and symbols of national pride. However, with the diversification and individualization of society, the values of modern sports also place more emphasis on individual development, teamwork, fair competition, and the cultivation of social responsibility.

3.2 Analysis of modern sports core values such as freedom, competition, and teamwork

The core values of modern sports cover multiple aspects, among which freedom, competition, and teamwork are the most prominent. In terms of freedom, modern sports advocate for individual freedom of development and choice, not only in the choice of sports events, but also in multiple aspects such as personal style and training methods. The free will of individuals is fully respected in sports competitions, which also reflects the society's emphasis on individual rights and dignity. Competition is one of the core aspects of modern sports, which is not only a competition of skills and physical fitness, but also a contest of thinking, strategy, and psychological qualities. Modern sports competition emphasizes fairness, impartiality, and adherence to rules, while also encouraging athletes to challenge themselves and pursue higher achievements in the competitive process. Although individual performance is crucial in modern sports, teamwork is equally indispensable. Team sports such as basketball and football embody the importance of collective intelligence and collaboration,

emphasizing trust, communication, and mutual support among team members, which are core qualities valued in modern society and the workplace.

3.3 The influence of Western sports thought on modern sports concepts in China

The Western sports ideology has had a profound impact on the development of modern sports in China [3]. With the increase of reform and opening up and international exchanges, Western sports concepts such as competitive spirit, training science, management system, etc. have gradually been introduced into China. Western sports emphasize personalized training, professional management, and market-oriented operation for athletes, which has played a positive role in promoting China's sports management system and athlete training model. However, while absorbing Western sports ideas, China also focuses on integrating them into its local culture and national conditions, emphasizing the combination of traditional concepts such as physical and mental unity and moral cultivation in Chinese culture with the development of modern sports, forming a unique Chinese modern sports concept. The definition and core values of modern sports are constantly evolving and enriching in social change and cultural exchange. By analyzing the development of sports and the changes in core values in the context of modern society, as well as the influence of Western sports thought on China, we can gain a deeper understanding of the multidimensional aspects of modern sports and their development trends in the context of globalization.

4. The influence of traditional Chinese culture on modern sports values

Chinese traditional culture has profoundly influenced the development and core values of modern sports, reflected in aspects such as harmony and balance, benevolence and morality, internal strength and self-cultivation. The following will explore these influences and their applications and significance in modern sports.

4.1 Harmony and balance: Advocating for balanced development of sports in traditional Chinese culture

Chinese traditional culture emphasizes the idea of unity between heaven and man, and the harmony between yin and yang, which plays an important role in the balance and harmony of sports development. Sports are not just physical exercise, but also the harmonious development of psychology and spirit. In modern sports, harmony is reflected in the physical and mental balance of athletes, as well as the scientific arrangement of training and rest. Traditional forms of exercise such as qigong and tai chi emphasize breathing regulation and internal and external cultivation, reflecting the concept of harmony and unity.

The balanced development of sports is also reflected in the equal attention and cultivation of all types of athletes, not only pursuing victory in competition, but also emphasizing the comprehensive development of athletes and respect for their individual characteristics. This concept of balance makes modern sports more focused on long-term development and sustainability, rather than simply pursuing short-term results and benefits.

4.2 Benevolence and morality: The influence of Confucianism on sports moral education

Confucianism emphasizes benevolence, propriety, righteousness, and morality, which has had a profound impact on sports ethics education. In today's sports practice, sports are not just a simple combination of competition and physical exercise, but also an important place for shaping moral qualities and assuming social responsibilities. The key to physical education lies in cultivating athletes' team spirit, awareness of fair competition, and moral values of respecting opponents, which stem from the Confucian emphasis on the spirit of benevolence. Through sports, people have learned how to maintain fairness and integrity in competition, how to respect others and achieve common progress in cooperation. This deeply rooted moral education in Confucian tradition provides a solid moral foundation for the development of modern sports and the growth of athletes. For example, the Olympic spirit of "faster, higher, stronger" not only reflects the spirit of competition, but also embodies moral standards and the spirit of struggle. Through sports, people have learned to abide by rules, respect others, and unite and cooperate, which are all practical manifestations of Confucianism in modern sports.

4.3 Internal strength and self cultivation: The application of Taoist and traditional Chinese medicine concepts in modern fitness activities

The philosophy of Taoism and traditional Chinese medicine emphasizes the cultivation of internal strength and the harmony of body and mind, which has had a profound impact on modern fitness movements. Traditional forms of exercise such as Tai Chi and Qigong not only focus on external muscle strength and technical movements, but also enhance the coordination of qi and the utilization of internal energy. In modern fitness, people are increasingly emphasizing the comprehensive development of physical and mental health, focusing on enhancing the body's internal energy and resistance through breathing regulation, meditation, and other methods. These traditional internal cultivation concepts have enabled modern people to find inner peace and harmony in their fast-paced lives. The influence of traditional Chinese culture on modern sports values is multifaceted and profound, reflected in aspects such as harmony and balance, benevolence and morality, and self-cultivation. These traditional cultural concepts not only enrich the connotation of modern sports, but also provide a profound ideological foundation for the cultivation of athletes' physical and mental health and social responsibility. In the context of globalization, the inheritance and innovation of these values will continue to influence and shape the direction and appearance of future sports development.

5. Conclusion

The influence of traditional Chinese culture on modern sports values is profound and multidimensional. Harmonious and balanced sports development concept. The traditional Chinese culture emphasizes the concept of unity between heaven and man, and the harmony of yin and yang, which deeply influences the pursuit of harmonious development in modern sports. Sports are not just physical exercise, but also a reflection of internal and external cultivation and balanced development. This concept makes modern sports pay more attention to the comprehensive development of athletes' physical and mental health, not only the pursuit of competitive results, but also the embodiment of individual health and social harmony.

Physical education that emphasizes benevolence and morality. The concepts of benevolence and morality in Confucianism have a significant impact on the moral education of modern sports. Sports is not only a manifestation of technology and competition, but also a place to cultivate athletes' team spirit, awareness of fair competition, and respect for opponents. This kind of moral education, through sports activities, enables people to learn cooperation, respect, and responsibility in competition, which helps to form good social citizenship qualities.

The fitness concept of internal strength and self-cultivation. The internal cultivation concepts of Taoism and traditional Chinese medicine have been applied and developed in modern fitness activities. Traditional forms of exercise such as Tai Chi and Qigong not only emphasize the exercise of external muscle strength, but also place greater emphasis on the harmony of internal qi and physical and mental well-being. This fitness concept helps modern people find balance and health in their fast-paced and high-pressure lives.

In summary, traditional Chinese culture has profoundly influenced the core values and development direction of modern sports, enriching the connotation of sports activities and providing a profound ideological foundation and practical guidance for the progress of social civilization. With the changes in society and the process of globalization, these traditional cultural values will continue to play an important role in modern sports, promoting the sustainable development of sports and the goal of comprehensive human development.

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