

# The Realistic Dilemma and Practical Path of Building College Students' Sense of Chinese Community by National Traditional Sports

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**Abstract:** *Founding the consciousness of the Chinese national community is the basis of maintaining national unity and national unity, and the inheritance and development of traditional national sports is of special significance to building the Chinese national community. College students in the new era are the backbone of the country's development and progress, and at the same time, they are the important targets of the consciousness construction of the Chinese nation community. They have the ability and responsibility to accept, inherit and carry forward the national traditional sports culture. Through the study of traditional national sports, it is found that there are the following difficulties: poor inheritance and protection, imperfect system and mechanism, and the transformation of cultural concepts affect college students' cognition and acceptance of traditional national sports; Modern lifestyle has led to some new problems in the spread and acceptance of national traditional sports among college students. This thesis puts forward some practical paths, such as strengthening traditional physical education, carrying out cultural exchanges, strengthening scientific research and personnel training, and strengthening policy guidance, in order to realize national traditional sports and cast a solid sense of the Chinese nation community among college students.*

**Keywords:** *national traditional sports; College students; Cast a solid sense of the Chinese nation community*

## 1. Introduction

Since the 18th National Congress of the Communist Party of China, it has become an important theme to strengthen national unity, promote national progress and achieve national prosperity and development, which has aroused widespread concern in the whole society. In the Report to the 20th CPC National Congress of the Communist Party of China, General Secretary once again put forward the importance of building a strong sense of the Chinese nation's community, and put forward a series of specific measures and requirements, which provided an important guiding ideology and policy of action for building a strong sense of the Chinese nation's community, and provided a powerful impetus for safeguarding national unity, promoting national harmony, and advancing the cause of national development[1]. At the same time, the report proposes to promote the innovation and development of the national culture, protect and carry forward the excellent national traditional culture, and strengthen cultural innovation at the same time, so that the national culture will glow with new vitality and vitality in the continuous development and change. As the successors of China in the new era, college students' growth and development are directly related to the prosperity and development of the Chinese nation. This thesis discusses the problems existing in the process of cultivating college students' sense of Chinese community by traditional national sports, and gives feasible practical paths to provide more reference for the healthy development of traditional national sports in the new era.

## 2. The value implication of traditional national sports in forging college students' sense of Chinese national community

### 2.1 Enhance the cultural self-confidence of college students

Cultural self-confidence is an important guarantee for the promotion of national image and the development of national cultural undertakings. The realization of cultural self-confidence requires the joint efforts of the whole society, including the government, non-governmental organizations, schools, families and individuals. College students are the pillars of the country's future. For college students,

cultural self-confidence is the quality they must have in the process of growth and development. As an important part of college students, minority college students learn and experience their own cultural characteristics and traditional customs, and enhance their sense of identity with their own cultural identity. For example, in the southwest of China, there are rich and diverse ethnic cultures[2], and these ethnic minorities all have their own unique traditional sports, such as archery, national wrestling, waist pulling, pedaling, speed horse racing and yak racing. By participating in these traditional sports, college students can feel the unique charm of their own national culture, have a deeper sense of identity with traditional culture, and at the same time enhance their cultural self-confidence and make contributions to inheriting the multi-culture of the Chinese nation.

### ***2.2 Enhance college students' sense of Chinese national identity and national identity***

Traditional national sports is the treasure of our Chinese nation, which is closely related to Chinese culture and the Chinese nation. At the same time, national traditional sports is the embodiment of national cultural soft power and symbols, which plays an important role in enhancing and improving China's cultural soft power. For example, horse racing, a traditional national sport, is a very important traditional sport in Tibet. Minority college students can participate in horse racing activities, understand and experience the culture and customs in Tibet, and share and communicate with other students, which can continuously strengthen their sense of identity with the Chinese nation's multiculturalism and the country's pluralism and unity. For another example, traditional sports such as dragon boat race, dragon dance, lion dance, martial arts, archery, national wrestling, shuttlecock racing, board shoe racing, stilt racing and gyro have become popular traditional sports[3]. By studying, practicing and inheriting national traditional sports, college students can not only deeply understand the history, culture, traditions and customs of the Chinese nation, but also further understand and feel the unique cultural traditions and spiritual temperament of the Chinese nation[7]. This process of drawing nutrition and strength from culture can not only strengthen one's own cultural awareness, but also help to improve one's sense of identity and pride in the nation and country.

### ***2.3 Enhance the healthy development of college students' body and mind***

National traditional sports is a natural physical and mental health activity, and its fitness function is irreplaceable by modern competitive sports. For example, ethnic wrestling (Tibetan Beiga, Yi Ge, Uygur Qielixi, Mongolian Boke, Manchu stumble, Korean wrestling) can not only develop physical qualities such as strength, agility, speed and endurance, but also cultivate the will quality of wit, courage and tenacity[4]. Skateboarding is a traditional national sport with mass, entertainment and competition [8]. It is not only a very unique fitness and entertainment activity, but also a sports event to cultivate the unity and cooperation ability among players. Practicing traditional sports such as archery, crossbow shooting and Dawazi can cultivate the body's sensory organs well. Traditional national sports is an action system in the form of national characteristics, which pays attention to inner improvement and spiritual tempering, so as to achieve physical and mental health activities for the purpose of strengthening the body and prolonging life. [9] In the process of studying and practicing, college students can not only enhance their physical quality and physical level, but also adjust their mentality, relax their body and mind, and release pressure, which is conducive to the all-round healthy development of body and mind. Therefore, carrying forward national traditional sports is not only a cultural heritage and spiritual pursuit for college students, but also a healthy lifestyle, which is of positive and lasting significance for all-round healthy physical and mental development.

### ***2.4 Conducive to the inheritance and development of Chinese traditional sports culture***

General Secretary emphasized at the Central Conference on Ethnic Work: "To build a strong sense of the Chinese national community as the main line and promote the high-quality development of the Party's ethnic work in the new era. It is necessary to correctly grasp and properly handle the consciousness of the Chinese nation's community and ethnic groups, Chinese culture and ethnic cultures, It is also vital to understand the essential requirements of the party's ethnic work in the new era, and do a good job in the party's ethnic work in the new era[5]." National traditional sports is a very important part of Chinese traditional sports culture, and it is of great significance to protect and inherit this cultural heritage.

### **3. The realistic dilemma of traditional national sports in forging college students' sense of Chinese community**

#### ***3.1 The inheritance and protection of national traditional sports is poor.***

Many traditional sports activities are poorly inherited and protected due to a series of factors, such as the impact of modern urbanization and culture, the change of modern lifestyle, the shortage of inheritance talents, the lack of inheritance mechanism, and the lack of publicity and promotion, which easily leads to the loss of national traditional sports culture, which further hinders young people, especially college students, from learning and recognizing traditional sports culture. Such as dragon boat racing, which originated from totem worship in ancient China, has now become an important traditional sports activity. However, although the dragon boat race is famous in China and even in the world, it has not been widely promoted nationwide, and there are still poor inheritance and protection in many places. [10] Riding and archery is a traditional sport widely inherited among Mongolian, Kirgiz and other ethnic minorities. However, due to the impact of modern urbanization and culture, and the lack of professional horses, venues and coaches, the inheritance and protection of horse riding and archery are facing great challenges.[6] In addition, traditional ethnic sports, such as wrestling, fighting, throwing pots and horse racing, are also facing the problems of inheritance dilemma and insufficient protection.

#### ***3.2 National traditional sports system and mechanism is not perfect***

At present, our country lacks enough attention to the promotion and development of national traditional sports culture, and still pays more attention to the training and development of sports events, especially in college physical education. There are still many shortcomings in the teaching and popularization of traditional sports events. Many colleges and universities do not offer traditional national sports courses, and even some ethnic colleges and universities only offer fewer traditional national sports courses, and the traditional sports culture is diluted and less respected, which also causes the imperfect national traditional sports mechanism. Due to the imperfect system and mechanism of national traditional sports, the national characteristics can not be effectively protected, and even destructive problems have appeared. According to Qiao Fengjie, an expert in the evaluation of Wushu intangible cultural heritage projects, many applicants for intangible cultural heritage projects actually made fraud in their application materials. [11] Therefore, only by establishing and improving the inheritance mechanism, organization and management mechanism, and strengthening publicity and policy support, can we better solve the institutional problems of national traditional sports, and then promote its healthy and sustainable inheritance and development.

#### ***3.3 The transformation of cultural concepts affects college students' cognition and acceptance of national traditional sports***

With the acceleration of modernization and industrialization, young people's cultural concepts are constantly changing, which affects their cognition and acceptance of traditional culture and traditional sports culture to varying degrees, which also brings some troubles for college students to learn and inherit national traditional sports culture. Taking horse racing as an example, horse racing is a traditional sport widely passed down among Tibetan, Mongolian, Kirgiz and other ethnic groups. However, due to the intensification of urbanization and the change of modern lifestyle, the cognition of horse racing among minority college students has decreased, and they lack a deep understanding of the traditional value and cultural significance behind horse racing. According to the survey, 94.29% of Tibetan students don't know Jiren (Caroms), a traditional Tibetan sport, and as many as 95.87% of Tibetan students have never participated in horse racing. [12] In short, in promoting the transformation of cultural concepts, it is necessary to continue to inherit and carry forward the traditional sports culture of our nation, improve the awareness of the majority of minority college students on the traditional culture of the Chinese nation, and at the same time ensure the autonomy and diversity of culture, promote and expand the open acceptance of cultural resources, and build a more comprehensive and rich cultural ecology.

#### ***3.4 Modern lifestyle leads to new problems in the spread and acceptance of national traditional sports among college students***

Under the influence of modern lifestyle, the study and life patterns of college students have also

undergone tremendous changes, leading to some new difficulties in the spread and acceptance of traditional sports culture and traditional sports events among college students. For example, archery is an important traditional sport in some national cultures, such as Mongolians and Tibetans. However, the change of modern lifestyle and the popularization of modern sports events have greatly restricted the spread and acceptance of archery among college students. Contemporary college students are often unwilling to spend more time researching, studying and practicing traditional sports, and are more inclined to learn international sports. Basketball and football have become one of the most popular sports forms for contemporary college students. In addition, there may be some conflicts between modern lifestyle and traditional sports. For example, traditional team games advocate a sense of collective glory, while modern society pays more attention to individual performance and competitiveness. This kind of conflict may affect college students' understanding and cognition of traditional sports. In a word, with the development of modern lifestyle, college students' cultural cognition may deteriorate, which will bring new challenges and pressures to the inheritance and development of traditional culture.

#### **4. The practical path of forging college students' sense of Chinese national community through traditional national sports**

##### ***4.1 Strengthen traditional sports education and promote the inheritance and innovation of national traditional sports culture***

With the popularization of modern science and technology and modern lifestyle, more and more people have neglected traditional national sports, which makes traditional sports culture face certain crisis in modern society. College students are the important objects in the construction of Chinese national community consciousness. We can cultivate their Chinese national community consciousness by strengthening traditional physical education in school physical education. First, It is important to set up national traditional sports with high participation and strong implementation. Shuttlecock, for example, is a traditional national sport with a history of more than 2,000 years. It has six characteristics: comprehensiveness, sensitivity, integration, popularization, mass, fitness and entertainment. Regular participation in shuttlecock can not only enhance the muscle strength and flexibility of lower limbs, but also play a positive role in improving dexterity, reaction, coordination and balance. Gyro has a long history in China, and the competition method of playing gyro is simple, and the requirements of venue equipment are not high, so it is easy to master and popularize. Because playing top is antagonistic, entertaining and can enhance people's physique, it is deeply loved by the masses. All kinds of colleges and universities can enrich the curriculum system by setting such traditional national sports courses, so as to deepen the understanding and cognition of traditional sports culture for college students of all nationalities. Secondly, it requires us to combine the situational mode of body perception with cultural history and enhance college students' recognition of national traditional sports culture. Traditional national sports not only have the function of strengthening the body, but also have rich ideological and educational significance, such as racing shoes and playing size. In the school physical education teaching, we should not only enrich student's physical perception experience, but also clarify its historical origin and trace back the glorious history of the Chinese nation's resistance to foreign aggression. [13] In short, through the education of national traditional sports in school sports, college students of all ethnic groups can deeply understand the history, tradition and culture of the Chinese nation. They will also cultivate their national consciousness, stimulate patriotic feelings, and cast a solid sense of the Chinese nation community.

##### ***4.2 Create a good campus traditional sports culture atmosphere, and strengthen exchanges and integration***

School campus sports meetings are basically some traditional competitive sports, such as track and field, football, basketball and so on, and few traditional sports can be seen. Therefore, schools should strengthen the promotion of national traditional sports and encourage college students to participate in the study, practice and inheritance of traditional culture. First, It is of great importance to hold national traditional sports competitions. For example, traditional sports with local ethnic characteristics, such as racing on board shoes, racing on stilts, cuqiu, gyro, shuttlecock, betting and pearl ball, are easy to carry out. We should also improve college students' understanding of traditional sports culture, promote their all-round development, enrich campus culture, and what's more, protect and inherit national culture. Second, We are supposed to hold academic research and cultural exchange discussions. Academic

research and cultural exchange and discussion are conducive to a deeper understanding and research of national traditional sports culture. Experts and scholars, representatives of traditional sports from many places can be invited to give speeches and discussions, so as to show the composition and cultural connotation of the national traditional sports system from different angles and let more college students know and understand the traditional sports culture. Thirdly, holding transnational traditional sports culture exhibitions will enable college students to observe and learn the similarities and differences between different cultures and increase their understanding and knowledge of national traditional sports around the world. As a result, college students can better understand the local and China and even the world's traditional sports culture. In short, the combination of different forms of activities and channels can better expand the new ways of inheriting national traditional sports, improve the cultural accomplishment and communication ability of college students of all ethnic groups, and enhance the sense of community of the Chinese nation.

#### ***4.3 Deeply integrate the media of the new era and enhance the effective spread of national traditional sports culture***

With the rapid development of modern science and technology, in order to better promote traditional sports culture, college students can spread traditional sports culture to fans all over the country through online live broadcast, short video and other channels. For example, traditional martial arts, through online video sharing and live broadcast can show various routines and techniques of traditional martial arts, explain its historical and cultural background, and also make teaching videos to provide guidance on martial arts skills and training methods. Another example is Mongolian horse racing, polo and other folk sports. Through live broadcast and recording of these folk sports, the audience can feel its unique charm and fierce competition atmosphere. In addition, the school can also use new technical means, such as promoting Chinese traditional sports culture on the school website and social media, and adopting new virtual reality tools to let college students know about traditional sports, so that college students can have a better sense of experience and identity. At the same time, you can also use digital technologies such as games and apps to enable traditional sports fans all over the country to communicate together through the Internet. You can also carry out online and offline traditional sports and cultural activities, so that more college students can understand the national traditional sports culture. In a word, through the media of the new era, we can effectively spread and popularize the traditional national sports culture, inherit and develop the rich cultural heritage of the Chinese nation, and provide a positive driving force for building a harmonious and pluralistic society.

#### ***4.4 Strengthen scientific research and personnel training to promote the inheritance and development of traditional sports culture***

In the process of inheritance and development of national traditional sports culture, scientific research on traditional sports and cultivation of talents for inheritance are encouraged. First, It is important to strengthen the construction of scientific research institutions in universities and give full play to their scientific research strength. Meanwhile, we should also explore the relationship between traditional sports and socio-economic development, civilization and progress, and promote the modernization of traditional sports culture. In addition, we should also pay attention to strengthening the training and scientific research of traditional sports culture. We can cooperate with relevant universities at home and abroad to promote and impart cultural knowledge to each other, further more, we can encourage college students to participate through the development of research fields to deeply experience and explore the diversity and uniqueness of national traditional sports culture. Second, it is necessary to support the inheritors, strengthen the support and training of the inheritors of traditional sports culture, including the protection and encouragement of the older generation of inheritors, and the selection and training of the new generation of inheritors. We should also establish relevant funds and incentive mechanisms to support the scientific research of traditional sports inheritors and encourage young college students to actively participate in the inheritance of traditional sports culture. To sum up, by strengthening scientific research and personnel training, the level of inheritance and development of traditional sports culture can be improved, making it keep pace with the times and full of vitality.

#### ***4.5 Strengthen the policy support of national traditional sports culture and build the brand of national traditional sports culture***

The government should strengthen policy guidance and support for traditional sports culture, pay more attention to traditional sports culture, and promote the inheritance and promotion of national

traditional culture. On the one hand, according to the characteristics and development trend of traditional sports culture, We should formulate corresponding policies and regulations, including policies on the protection, inheritance and revitalization of traditional sports culture, as well as traditional sports education and communication. In addition, the government can also set up special funds for the protection, inheritance and development of traditional sports culture. On the other hand, we should build cultural brands, and make national traditional sports culture into cultural brands, such as China Qinghai International Traditional Archery Classic, China Litang August 1st International Horse Racing Festival and so on. Through the construction of landmark competitions and traditional sports festivals, it will attract more people's attention and participation. In short, through policy support, cultural brand building and public participation, we can enhance national identity, promote ethnic exchanges and integration, and what's more, we can also build a strong sense of the Chinese nation community and make positive contributions to the unity and development of the Chinese nation.

## 5. Conclusion

In the new era, realizing the great rejuvenation of the Chinese nation is the greatest dream of the Chinese nation. As young people in the new era, college students are the backbone of realizing the Chinese dream, and they play an important role in the process of casting a solid sense of the Chinese nation's community. As the cultural heritage of the Chinese nation, national traditional sports play an important role in promoting health, inheriting excellent traditional culture and carrying forward the spirit of the Chinese nation. By studying and practicing national traditional sports, college students can not only strengthen their physique, but also deeply understand the excellent national traditional culture and enhance their cultural self-confidence, thus forming the sense of community of the Chinese nation.

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