

Inheritance and Development of Minority Traditional Sports

Jiqiang Wang

Pingdingshan University, Pingdingshan, Henan 467000, China

ABSTRACT. *The traditional sports of ethnic minorities is an important part of the traditional culture of ethnic minorities. As a cultural activity, it contains a profound cultural heritage. The introduction of traditional sports of ethnic minorities into physical education can not only enrich the teaching content, but also enhance students' sports interest. The actual sports effects can also promote the inheritance and development of ethnic minority traditional sports. This paper firstly expounds the necessity of the inheritance and development of minority traditional sports, then analyzes the difficulties faced by the inheritance and development of minority traditional sports, and finally puts forward effective measures for the inheritance and development of minority traditional sports.*

KEYWORDS: *Ethnic minorities, Traditional sports, Inheritance, Development*

1. Introduction

China is a multi-ethnic country, and each ethnic group has its own charm and excellent traditional national culture. Under the background of the continuous development of global integration, to promote the inheritance and development of traditional sports of ethnic minorities in China is a major measure of socialist cultural modernization and harmonious development. As an important part of the traditional culture of ethnic minorities in China, traditional sports of ethnic minorities are precious cultural resources accumulated and formed during the long historical development of our ethnic minorities. Promoting the inheritance and development of ethnic minority traditional sports is not only the promotion and protection of ethnic traditional culture, but also helps to promote the diversified development of sports culture in China.^[1] Therefore, this paper will explore the inheritance and development of ethnic minority traditional sports.

2. Necessity of Inheritance and Development of Ethnic Traditional Sports

2.1 It Can Promote Students to Improve Their Effective Understanding of Ethnic Minority Traditional Sports

As an indispensable part of the traditional culture of the Chinese nation, ethnic minority traditional sports are cultural achievements accumulated through long historical development and contain profound cultural heritage. The introduction of ethnic minority traditional sports into school physical education can effectively promote inheritance and development of ethnic minority traditional sports. In the process of physical education, physical education teachers should provide correct guidance to help students build effective cognition of ethnic minority traditional sports, and then mobilize students' enthusiasm for learning and participating in ethnic minority traditional sports, so that students can experience ethnic minority traditional sports, and feel the infinite charm. Relying on traditional ethnic minority sports can not only improve the physical and mental quality of students, but also help students perceive the spiritual connotation of ethnic minority traditional culture, further improve students' recognition of traditional culture, and realize a virtuous circle of inheritance and development of ethnic minority traditional sports.^[2]

2.2 It Can Promote the Organic Integration of Ethnic Minority Traditional Sports and Modern Sports

Ethnic minority traditional sports have distinct national characteristics. In the physical education practice, students are taught the theoretical knowledge and sports skills of minority traditional sports relying on modern teaching methods and combining modern sports, through the introduction of minority traditional sports. In this way, students can realize the close connection between traditional ethnic minority sports and modern sports, help students feel the charm of ethnic minority traditional sports, further improve students' sports level, and promote the overall development of students' comprehensive quality.

3. Difficulties Facing the Inheritance and Development of Traditional Minority Sports

3.1 Crowd Dilemma

Although the types of ethnic minority traditional sports are diverse and rich, some events are affected by their own characteristics, making their participation in very limited. Under normal circumstances, traditional ethnic minority sports can be divided into two categories: competitive and entertaining. Among them, the former can be inherited and developed through traditional ethnic minority games. However, such games put forward higher requirements on athletes' physical fitness. And some of these projects are complicated and dangerous, which largely restricts their

promotion in the general public. The latter generally appear in various festivals, ceremonies, parks and squares. Most of these ethnic minority traditional sports lack a specific organization to carry out management and promotion, and many activities are spontaneously organized by the masses to participate in crowds. It is also largely restricted the promotion of ethnic minority traditional sports.

3.2 Time Dilemma

The origin of the development of ethnic minority traditional sports is closely related to social activities such as production and life, celebrations and entertainment, and religious sacrifices. Restricted by a series of historical development factors, some ethnic minority traditional sports show outstanding time characteristics. They are only organized on certain fixed festivals or when religious sacrifices. At the same time, they are often organized in areas where ethnic minorities are concentrated. This makes the inheritance and development of minority traditional sports face a lot of difficulties.

3.3 Regional Dilemma

Ethnic minority traditional sports are created and formed by various ethnic minorities through long-term production and life practices under special social, geographic, and historical environments. With the continuous development of history, these traditional sports of ethnic minorities have fully condensed the cultural characteristics of their own people, which makes some traditional sports of ethnic minorities show distinctive ethnic concepts. The concept of ethnic groups also restricts the inheritance of ethnic minority traditional sports, making some sports limited to be spread and promoted in areas where ethnic minorities live. In addition, some school classrooms inherited from ethnic minority traditional sports are also facing some difficulties. That is, for some ethnic minority traditional sports that show significant fitness, competition, and entertainment, the school lacks specialized teachers, venues, facilities and equipment. This also restricts the inheritance and development of minority traditional sports to a certain extent.

4. Effective Measures for the Inheritance and Development of Minority Traditional Sports

4.1 To Optimize the Ecological Environment of Ethnic Minority Traditional Sports

In recent years, affected by various factors, the ecological environment of ethnic minority traditional sports in various regions of China has been damaged to varying degrees. Therefore, it is particularly urgent to promote effective optimization of the ecological environment of ethnic minority traditional sports. First of all, ethnic minority traditional sports have their specific survival “soil”. While developing local

economy, local governments must form the consciousness of protecting ethnic minority traditional culture. When relocating some impoverished ethnic minority villages, they should be ethnic minorities. Mass organizations provide special venues, facilities and equipment for sports activities.^[3] Second, the economic development of ethnic minority areas should be strengthened. By encouraging ethnic minority people to use the unique resources of the local area to develop the economy, more talents should be kept in the local area, so as to provide strong talent support for the inheritance and development of ethnic minority traditional sports.

4.2 To Offer Traditional Minority Sports Courses

Schools are important places to promote the inheritance and development of ethnic minority traditional sports. Therefore, schools in ethnic minority areas should pay more attention to the teaching of ethnic minority traditional sports and promote the effective combination of school education and ethnic minority traditional sports teaching to prevent ethnic minority traditional sports from the constant loss of sports. In this process, schools should actively offer courses related to ethnic minority traditional sports, and be equipped with teachers with solid professional quality to lead ethnic minority students to deepen their effective understanding of their own traditional culture and build up their cultural confidence. Meanwhile, the establishment of ethnic minority traditional sports courses will also help strengthen students' national cohesion and identity, and thus promote the inheritance and development of ethnic minority traditional sports.

4.3 To Organize Traditional Sports Activities for Ethnic Minorities

Local governments should cooperate with local schools to actively organize various activities related to ethnic minority traditional sports, and guide ethnic minority people to actively participate in these activities. For schools in ethnic minority areas, students have gradually formed a certain understanding of ethnic minority traditional sports, after schools have opened traditional ethnic minority sports courses. Based on this, schools should focus on providing students with opportunities to practice. As a behavior discipline, ethnic minority traditional sports is particularly necessary for its organization and development of practical activities.^[4] To this end, the school can promote the effective combination of ethnic minority traditional sports events, and organize special ethnic minority traditional sports competitions. At the same time, local governments should also increase the protection of ethnic minority traditional sports, and deepen social groups' effective understanding of ethnic minority traditional sports by organizing group activities related to ethnic minority traditional sports in a timely manner.

5. Conclusion

All in all, traditional ethnic minority sports are not only the cultural wealth accumulated by ethnic minorities in the long history, but also the carrier of the unique culture of ethnic minorities, and an important part of the traditional culture of the Chinese nation. In order to carry forward the traditional sports of ethnic minorities, relevant personnel should explore and research how to more effectively promote the inheritance and development of minority traditional sports, clarify the necessity of inheritance and development of minority traditional sports, analyze the difficulties faced by the inheritance and development of the sports, and optimize the ecological environment of minority traditional sports. To realize the purposes, there are some ways including establishing ethnic minority traditional sports courses, organizing ethnic minority traditional sports activities, and actively promoting the orderly and healthy development of ethnic minority traditional sports.

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