

# The Value and Development Strategy of Chinese Minority Traditional Sports under Healthy China Strategy

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**Abstract:** *By using the methods of literature review and logical analysis, this paper studies the traditional sports of ethnic minorities in China under the strategy of Healthy China. It is concluded that the traditional sports of ethnic minorities have the characteristics of long history, rich variety, distinct regionality and cross-interoperability among sports. It also has fitness, entertainment and cultural value. And close to the actual strategy of Healthy China on the basis of proposed : to strengthen the theoretical system of traditional sports of ethnic minorities ; build and improve the public service system of minority traditional sports; strengthening the training of ethnic minority traditional sports professionals; the development strategy of promoting the industrialization development of minority traditional sports health resources.*

**Keywords:** *healthy China, ethnic traditional minority sports, value, development, path*

## 1. Introduction

In October 2016, the Chinese government promulgated the " Healthy China 2030 " Planning Outline, which made overall planning and comprehensive deployment of the Healthy China Strategy, and put forward the development ideas with " co-construction and sharing, and health for all " as the strategic theme, health priority, reform and innovation, scientific development, fairness and justice as the basic principles, and popularization of healthy life, optimization of health services, improvement of health security, construction of a healthy environment and development of a healthy industry as the focus. Widely carry out national fitness, improve physical fitness has become an important part of healthy China strategy. Traditional sports activities of ethnic minorities in China, as a popular type of sports in ethnic minority areas, are suitable for wide participation of different groups of people. They have distinct regional characteristics and project characteristics, and have greatly promoted the successful implementation of the ' Healthy China ' strategy in ethnic minority areas. Therefore, in the context of the implementation of the ' Healthy China ' strategy, the analysis and discussion of the characteristics, values and development paths of minority traditional sports will provide inspiration for the construction of ' Healthy China ' and the development of minority traditional sports in the new era.

## 2. The characteristics of ethnic minority traditional sports

### 2.1 Long history and rich variety

Like China's history, the traditional sports of ethnic minorities in China also experienced a long development path, and the traditional sports of ethnic minorities in China is an important part of the traditional sports culture of the Chinese nation. In the long-term development process, a variety of traditional Chinese ethnic minority sports have been born. According to a national survey conducted by experts organized by the China Sports Museum and the former State Sports Commission on Culture and History, 970 species of ethnic sports with a long history are found in China[1].

### 2.2 Regional distinctive

China has a vast territory and ethnic minorities are distributed in China. Affected by different

geographical environments, climates and living habits, traditional sports of ethnic minorities also show distinct regional characteristics. For example, the Mongolian people who live on the grassland for a long time have their traditional sports more closely related to the life on the grassland. Their 'Nadam' conference is also a grand ceremony for the Mongolian people to carry out sports activities. Ethnic minorities living on the Qinghai-Tibet Plateau often use yaks to carry goods, thus deriving a unique 'race yak' movement. The Zhuang and Li nationalities, mainly distributed in Guangxi Province, are rich in bamboo in their living environment, and there are many utensils made of bamboo in their daily life, thus producing 'bamboo pole dance'. Taiwan is rich in betel nuts and has become a part of many people's lives. The young men and women of the alpine nationality will throw betel nuts as an activity to express their love in labor production. On this basis, the back basket ball movement was born.

### ***2.3 Cross-interoperability among sports events***

The Chinese nation is a multi-ethnic community, and the ethnic minority group in China is an important part of the Chinese nation. No matter in the past or present, all ethnic groups have frequent and harmonious exchanges in production and life, and have formed a pattern of cultural development in which you have me and you have me. Therefore, the sports projects of all ethnic groups show the characteristics of cross-interoperability between projects, which is manifested in the traditional sports of ethnic minorities. It is mainly manifested in the presence of a certain sports project in several ethnic groups, that is, one or the same type of project appears repeatedly in many ethnic groups. For example: dragon dance not only exists in the Han festival activities but also widely exists in Zhuang, Yao and other ethnic groups; wrestling not only exists in Mongolian but also in Tibetan and Yi nationalities; qiuqian movement not only exists in Manchu but also is very popular in Miao. The same is true of horse racing, not only in the Yi, more widely distributed in the grassland Yi and Mongolian also very popular. Finally, there is a pattern of cross-existence between national sports[2].

## **3. The Value of Chinese Minority Traditional Sports under the Healthy China Strategy**

### ***3.1 Fitness Value of Chinese Minority Traditional Sports under Healthy China Strategy***

The implementation of the strategy of healthy China is inseparable from the development of national fitness. The traditional sports of ethnic minorities in China is a sports project with various ethnic cultural heritage, natural customs and national characteristics. These sports are rich in types and flexible in forms. It is of great significance to meet the needs of different age groups by participating in sports activities, enhancing physical fitness, and ultimately achieving physical health. Firstly, the fitness value of minority traditional sports is reflected in his attributes. The traditional sports of ethnic minorities are gradually formed in the production and life of all ethnic groups. In the process of formation, it has achieved a high degree of integration with the local natural environment and living habits. Therefore, by participating in relevant sports activities to improve physical quality, it can increase the adaptability to the surrounding environment, such as the Qiang people's cross rope, the Mongolian's horse racing, and the Miao's Wushu. At the same time, many ethnic minority traditional sports are closely linked with Chinese traditional health concept and have Chinese cultural characteristics [3]. By participating in related sports, we can enjoy body and mind and play the role of fitness and health care, such as Shalang of Qiang nationality, left foot dance of Yi nationality, swing and springboard of Korean nationality. Secondly, the fitness value of minority traditional sports is reflected in his exercise load. Although most of the traditional sports of ethnic minorities in China are not strong in intensity, they are also based on certain physiological and psychological loads, and have the value of physical fitness. Compared with modern sports with strong sports, they pay more attention to self-cultivation and ritual. In the process of exercise and methods, ethnic minority traditional sports, has its own advantages, the probability of sports injury is greatly reduced, very suitable for the promotion of popular fitness activities under the strategy of healthy China, such as Yi Ashiqi, Li jumping bamboo pole, Zhuang throwing embroidery ball, Manchu pearl ball and so on have the value of moderately strong body, loved by people, and widely spread in the region, and the characteristics of these projects pay attention to physical and mental balance, body coordination and unity, has good fitness effect.

### ***3.2 Entertainment Value of Chinese Minority Traditional Sports under Healthy China Strategy***

Health under the Healthy China Strategy not only refers to physical health, but also includes mental

health and social adaptability. Rich and colorful recreational activities can promote people to maintain mental health and social adaptability. However, due to the relatively lagging economic development level, transportation and infrastructure construction in the main gathering areas of ethnic minorities, there are still relatively few modern recreational activities that can be experienced. However, a large part of the traditional sports widely distributed in ethnic minority areas are for people's entertainment. They have significant recreational value and enrich the needs of residents in ethnic minority areas for recreational activities. Such as Qiang's " Baodan " Dong 's " grab firecrackers " Naxi 's Dongba jump are some of the more entertaining minority sports. At the same time, there is no lack of collective collaborative content in these recreational traditional sports activities of ethnic minorities. By participating in these traditional sports activities of ethnic minorities, people can relax physically and mentally, and provide opportunities for communication and interaction, which will help people to enhance their feelings, so that they can have good mental health and social adaptability, and ultimately achieve spiritual satisfaction and pleasure.

### ***3.3 Cultural Value of Chinese Minority Traditional Sports under Healthy China Strategy***

There are many ethnic minorities in China, which are widely distributed, and the cultures and customs of each region are different. As an excellent representative of each ethnic minority culture, the traditional sports of ethnic minorities contain different cultural elements. However, for a long time, Chinese people have not actively developed and paid attention to the cultural value of traditional sports of ethnic minorities [4]. When it comes to physical fitness, most Chinese people often think of modern sports first, and pay little attention to traditional sports of ethnic minorities. Under the Healthy China strategy, the proposed health is the health of all Chinese people. Therefore, physical exercise projects should also be comprehensive and diverse. This also brings new development opportunities for the development of ethnic minority traditional sports, especially those with rehabilitation efficacy. First of all, the cultural value of traditional sports of ethnic minorities under the strategy of Healthy China is reflected in the fact that by participating in the exercise of traditional sports of ethnic minorities, it can directly attract and promote people's understanding of ethnic minority culture and indirectly promote the recognition of ethnic minority culture. Secondly, many cultural customs with rehabilitation and health care functions have been derived from traditional sports of ethnic minorities. These cultures contain Chinese philosophy and wisdom of traditional Chinese medicine. Traditional sports of ethnic minorities can further enrich the health culture of traditional Chinese sports.

## **4. Development Strategy of Chinese Minority Traditional Sports under Healthy China Strategy**

### ***4.1 Strengthening the Theoretical System Construction of Minority Traditional Sports***

'Health China 2030 ' Plan Outline ' clearly proposes to continue to develop and implement the national fitness plan, popularize scientific fitness knowledge and fitness methods, and promote the national fitness life. Organize social sports instructors to widely carry out national fitness guidance services. Implement national physical exercise standards, develop mass fitness and leisure activities, enrich and improve the national fitness system. To fully integrate ethnic traditional sports into national fitness activities, it is necessary to strengthen the theoretical system construction of ethnic traditional sports. First of all, the minority traditional sports in the theoretical construction should highlight its fitness, health value, through the project arrangement of different effects of minority traditional sports to give the corresponding distinction and sorting preservation. People can choose the appropriate project according to the fitness and health effects of the project. Secondly, the construction of minority traditional sports theory should carry out the modern reform and innovation of minority traditional sports theory on the basis of maintaining the original culture ecology. Compared with modern sports, traditional ethnic sports have long-term disadvantages and shortcomings in attracting young people. The "Healthy China" strategy provides a new development idea for the development of traditional ethnic sports. Traditional ethnic sports should absorb the advantages of modern sports and actively adapt to people's health needs through physical exercise in the new era. Therefore, in the process of constructing the theoretical system of minority traditional sports, it is necessary to fully reflect the combination of minority traditional sports and modern physical exercise needs. Only in this way, the theoretical development of minority traditional sports can be more systematic, scientific and forward-looking, so as to lay a solid theoretical support for the sustainable development of minority traditional sports in the context of healthy China.

#### ***4.2 Construction and improvement of minority traditional sports public service system***

The sports public service system is led by the government. The effective integration of public resources in various regions, play different resource advantages to form a joint force, and ultimately provide people with more efficient sports public services for the purpose. At the same time, "Healthy China" strategy as a national strategy initiated by the central government, improve the sports public service system should be an important means to implement the healthy China strategy. First, give full play to government functions [5]. As a part of the sports public service system, the construction and improvement of the traditional sports public service system for ethnic minorities, as the most basic part of the public system, should give full play to government functions, build and improve the traditional sports public service system for ethnic minorities, and contribute to the successful implementation of the strategy of "Healthy China." Secondly, to enhance the government's ability to serve minority sports, it is necessary to improve the legal system of minority traditional sports services. There are still differences between minority traditional sports and modern sports in terms of organization form, participation mode and sports rules. In order to comprehensively respond to possible risks and challenges and promote the sustainable and high-quality development of minority traditional sports, it is necessary to introduce relevant supporting legal provisions. Finally, improve the minority traditional sports related service construction. The normal development of many ethnic minority traditional sports needs to be equipped with relevant venues, professional guidance and professors, management and organization departments and other indicators necessary to carry out activities according to the different projects. To ensure that ethnic minority traditional sports play its due value in the construction of 'Healthy China', it is necessary to build and improve the relevant public service construction of ethnic minority traditional sports.

#### ***4.3 Strengthen the Training of Traditional Minority Sports Talents***

Talent refers to the leaders in all walks of life. It refers to a person who has certain professional knowledge or special skills, carries out creative work and contributes to society. He is a worker with high ability and quality in human resources. Professionals of ethnic minority traditional sports refer to professionals who are proficient in the theoretical knowledge and professional skills related to ethnic minority traditional sports, understand the related knowledge of ethnology, sports science, sociology and other disciplines, have their own unique views on ethnic minority traditional sports, and have certain influence and leadership in the field of ethnic minority traditional sports [6]. The professional talents of minority traditional sports are the core force to promote the healthy development of minority traditional sports. To promote the value of minority traditional sports under the strategy of "healthy China," a large number of professional talents are needed. First of all, strengthen the training of minority traditional sports research institutions. Organize multidisciplinary personnel to carry out special research, in the survey to fully grasp the Chinese minority traditional sports resources. It supports the research work of mining, sorting and publishing the historical data related to the traditional sports of ethnic minorities, holds regular academic conferences on traditional sports of ethnic minorities, pays attention to the cultivation of young scholars, and activates the scientific research atmosphere in the field of traditional sports of ethnic minorities. Secondly, broaden the channels for the training of minority traditional sports professionals, and build a training model for minority traditional sports professionals that explores the coordination of home, school, and society, and integrates online and offline. Schools at all levels are the basis for the training of ethnic minority traditional sports professionals. Family and community are important assistants for the training of ethnic minority traditional sports professionals. We should speed up the construction of the health training curriculum system of ethnic minority traditional sports, deeply integrate ethnic minority traditional sports with school education, family education and community education, and firmly establish the training system of ethnic minority traditional sports professionals. In the new media era, online teaching platforms have begun to become rich in variety [7]. Ordinary people can also easily obtain resources, breaking the limitations of traditional education in time and space. Therefore, in the cultivation of professional talents in traditional sports of ethnic minorities, we should make full use of the advantages of online teaching and promote the establishment of online and offline integration training mode.

#### ***4.4 Promoting the industrialization development of minority traditional sports health resources***

The traditional sports of ethnic minorities are rich in health resources, and the health function meets the needs of modern life and has a broad market demand. Promoting the industrialization of ethnic minority traditional sports health resources is conducive to reducing the dependence of ethnic minority

traditional sports on policy support and realizing self-circulation development. First of all, we should fully tap the value advantages of ethnic sports industry and health industry in ethnic minority areas, condense creative value, promote the integration of the two, and take the road of the development of ethnic sports health industry. Guided by the new development concept, we should innovate the characteristic projects of ethnic minority traditional sports and create the mode and brand of ethnic minority traditional sports + health care. Secondly, the areas rich in ethnic minority resources are mainly the vast rural areas. To promote the industrial development of ethnic minority traditional sports and health care resources, we should actively link up with the "rural revitalization strategy," give full play to our advantages, develop rural resources, build an integrated platform for leisure, health care and sports performance, expand the development space of ethnic minority health care industry, optimize the coordinated development of ethnic minority traditional sports and health care industry, and improve market competition and supervision system. To realize the sustainable development of minority traditional sports health preservation + health preservation industry, drive the innovation and development ability of health preservation culture itself with industrialization development, form a new kinetic energy that benefits the economic development of minority villages, and enable minority sports health preservation culture to be more capable of helping the construction of healthy China through industrialization.

## 5. Conclusion

The rich resources of traditional sports of ethnic minorities in China are an important manifestation of Chinese culture. The strategy of 'Healthy China' as a necessity for the development of Chinese society in the new era has greatly promoted the implementation of the national fitness program. As an important support project in the outline of the national fitness program, traditional sports of ethnic minorities are of great value in enhancing national quality, strengthening national physique and activating people's leisure and entertainment. With the continuous promotion of the strategy of 'Healthy China', the development prospects of traditional sports of ethnic minorities will be better. At the same time, minority traditional sports will further promote the further implementation of the healthy China strategy.

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