

# Research on the Coordinated Development of National Fitness Activities and Traditional National Sports in Xinjiang

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**Abstract:** This article uses paper reading, field investigation, seminar visits, logical analysis and other methods to conduct an in-depth and systematic investigation and research on the coordinated development path of Xinjiang ethnic traditional sports and national fitness activities, understand the resource status of Xinjiang ethnic traditional sports, the current status and the current issues of national fitness activities. It also puts forward the collaborative innovation theory of organization coordination, mechanism coordination, function coordination, and regional coordination of traditional ethnic sports and national fitness activities, so as to promote the development path of resource integration and common prosperity of traditional ethnic sports and national fitness activities in Xinjiang.

**Keywords:** national traditional sports; national fitness activities; coordinated development

## 1. Introduction

In the 2015 National Fitness Plan (2016-2020), it is clearly stated: "Implementing the National Fitness Plan is an important development strategy of the country and an important way to achieve national health. Ethnic areas should make full use of national sports resources, promote the development and utilization of national sports in national fitness activities from the height of cultural confidence".[1] "Governments at all levels must dig deeper and inherit national sports, they must give play to the unique cultural heritage of ethnic regions, inherit and carry forward the outstanding culture of the Chinese nation." [2] It clarifies the important role of traditional national sports in national fitness activities, and points out the way for the development of traditional national sports of the Chinese nation.

As a major ethnic and cultural province in frontier regions, Xinjiang must fully tap and utilize the advantages of traditional ethnic sports resources, promote the coordinated development of traditional ethnic sports and national fitness activities, and extensively develop sports and fitness based on traditional ethnic sports in ethnic areas of the province, to create national fitness brand competitions and fitness activities with national characteristics.

## 2. The resource situation of traditional ethnic sports in Xinjiang

Xinjiang is a border province where many ethnic groups live in concentrated communities. Ethnic groups account for two-thirds of the population of 22,327,800 in the province. There are 13 ethnic groups with a population of more than 5,000 in the province, making it the province with the most ethnic groups in the country. Various ethnic groups in Xinjiang have created a wide variety of traditional ethnic sports activities in their long social life. According to statistics, there are more than 200 traditional sports activities that have been circulated among all ethnic groups in Xinjiang for a long time, accounting for more than 20% of the ethnic traditional sports listed in the "Chinese National Traditional Sports History"[3].

### **3. The special role of traditional national sports in national fitness activities**

#### ***3.1 Rich in content and easy to choose***

Xinjiang ethnic traditional sports has a history of thousands of years of inheritance, and is a special cultural heritage in the treasure house of traditional Chinese sports. There are many types of traditional ethnic sports in Xinjiang, with various forms of sports. There are various traditional sports activities in various ethnic communities, which are widely distributed in the regional space and ethnic social environment of the province.

From the perspective of application value: the sports activities circulating among the ethnic groups in Xinjiang have diverse adaptation characteristics. Some sports activities are suitable for mountainous and semi-mountainous areas; some are suitable for dam areas and river valleys; a large part of traditional ethnic sports events is not restricted by the geographical environment and can be carried out at any time and any place. It is conducive to the development and utilization of national fitness activities in different regions.

From the perspective of sports characteristics: in the dazzling and colorful Xinjiang ethnic traditional sports activities, each event has strong ethnic characteristics and sports characteristics. Some of these colorful national traditional sports are mainly for fun; some highlight antagonism; some pay attention to skills; some emphasize strength. But no matter what kind of sports event has the effect of strengthening the body and enjoying the fitness, it is a simple, practical and easy-to-select sports method and content in national fitness activities.

From the perspective of the number of events: According to statistics, there are more than 200 traditional sports activities that have been circulated among all ethnic groups in Xinjiang for a long time, constituting a huge traditional ethnic sports system. The diversity of ethnic sports resources provides a rich and diverse sports resource endowment and a sports cultural foundation for the development of national fitness activities in ethnic areas. It is not only conducive to the development of mass sports and fitness activities with strong characteristics and profound cultural connotations, but also conducive to the extensive development of national fitness activities in urban and rural areas in our province.

#### ***3.2 Highlight the value of fitness and promote physical and mental health***

In terms of health promotion, national sports have strong practicability for the development of human health, physiological functions and physical fitness. For example, fur skiing can significantly improve people's endurance; Mongolian people like wrestling, which has direct training value for people's strength, skills and will quality.

In addition, the martial arts and folk dance activities widely circulated in various ethnic groups, combining rigidity and softness, combining movement and static, move naturally and smoothly, like moving clouds and flowing water, melodious, simple and easy, coordinated movement up and down all over the body. In a cheerful sports culture atmosphere in which you wouldn't feel bored, meanwhile you can achieve the purpose of curing diseases and fitness, pleasant body and mind, anti-aging and longevity.

#### ***3.3 Increase the sports population and promote the process of sports socialization***

Xinjiang ethnic sports meets the conditions of Xinjiang's human geography. It has been handed down from ancient times in Xinjiang, which is liked by all ethnic groups. Furthermore, because national sports have long been rooted in specific geographical environment and national society, and have specific national emotions, national psychology, national complex and national identity consciousness, national sports have a broad social foundation and national characteristics.

Traditional national sports have various forms and types, covering the physical activities of all ages. People can choose suitable sports according to their own age, physique and hobbies, so that traditional national sports can be inherited, developed, spread and promoted in a wider geographical space and social environment.

Some ethnic sports activities have been integrated and developed with modern sports on the basis of inheritance, so that some traditional ethnic sports, song and dance have continuously moved out of the cottage and merged into sports and fitness activities of the urban and rural people.

### ***3.4 Save sports investment and improve promotion efficiency***

Xinjiang is the largest province with more than two-thirds of ethnic minorities, and its economic and social development is relatively backward, and various sports equipment and facilities are underinvested, which has great constraints on the development of national fitness in Xinjiang. Therefore, it is necessary to proceed from reality and carry out national fitness activities with national characteristics in accordance with local conditions. Introducing national sports into national fitness activities, making national sports the most economical and easiest form of sports fitness to be promoted, and creating national fitness activities with national characteristics is a path for universal and practical development.

In the historical process of social development, all ethnic groups in Xinjiang have created traditional sports activities in which man and nature coexist harmoniously. The traditional sports of various nationalities have the characteristics of nature, closeness to life, and simplicity.[4]

## **4. Promoting the coordinated development of Xinjiang ethnic sports and national fitness activities**

Coordinated development means that it's based on the convergence of innovative resources and elements. It releases the vitality of each other's elements, "capital, resources, information, organization", by breaking through the barriers between innovation subjects, to achieve the win-win effect of common development.[5]

There is a broad prospect for the development of synergy between traditional national sports and national fitness activities. Through the construction and implementation of national sports and national fitness activities, organization coordination, mechanism coordination, function coordination and regional coordination system construction. Implementation will give full play to the platform role of national fitness activities, deeply explore the resource advantages and value functions of national sports, and promote the coordinated development of national traditional sports and national fitness activities.

### ***4.1 Organizational collaboration***

At present, our country's social sports has established a relatively completed organization and management system. The government sports department has a group office and a national fitness activity guidance center. There are also organizations at the grassroots for the development of national fitness activities, such as cities', streets', and communities' stations, networks and points for the promotion of fitness activities. These organizations play an active role in the promotion of national fitness activities.

Therefore, the construction of the nationwide fitness service system in rural areas should be strengthened, and the nationwide fitness station, network, and point organization system should be distributed to towns and villages throughout the province. Through the joint management of sports departments, cultural departments, ethnic departments, and rural senior sports associations, national sports associations, and martial arts associations, coordinate the development of rural sports and traditional national sports in various regions. The "cultural station" established by the cultural department in the countryside will be jointly built as a "cultural and sports workstation" in rural areas to realize the co-construction, integration and sharing of rural sports organization resources, and promote the coordinated development of rural ethnic sports culture construction and national fitness activities.

### ***4.2 Mechanism coordination***

There are various operating mechanisms of social sports management in my country, including government-led, public welfare, competitive promotion, industrial development, and mass independent types. The national fitness activity is not only a social public product, which should be supported by the government and society for development, but also it is also a social consumption activity that requires the use of the market operation mechanism of the sports industry to promote its development.

In some places, sports competition mechanisms are used to promote the vigorous development of national fitness activities. For example, the "Citizen Games" in Shanghai, the "National Fitness Games" in Hunan, and the "Ten-Thousand-People Long-distance Race" in Beijing have far-reaching significance for improving the quality and scale of national fitness. Therefore, utilizing multiple

operating mechanisms to promote the development of national fitness is the only way for the development of social sports in my country.

Compared with the development of urban national fitness activities, rural sports in the ethnic areas of our province do not have so many operating mechanisms to choose from. Due to the remoteness and harsh natural environment in ethnic areas, the development of economic, social, cultural and sports undertakings is very lagging. In many areas, people still have to carry out extremely arduous farming work or go out to work in order to survive. People still have no time to take care of their own cultural needs and physical and mental health, making these areas the last barrier to overcome difficulties in national fitness activities in our province.

At the same time, we must attach importance to the application of market mechanisms to promote the construction and development of sports culture in ethnic regions. Such as integrating and utilizing the unique natural environmental advantages, ethnic cultural advantages and sports resources advantages of ethnic regions, developing rural sports tourism, implementing sports targeted poverty alleviation projects, and carrying out blood-making poverty alleviation in ethnic regions, making rural sports tourism a "village revitalization" in ethnic regions. It is an important starting point that can not only reduce the population of ethnic areas, who are poor due to illness and who return to poverty due to illness, but also find new development paths for ethnic areas to get rid of poverty and become rich, and provide solid material conditions for the inheritance and development of ethnic traditional sports culture in ethnic areas.

#### ***4.3 Functional collaboration***

Function refers to the utility of things or methods, and is also the goal pursued by things or methods. In the development of national fitness and national traditional sports, the goals pursued by the two are generally the same, and both are an important part of my country's sports industry. However, the specific goals pursued by the two are different. For example, the goal of national fitness is to promote the widespread development of regional national fitness activities, strengthen national sports awareness, popularize scientific physical fitness methods, and promote national health. The goal of developing national sports is to inherit traditional national sports culture, promote national sports spirit, enhance national cultural confidence, promote the wide development and popularization of national traditional sports, and prosper and develop national sports.

To this end, we can use the "integration" principle in the modern collaborative innovation theory, carry out the development model of "function integration", "mechanism integration", "brand effect integration" and "management integration" for the development of national fitness, national sports, competitive sports and the development of the sports industry to open up new paths for the prosperity and development of sports in ethnic areas.

#### ***4.4 Regional collaboration***

Due to the causes of natural, social, cultural and lifestyle, traditional sports activities spread in different places will have different characteristics. The so-called "southern people are good at water and north people are good at riding" are the historical testimony of the difference traditional sports culture between farming people in the south and the nomadic people in the north.

With the advancement of economic globalization and the integration of urban and rural areas, economic trade and cultural exchanges in various regions have become very common, resulting in the gradual reduction of differences in the lifestyle and culture of people between various ethnic groups and between urban and rural areas. With the extensive development of national sports exchange activities in various regions, the sports activities of a certain ethnic group have gradually been recognized and participated by the people of all ethnic groups due to the universal characteristics of human sports culture. For example, the National Traditional Sports Games of my country has promoted 16 traditional sports activities of our nationalities as sports competitions jointly participated by all ethnic groups in the country, which has promoted the domestic dissemination and development of national sports.

### **5. Conclusion**

In addition, in the coordinated development of regions, we must attach importance to the exchange

and interaction of sports culture between urban and rural areas, and promote the coordinated development of regional sports. On the one hand, it is necessary to attach importance to the work of "sports to the countryside, activities into the villages". We need to organize urban sports teams to carry out publicity performances, fitness consultations, sports guidance, equipment to the countryside and other activities in the countryside, and establish a long-term mechanism of "sports to the countryside". System and management level promote the sustainable development of rural sports. At the same time, rural ethnic sports activities with rich regional characteristics can also be organized to enter the city for performances and parades during holidays, so as to introduce rural ethnic sports projects into the city.

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