

Research on the Teaching Value and Problems of Traditional National Sports in Colleges and Universities from the Perspective of Cultural Inheritance

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Abstract: This paper uses literature and logical analysis to study the in-depth development of traditional national sports in college physical education from the background of inheriting traditional culture. As an important part of China's traditional culture, national traditional sports have the dual value of fitness education and cultural education, and it penetrates into the physical education links of colleges and universities: broadening the physical education resources of colleges and universities, consolidating the traditional physical culture literacy of college students, promoting ethnic exchanges and exchanges, enhancing national cohesion, inheriting national traditional culture, and protecting national historical heritage. However, in the current development process of traditional national sports in colleges and universities, there are the following difficulties: the degree of curriculum attention is not high, the field of cultural inheritance is narrowed, the curriculum system is one-sided, the teaching research and development is lacking, the investment in the teaching process is insufficient, and the professional resources are limited. In order to promote the efficient development of traditional national sports in colleges and universities and give full play to the unique educational value of traditional sports, this paper proposes strategies: creating a development environment, enhancing the depth of traditional national physical education teaching, relying on regional characteristics to ensure the long-term development of traditional national physical education, and building a resource network to consolidate the teaching and education function of traditional national physical education.

Keywords: traditional national sports, physical education in colleges and universities, school education, physical education, physical education courses

1. Introduction

Since the 18th National Congress of the Communist Party of China, cultural construction has been placed in an important field of work by the leaders of the Party Central Committee, and in line with the background of the times such as the construction of socialist culture with Chinese characteristics and the construction of modern civilization of the Chinese nation, General Secretary has repeatedly publicly pointed out that "promote the creative transformation and innovative development of China's excellent traditional culture" [1].and the symposium on cultural inheritance and development held on June 2 this year all showed a new situation in the inheritance and development of Chinese culture. As an important component of Chinese culture, traditional national sports are "a valuable national cultural heritage gradually accumulated by various ethnic groups in long-term social practice" [2]. National traditional physical education is the integration of material culture and spiritual culture into physical education, which has a strong function of physical exercise and cultural education, and its inheritance and development carry the inheritance and development of Chinese culture. Cultural inheritance is not only the excavation and application of China's traditional national sports to the teaching of physical education in colleges and universities, but also the inheritance and development of the concept and moral value of traditional national sports culture, which affects the ideological and moral literacy of students while improving the quality of sports knowledge and culture. China has many traditional sports, according to the survey, there are currently 997 national traditional sports in China [3], some of which have been included in the list of intangible cultural heritage, but there are still many projects in natural development, and their circulation and development are in decline or even loss due to the lack of necessary backing support. As an important support for the development of traditional national sports from the primitive

form to the standardized, scientific and popularized [4]. This paper first discusses the important educational value of traditional national sports in the process of college physical education, which transcends sports skills. Then, based on the current situation of the development of traditional national sports in colleges and universities, it is found that there are difficulties in the teaching of traditional national sports in colleges and universities, such as low attention to curriculum, single teaching mode and lack of teaching resources. Finally, combined with the requirements of the times such as "forging the sense of community of the Chinese nation" and "building a modern cultural power and sports power", this paper discusses the rooting and promotion path of national traditional sports in college physical education, in order to make some contributions to the development of traditional sports and the inheritance of traditional culture in China.

2. The value of traditional national physical education in colleges and universities to cultural inheritance and development

2.1. Broaden the physical education resources of colleges and universities, and consolidate the traditional physical cultural literacy of college students

Culture is the source of the emergence and development of education, which defines the form of existence and movement of education, and at the same time gives education a certain cultural connotation [5], and the inherent cultural connotation of traditional national sports contains a strong national cultural connotation and material cultural precipitation [6]. It has important educational value in improving the physical and cultural literacy of college students, enhancing the sense of cultural identity and national identity. As an important part of traditional Chinese cultural education, traditional national physical education is not only a form of sports, but also a form of expression of national culture and lifestyle [2]. It has strong regional characteristics, and it is also a way of fitness and entertainment formed by the national people in the process of historical development of the changes in the production and living environment, and it is a display of China's traditional excellent culture. For example, Chengdu Institute of Physical Education built a comprehensive sports history museum in 2010, and was listed as the first batch of key Chinese culture research institutes in Sichuan Province in 2020, and launched the "Huacai Six Arts Yao China" at the opening ceremony of freshmen in the same year, which not only creates a unique campus sports culture through various forms and cultivates the physical function of college students, but also improves the cognitive level of college students through the creation of situational teaching, promotes their interest and hobbies in traditional sports, and promotes the inheritance and development of traditional national sports culture. At the same time, national traditional sports have a rich variety of national traditional sports games, which contain important educational functions [7]. The effective use of traditional national sports games can not only mobilize students' enthusiasm for participation, but also accept the influence of traditional sports culture in entertaining games. For example, Shanghai Second Polytechnic University combines the educational value of national culture with physical education and teaching, relies on cultural construction, and integrates the unique cultural and spiritual connotations contained in traditional national sports such as shuttlecock and dragon boat into classroom teaching, which on the one hand forms characteristic project teaching and promotes the comprehensive and coordinated development of morality, intellect and physique, and on the other hand, enriches students' cognition of national culture, cultivates students' sportsmanship, forms a positive and healthy lifestyle and develops lifelong sports habits. In addition, with the development of a digital and intelligent society, the inheritance of culture not only depends on museums and thread-bound books, but also needs to be integrated into the current and future life practice process [8], so as to give full play to the cultural appeal of traditional national physical education teaching, and realize "inheriting and promote the traditional national sports culture in the dimension of educational practice" [9 错误:未定义书签.]. In the process of establishing and constructing students' identity, the scope of identity should be expanded in the continuous dissemination and development, the social influence of culture should be formed, and the inheritance and development of traditional national sports culture should be promoted. For example, the 24th Winter Olympic Games held in the capital Beijing effectively integrated the Chinese sports spirit with the Olympic spirit and formed the spirit of the Beijing Winter Olympics; at the same time, it is also a representative embodiment of China's cultural construction in the field of sports, and it is also the image of sports culture with Chinese characteristics, which has greatly enhanced the social sports and cultural atmosphere and enhanced national self-confidence and cohesion.

2.2. Promote ethnic exchanges and enhance national cohesion

Traditional national sports are a way to strengthen the body with standardized sports forms and methods derived from daily work, life and entertainment activities on the basis of daily work and life and entertainment activities based on geographical relations and similar habits of groups and communities with the same living habits or ideological and moral behaviors, and is the "general term for sports activities with traditional characteristics of the Chinese nation" [10]. At the same time, it is also the perfect combination of national spirit and sportsmanship [11], the crystallization of the collective wisdom of the Chinese nation, and a bridge for exchanges and exchanges among various ethnic groups [3]. In April 2021, the Ministry of Education and other four departments issued a notice on the "Guiding Outline for Deepening Education on Ethnic Unity and Progress in Schools in the New Era", which mentions "earnestly doing a good job in the education of ethnic unity and progress at all levels and types of schools in the new era, and strengthening the education of teachers and students in all groups of Chinese national community awareness" [12]. On the basis of comprehensively displaying the traditional national sports skills, the traditional national physical education in colleges and universities deepens the understanding of the sports culture of different ethnic groups, deeply understands the cultural characteristics of different ethnic groups, and enhances national cohesion. It is conducive to mutual understanding, deepening understanding and close ties between different ethnic civilizations, and then responding to the country's proposal to coordinate the rejuvenation of the Chinese nation and promote the construction of a community with a shared future for mankind, highlighting Chinese characteristics. With the continuous updating and improvement of traditional national physical education teaching in colleges and universities, many traditional ethnic sports projects have been promoted from the original uncivilized state to standardized, standardized and popular, and the ways and methods of physical exercise activities have been broadened. For example, schools in Guangxi have fully integrated the "national + sports" development model, actively carried out traditional sports projects such as board shoes, firecrackers, pearl balls, etc., created normalized national sports experience projects, improved the audience and radiation of national traditional sports, expanded the population size of participating in national traditional sports, and enhanced the exchanges and integration between ethnic groups through the medium of national traditional sports. As a unique way of national sports activities, traditional national sports have gradually become an important form and carrier of exchanges and blending of various ethnic groups [3]. With the teaching of traditional national sports as the carrier, college students are encouraged to form a sense of physical identity, emotional resonance and cultural identity with a certain significance through participating in the teaching of traditional national sports and its various activities, and promote the enhancement of community consciousness and national cohesion. At the same time, the establishment of an exchange and integration method with traditional national sports education as a bridge expands the influence of traditional national sports culture, enriches college students' understanding of the historical context and cultural background of the development of traditional national sports, such as "knowing what it is and why it is true", improving the knowledge and understanding of different ethnic groups, and promoting the exchange and dissemination of traditional national culture [13].

2.3. Inherit the traditional national culture and protect the historical heritage of the nation

National traditional sports are material or non-material cultural forms that have survived in China's long history of development, and have rich historical heritage and strong historical and educational value. It is "the continuation and preservation of the sports activities of various ethnic groups" [10], which is not only the manifestation and evidence of the inheritance of the historical development of the Chinese nation, but also the source of wisdom and strength for the continuous continuation and expansion of the nation, and an organic system composed of the cohesion of many cultural factors. The teaching of traditional national physical education not only covers the history of changes of various ethnic groups, but also integrates the philosophical concept of "the unity of nature and man", the central idea of national traditional physical culture, and emphasizes the spiritual cognitive value rooted in physical exercise, through its strong cultural heritage and rich traditional sports action expressions [14]. Cultivate the coordinated development of college students' individual body and mind, and form a green development concept that is harmonious and unified with nature and society. Since 2017, the General Office of the State Council issued the "Opinions on the Implementation of the Project for the Inheritance and Development of Excellent Traditional Chinese Culture", which pointed out that "the excellent traditional Chinese culture should be integrated into physical education in an all-round way, and run through various fields such as basic education and higher education" [15]. It guides the direction for the reform of traditional national physical education teaching and the development of traditional national sports culture in colleges and universities. In the past, physical education in colleges and universities was mainly based on Western

competitive sports, and the physical education teaching process took the acquisition of motor skills as the teaching goal, and the teaching evaluation pursued to achieve the physical test and examination standards through skill practice, which lacked students' multi-sensory and multi-context experience [3]. According to the form and characteristics of traditional national sports, they can be divided into technical strikes, entertainment, health care, fitness, etc., which are widely and deeply carried out in the teaching of physical education in colleges and universities. It not only helps to change the current problems such as the lack of a good teaching ecological environment for traditional national physical education, the lack of a perfect and rich teaching content system, and promotes the sustainable and healthy development of traditional national sports in college education, school education and the whole society. For example, the traditional national physical education teaching projects are mostly concentrated in certain projects such as martial arts, Baduanjin, Taijiquan, etc., and only a very small number of colleges and universities such as Tsinghua University and Peking University have ball games such as cricket and set them as compulsory courses. It is also conducive to solving the problems of narrowing, assimilation, and blurring of most students' understanding of traditional physical education [16]. By telling students about the historical origins and historical development logic of traditional sports in the teaching process, students can enrich their complete understanding of the formation process of traditional national sports values, cultural ritual changes, and the improvement of principles and methods. For example, many ethnic schools in Inner Mongolia have set up ethnic culture courses, inviting inheritors of intangible cultural heritage or professional teachers to teach, and the courses involve customs, handicrafts and other aspects, so as to promote students to understand and perceive national culture from various aspects, enhance their sense of responsibility for inheriting and disseminating national culture, and create development conditions for the protection, inheritance and development of national traditional culture.

3. Problems in the traditional national physical education teaching mode in colleges and universities from the perspective of cultural inheritance

3.1. The degree of attention to the curriculum is not high, and the field of cultural inheritance is narrowed

Physical education in colleges and universities is not only an important way to cultivate students' athletic ability and lifelong sports habits, but also an important channel to inherit and develop traditional sports culture and improve the traditional cultural literacy of college students in China [17], but the current development process of curriculum construction of traditional national sports in China lags behind [18]. The main manifestations are: on the one hand, the government lacks attention to the teaching of traditional national physical education in colleges and universities. Due to the dual impact of the educational environment and the pressure of further education, there are few policies related to traditional national physical education in various regions, one of which cannot give full play to the advantages of local ethnic traditions in a timely manner and supplement the resources of traditional national physical education, and second, the lack of strong policy support affects the integrity and continuity of traditional national physical education into the campus. In addition, the degree of commercialization, marketization, and industrialization of the development of traditional national sports itself is low [19], which restricts the spread of traditional national sports culture, resulting in its gradual marginalization in the college sports curriculum system. On the other hand, the traditional national physical education teaching in colleges and universities is not paid attention to in the implementation process, and the teaching development process is slow. For example, if the idea of setting up a traditional national sports course is only a formality rather than the implementation of an education policy, some colleges and universities only mention the curriculum and do not include it in the top-level design [2]. In the actual development process, there are phenomena of nominal and marginalization, which hinders the improvement of students' national cultural level, national consciousness and feelings. At the same time, there is an imbalance in the development of traditional national sports in colleges and universities, which is mainly manifested in the types of projects, the form and number of projects, and there are great differences in the traditional national sports education that students in different regions and colleges are exposed to. In addition, colleges and universities lack the necessary development goals to guide the development of traditional national physical education teaching. The goal positioning of national traditional sports in colleges and universities is vague, such as the setting of curriculum mode, some schools include national traditional sports in compulsory courses or elective courses, and some schools only carry out in the form of clubs and school teams, and the radiation scope of its educational value is small and quite limited, and there is a lack of clear development path, so the survival and development environment of national traditional sports in colleges and universities is not in line with the current educational background of the phased and orderly implementation of traditional culture. In order to change the "Creoleization" phenomenon of

the current traditional national sports campus culture, it is necessary to give full play to the characteristics of multicultural gathering places in colleges and universities, stimulate the endogenous power of traditional sports, and create and form their own and stable cultural communication circles and communication methods.

3.2. The curriculum system is one-sided, and there is a lack of innovation in teaching research and development

With the development of China's education reform, physical literacy has received extensive attention in the field of education, including external physical knowledge, skills, and physical behaviors, as well as internal physical personality, morality, and sports awareness [2], and the strong physical culture contained in traditional national sports not only helps to improve students' physical literacy, but also helps to activate the vitality of school physical education [20]. Broaden the inheritance path of traditional national sports, promote its formation of a good situation of stable development. However, at present, the development process of national traditional sports is slow, and it is in a state of natural development, although it is unique, it has not been able to continue to show and develop, and has failed to innovate and expand to form its own stable development model in the current modernization of the new era. The main manifestations are: on the one hand, the vast majority of national sports forms lack complete theoretical support. Under the limitation of the theoretical framework of physical education, physical education in colleges and universities emphasizes a scientific and systematic theoretical teaching mode, and many traditional sports of ethnic minorities cannot be systematically absorbed and fully applied [21]. On the other hand, the teaching mode and teaching content of physical education in colleges and universities mostly focus on modern competitive sports, which leads to the long-term lack of traditional physical education and restricts the construction of traditional physical culture on campus. Although some ethnic schools design more traditional ethnic sports programs, most colleges and universities only carry out a small number of programs, and there are problems such as insufficient venue setting and insufficient teaching design [2] to reduce students' interest in participation, resulting in a lack of systematic traditional ethnic physical education in the process of students' growth, and the development of traditional ethnic sports is characterized by fragmented teaching [9]. For example, the Central University for Nationalities, China Agricultural University and other colleges and universities have set up many traditional sports such as spinning top, flower cannon and pearl ball, and have received good feedback on the teaching effect, while most colleges and universities have fewer sports in physical education, and have not given full play to the characteristics of regional ethnic traditional sports. In addition, there are some problems in the traditional national physical education teaching, such as insufficient exploration of subject value, poor connection with practical operation, and narrow coverage of subject value [22], and its teaching is still in the traditional teaching mode centered on teachers teaching and students imitating movements. The teaching method lacks attention to students' mastery of traditional national sports skills and understanding the connotation of traditional national sports culture, and the teaching process lacks interest and it is difficult to mobilize students' independent initiative, which hinders the normalization and daily development of traditional national sports activities to a certain extent.

3.3. Insufficient investment in the teaching process and limited allocation of professional resources

Compared with Western sports culture, China's traditional national sports not only have a unique form of sports, but also have multi-dimensional characteristics in structure, which embody the national spirit, social relations, and sports expression forms from three aspects: values, social relations, and material practices [23]. However, the current development of traditional national physical education in colleges and universities lacks the necessary professional resource reserves, such as the lack of teaching resources such as teaching materials, teaching aids and teachers, which limits the quality of traditional national physical education teaching practice, is not conducive to the excavation of traditional national projects and the dissemination of traditional national culture, and it is difficult to realize the two-way development of inheritance and protection. On the one hand, most of the physical education practice textbooks in major universities across the country are single, most of them are based on theoretical and conceptual knowledge, and the expression of practical content is not perfect [6]. There are also few teaching materials related to traditional national sports, and its characteristics of rich content and high teaching interest have not been fully displayed. For example, due to the lack of teaching materials for traditional national sports in the form of physical education classes, physical education teaching is mainly based on the learning of motor skills, and most students are very unfamiliar with the project and lack of understanding of the traditional culture behind it. On the other hand, the special investment in the teaching of traditional national physical education in colleges and universities is insufficient. Due to the limitation of school

physical education funds, many traditional ethnic physical education teaching activities cannot be carried out, and most of the teaching activities are mainly based on theoretical explanations and basic movement exercises^[17], students are unable to gain an in-depth understanding of the relevant knowledge content. In addition, there is a lack of professional teachers in the development of traditional national sports. The professionalism of teachers is the key factor restricting the quality of project development, most of the traditional national sports projects adopt the modern sports teaching mode, and most of the teaching staff are concurrently served by the teaching staff of other projects, and their understanding of traditional national sports is relatively shallow, and the quality of traditional national physical education teaching is difficult to guarantee. Compared with other traditional sports, the martial arts program has been relatively well developed in colleges and universities, and the talent training program is also quite perfect, but in the current development environment, the current number of martial arts teachers is still worrying, such as traditional martial arts, for the national traditional sports themselves, its fate on the verge of being lost cannot fundamentally gain the momentum to reverse^[24]. The number of teachers in other technical courses can't meet the needs of school positions, which in turn affects the quality of traditional national physical education teaching.

4. Development strategy of traditional national physical education teaching mode in colleges and universities from the perspective of cultural inheritance

4.1. Create a development environment and enhance the depth of traditional national physical education teaching

Under the background of the current era of building a cultural, educational, and sports power, as well as calling for the vigorous inheritance and development of China's excellent traditional culture, vigorously carrying out traditional national physical education teaching has become an important means to promote the realization of a sports power, a cultural power, and the great rejuvenation of the Chinese nation. There are nearly 1,000 traditional national sports in China^[25], but the development of other traditional sports is limited, except for the special programs of taolu, sanda, dragon dance, lion dance, and Chinese-style wrestling, which are included in martial arts and traditional national sports. First of all, it is necessary to improve the policies and regulations related to traditional national sports. The development of any project cannot lack a clear development plan, especially in the case of insufficient momentum for the independent development of national traditional sports, the excavation and dissemination of national traditional sports projects especially need the government to intervene from the macro level, provide guarantee for the development of national traditional sports and their teaching through institutional policies and other forms, stabilize their development environment, cooperate with the social coordination mechanism, and add impetus to the development of national traditional sports. Second, increase the investment of special funds. For example, support will be given in the national traditional sports fund projects and award plans, and it is planned to establish a national traditional sports education fund in colleges and universities to stabilize the development environment. On the one hand, the material resources required for the teaching of traditional national physical education in colleges and universities provide financial support to ensure the high-quality development of traditional national physical education teaching activities, and on the other hand, it provides financial support for colleges and universities to carry out extracurricular activities of traditional national sports to create a campus atmosphere of traditional national sports culture for students. In addition, it is necessary to build a coordinated development system for traditional national sports. Compared with Western sports, which emphasizes the cultural concept of "highlighting oneself", traditional national sports contain the cultural concept of "knowing oneself" and follow the development path of "diffusion, symbiosis, and integration"^[9], promote the modernization and development of traditional culture, and promote the formation of a sports power and cultural power with unique Chinese characteristics. At the same time, establish the orientation of national traditional sports culture. For example, project teaching and ideological and political education are closely integrated. Therefore, the extensive development of traditional national physical education enables college students to accept the influence of traditional national physical education, cultivate and educate college students with the cultural value of traditional national sports, promote their independent initiative to learn national traditional culture, and enhance their national pride and patriotism core values; and in the process of physical exercise, they feel the essence of traditional sports culture and the cultural spirit behind it, and gradually have the spirit of perseverance and hard work. For example, in order to cultivate students' moral etiquette and martial spirit, Huaihua College has set up archery courses^[16], focusing on experiential, practical and physical receptive exercises, as well as sports habits and personality building.

4.2. Relying on regional characteristics, ensure the long-term development of traditional national physical education teaching

Since the 2008 Olympic Games, China's sports development has shifted from focusing on competitive sports to giving priority to school sports^[26]. As the last link of school education, colleges and universities deeply explore Chinese culture by carrying out traditional national sports teaching activities, fully explore the educational value of moral cultivation of traditional national sports and its connotation, provide students with diversified sports learning experience, and create a good development environment for the inheritance and development of traditional sports. First of all, colleges and universities should give full play to the advantages of the natural environment and geography. In-depth understanding of the appropriate national traditional sports form, cultural connotation, etc., after the introduction and development of the project after multi-party integration, truly achieve the selection, development and inheritance according to local conditions, and ensure the quality of project development. At the same time, it can be carried out from the two dimensions of teaching mode innovation of different projects and teaching practice in different regions, and it is necessary to pay attention to the selection tendency of different groups of people for national traditional sports and sports culture, improve the national traditional physical education system, form a complete traditional sports culture system, expand high-quality traditional physical education resources, and consolidate and improve the social popularization rate of national traditional sports. Secondly, the teaching structure of traditional national physical education should be optimized, and the teaching mode of characteristic projects should be consolidated. Comprehensively consider the performance of education, content, emotion, etc., and explore the potential advantages of national traditional sports to explore the educational and teaching value of projects. Relying on key development projects, in the context of classroom education and campus culture, appropriately package and improve project construction, and create traditional sports events and activities with campus characteristics. For example, cultural festivals, competitions, invitational competitions and exchange competitions provide students with a platform for learning and exchange. Enhance students' interest and enthusiasm in participating, and promote the promotion and popularization of traditional sports. At the same time, we will carry out provincial, municipal and district-scale national traditional sports competitions in a timely manner to create a diversified platform and provide students with opportunities to experience traditional culture from different perspectives. In addition, a number of high-quality and characteristic national traditional physical education demonstration areas will be cultivated to promote the diversified development of national traditional physical education teaching. First of all, in schools with conditions, high level of school-running level and public recognition, carry out the pilot work of teaching practice of ethnic traditional sports, formulate implementation plans and work plans, etc., and form excellent teaching cases of ethnic traditional physical education teaching in colleges and universities through dynamic supervision of their teacher qualifications and allocation, curriculum teaching, safety education, health care, etc. At the same time, improve the operation mechanism of national traditional physical education teaching management, and promote the formation of a high-quality educational resource sharing mechanism. To support the growth of teachers' professional knowledge and abilities; carry out traditional national sports competitions and exhibitions and exhibitions in schools on a regular basis; and support the teaching of traditional ethnic physical education in colleges and universities.

4.3. Build a resource network to consolidate the function of traditional national physical education teaching and education

The report of the 19th National Congress of the Communist Party of China pointed out that "it is necessary to promote the creative transformation and innovative development of China's excellent traditional culture", which pointed out the direction for the development of China's cultural construction and digital and intelligent transformation^[27], but national traditional sports have not yet been closely integrated with science and technology^[9]. First of all, it is necessary to increase investment in the material basis of traditional national physical education teaching materials and equipment. There are many traditional national sports projects, but there are many resources related to the project that have yet to be developed, and it is urgent to increase capital investment in the development of digital and intelligent resources, equipped with rich teaching aids, game materials and teaching books, and keep up with the path of modern development. At the same time, due to the relatively closed development environment of some ethnic traditional sports and the reduction and disappearance of the number of inheritors, they cannot be better inherited and protected, so it is necessary to comprehensively use the scientific and technological forces such as dynamic capture system technology, big data analysis technology, computer simulation signal conversion technology, etc., to maintain their unique sports form and cultural

significance, and retain their authenticity. Secondly, we should deepen the reform of teaching and research of traditional national physical education and tap the potential of traditional national physical education. In order to carry out traditional national sports in colleges and universities in an orderly manner, it is necessary to start from many aspects, reverse its singular situation, utilitarian orientation, and take root in teaching practice to study and solve project teaching problems. For example, university researchers go deep into their locations to carry out investigations, record and preserve the sports characteristics and sports forms of the project, and keep them as teaching resources for exploration, adjustment and innovation, or transform them into teaching resources to show students in the teaching process, this teaching method with real national context helps to stimulate students' national feelings and interest in traditional sports, and promote the implementation of the innovation of traditional national sports teaching mode. At the same time, the teaching and research group should understand the similarities and differences between the Eastern and Western cultures of similar projects, get rid of the traditional physical education teaching model, expand the scope of teaching practice and create simulated teaching situations. For example, in the course design, the course time is divided into skill courses and practical classes, in which the practical classes are carried out with the theme of making or drawing project-related utensils and costumes, etc., so as to strengthen students' sense of embodied experience, expand students' cognitive level of traditional national sports, and enhance their interest in traditional sports. In addition, the rational use of history, culture and other relevant online teaching resources into the actual teaching. However, at the beginning of the exploration and development of digital intelligence resources, researchers must first understand the cultural origin, sports forms and characteristics of the project, and only by being familiar with this field can they continue to expand and innovate on this basis. At the same time, we should establish a support mechanism for weak areas, and accelerate the narrowing of the gap between colleges and universities in traditional physical education teaching by means of docking, driving and radiating the educational achievements and teaching experience between universities.

5. Conclusion

College students are a new force that pushes the times forward and promotes modernization, and they are also the future of the country, and their thoughts, values, and outlook on life affect the direction of the country's development. In recent years, the state attaches great importance to the inheritance of traditional Chinese culture, emphasizing the all-round integration of excellent traditional Chinese culture into education, and traditional national sports as an important part of traditional Chinese culture, and the educational value contained in it provides a strong impetus for the inheritance and dissemination of traditional culture. Therefore, as the last link of school education, colleges and universities shoulder the obligation and responsibility of cultivating talents with good health and good quality. For the problems of low attention to the traditional national physical education courses in colleges and universities, the one-sided setting of the curriculum system, and the insufficient investment in the teaching process, it is necessary to pay attention to the students' sense of participation and experience in traditional national sports, promote the construction of sports characteristic courses, give full play to the sharing mechanism of high-quality educational resources, and then use curriculum education to provide a development path for the inheritance and cultural dissemination of traditional national sports, deeply promote the development of traditional national sports, and promote the construction of a socialist cultural power.

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