

# The Construction Method of College Sports in the Perspective of Ethnic Minority Sports Culture

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**ABSTRACT.** *Ethnic minority sports have prominent individual characteristics which is an important part of China's traditional sports culture. However, at present, the promotion status of minority sports culture is not ideal. Therefore, the author puts forward a path for the construction of college university sports based in the perspective of minority sports culture, starting from college physical education, analyzing the minority based on the characteristics of national sports culture, and combining the shortcomings of current minority culture and college physical education, which is only for reference.*

**KEYWORDS:** *Ethnic minorities; Sports culture; College physical education; School-based construction*

## 1. Introduction

Our country is a multi-ethnic country, and different cultures of various nationalities are interwoven into a splendid Chinese civilization. We must respect and work hard to promote the culture of minorities so that they will renew their vitality and glory in the great journey of realizing the “Chinese Dream”. There are many traditional sports in China's ethnic minority areas, which is the treasure of the Chinese national sports culture and which is the intangible cultural heritage that must be inherited in sports with Chinese characteristics. Today, with the increasing demand of the people's sports and their diversified characteristics, the colleges' traditional teaching mode which is mainly focused on competitive sports, has shown obvious incompatibility. Only the current comprehensive reform in college physical education with a diversified perspective and diversified contents can we launch more sports programs that are competitive, fitness, entertaining and educational, which is to promote the development of sports and the cultivation of comprehensive talents.

## 2. Cultural Characteristics of Ethnic Minority Sports

Compared with pure sports, ethnic minority sports have typical historical, regional and national characteristics. Firstly, the history of minority sports culture has a long history, which is derived from the survival and development practices of ethnic minority people and which is an effective way of expressing themselves to the outside world for the ethnic minority people. Therefore, it contained diverse connotations and can fully reflected the nature of sports: competitiveness, entertainment, fitness and cultural characteristics. For example, the jumping bamboo pole in the Jing people of Guangxi is a daily entertainment method for the ethnic minority people. It has a strong sense of rhythm and emphasizes the physical flexibility and balance of the athletes. Therefore, it has both a certain fitness function and a strong ornamental and artistic. Secondly, ethnic sports have obvious regional characteristics. The geographical location and climatic conditions of ethnic minorities have shaped different types of sports. For example, Guizhou has many mountains and plenty of water, which makes it difficult to travel. In the past time, local people took bamboo drift as a travel tool. With the continuous development of the society, bamboo drift has been retained and inherited as a local specialty sports event, and has become a precious intangible cultural heritage. For example, the northeast region has high latitudes, a cold climate, and the local Manchu ethnic group just fell in love with ice sports. The popularity of sports such as skating and curling is significantly higher in this area than in other regions [1]. In addition, ethnic minority sports also have ethnic characteristics. The development and inheritance of most sports events are directly related to folk customs and folk customs, and the sports habits of ethnic minority people are often more affected by festivals and activities of parents' homes and their sports habits. For example, the Dai ethnic group's Water-splashing Festival, the Bai ethnic group's Torch Festival, and the Hani ethnic group's Grasshopper Catching Festival, etc., have combined sports events with ethnic festivals well, which made festival atmosphere be better set aside.

### 3. The Current Deficiencies in the Combination of Ethnic Minority Culture and College Physical Education

First, Incomplete education mechanism

With the continuous advancement of education reform, China's colleges' physical education seemed to pay more attention to the innovation of teaching strategies, but ignored the enrichment and improvement of teaching contents. At present, few domestic colleges are able to actively and consciously integrate ethnic minority sports into the college sports teaching system, and there is no enthusiasm for promoting ethnic minority sports culture, which is not conducive to integrate into college sports life for the majority of ethnic minority students, on the other hand, which is not conducive to the popularization of ethnic minority sports culture to the general public. Even if some colleges located in ethnic minority areas tried to introduce ethnic minority sports to the campus, which is often a mere tasting, leading to many projects reduced to ornamental and performance programs. Cultural integration and popularity are not high. In addition, from a deeper level, China has not yet formed a complete competition mechanism and athlete training mechanism specifically for ethnic minority sports. Ethnic minority sports can only exist as a minority of hobbies, and their popularity and influence in the society is not high.

Second, Insufficient teaching resources

The shortcomings in the combination of ethnic minority cultures and college physical education are more directly reflected in the lack of theories, teaching materials, and college teachers college physical education. Due to the special historical background and cultural background of the formation of ethnic minority sports culture, colleges have not studied its connotation deeply. Therefore, without mature research results sufficient to support the development of sports teaching theory, it is naturally impossible to form a professional and targeted guidance materials. A few teachers who are interested in promoting the sports culture of ethnic minorities can only continue to explore in the literature learning and teaching practice, and the teaching work without theoretical support is simply difficult [2]. In addition, the resources of physical education teachers in colleges are scarce, and teachers specializing in physical education for ethnic minorities are rare. They lack for organizational support and can only rely on themselves singly to carry out work, which not only reduced teaching efficiency, but also affected teachers' motivation's full play.

### 4. The Construction Path of College Sports in the Perspective of Ethnic Minority Sports Culture

First, speeding up teaching reform and attaching importance to the cultural infiltration of ethnic minorities in college physical education

Colleges are the cradle of talents cultivation and an important source of cultural transmission. Therefore, if we want to promote the development and enhancement of minority sports culture, we must accelerate the reform of college teaching to better infiltrate the ethnic minority sports culture in education. Colleges should start from their own teaching practice, take ethnic minority sports as an important content in sports teaching on the basis of centralizing advantageous resources, and persist in exploring beneficial ways of combining with traditional teaching methods. For example, colleges can try to set up a research center for ethnic minority sports culture to promote research and development. For another example, they can set up a center for ethnic minority sports competitions to expand the popularity of their education by hosting related competitions and training professional talents.

Second, doing a good job of project collection and focusing on the development of school-based teaching materials

In order to achieve the effective popularization of ethnic minority sports culture in colleges, we should do a good job of project collection, selection and improvement based on the characteristics of the project and students' acceptance habits, hobbies and interests. Colleges should use scientific research and non-governmental forces to speed up the investigation and collection of various national sports items and organize them into a book. Then the contemporary college students' sports habits, sports hobbies, physical health and the degree of matching with various items should be analyzed with comprehensive examination of the comprehensive value of fitness, competition, and fun of national sports. When necessary, it can also improve the inconvenient promotion and sports development to meet the needs of students and ensure sports' effective implementation of the project on campus. In order to improve the systematization of teaching, colleges should also speed up the development of school-based teaching materials. By summarizing teaching experience and teaching rules, scientific and reasonable teaching procedures for ethnic minority sports should be formulated to carry out standardized and canonical teaching of minority sports.

Third, improving supporting facilities and speeding up the introduction and training of outstanding teachers

Many ethnic minority sports have specific venue requirements, which is an important factor restricting the development of ethnic minority sports. While colleges choose reasonable projects based on objective conditions, they should also focus on ensuring the support of supporting facilities' smooth escort. Colleges can also open up ideas to speed up the construction of off-campus bases, or through school-enterprise cooperation, find more suitable venues for sports development and improvement of sports skills. Secondly, teacher talents are the key to determining the level of physical education in colleges. Therefore, colleges should in-depth excavate talents from non-governmental organizations, scientific research institutions, sports training bases and other organizations, and actively establish teaching and research groups to give full play to school-based strength to achieve successful teaching and to improve the teaching effect of minority sports.

Fourth, creating a good national cultural atmosphere and achieving better publicity and promotion

Corresponding to the traditional festivals of ethnic minorities, colleges can carry out sports and cultural activities and other activities to increase the ethnic cultural atmosphere on the campus and enable more students to understand the ethics, beliefs, emotions, and history of ethnic minorities, thereby bringing college students and the emotional distance of ethnic minority cultures to promote the national pride of contemporary college students[3]. In addition, the strength of school associations can be used to support students who are interested in ethnic minority cultures to establish ethnic sports culture promotion associations and do a good job of promoting them on campus. If necessary, competition mechanisms can be adopted to arouse students' minority sports events and we can pay more attention to enhance the influence of minority sports culture on campus.

## 5. Conclusion

To sum up, ethnic minority sports culture is the cultural treasure of the Chinese nation. Inheriting and developing minority sports culture is an important task of college physical education. Colleges should start from the characteristics of minority sports culture and the current sports needs of contemporary college students to do a good job in teaching reform and mechanism innovation according to local conditions. Only in this way can we better fulfill the mission entrusted by the times.

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