

Research on the Integration and Development of National Traditional Sports and National Dance

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ABSTRACT. *National traditional sports and national dance are important components of China's excellent traditional culture. In the new era, the government, enterprises, schools and the general public should establish the concept of "integration" to further promote the healthy and sustainable development of national traditional sports and national dance. This paper first introduces the basic knowledge of national traditional sports and national dance, and then expounds the premise of the integration development of national traditional sports and national dance. Finally, the author puts forward the ideas of the integration development of national traditional sports and national dance from different angles.*

KEYWORDS: *National traditional sports; National dance; Sports teaching; Integration*

1. Introduction

The original meaning of "fusion" is the combination of two or more substances. The integration development of national traditional sports and national dance can be understood as the integration of the two different cultural units of traditional sports and national dance into a harmonious and healthy development. The integration and development of national traditional sports and national dance are mainly reflected in the rational and optimal allocation of resources and elements, so as to promote the improvement of the two from the aspects of cultural value, educational value and economic value.

2. Overview of National Traditional Sports and National Dance

National traditional sports and national dance are both important parts of our national culture. There are many similarities between the two cultures.

National traditional sports refer to the traditional sports activities with distinctive national, regional, and cultural characteristics carried out by a certain nation or several nations within a certain range. National traditional sports are relative to the introduction of foreign national sports and contemporary emerging sports. China's national traditional sports mainly include the two major contents of Han traditional sports and minority traditional sports. There are many ethnic minorities in China, and each ethnic minority has a variety of ethnic traditional sports. Therefore, ethnic traditional sports account for a large proportion in our national traditional sports system. Traditional national sports include horse racing of Mongolian, firecrackers of Dong, swing of Miao, dragon boat of Dai, etc.

National dance refers to dance activities with distinctive national, regional, and cultural characteristics carried out by a certain nation or several nations within a certain range. National dance has the same characteristics as national traditional sports, that is, distinctive national, regional, and cultural characteristics. Like national traditional sports, national dance also occupies a large proportion in China's overall national dance system. National dances include the Yangko dance of the Han, the peacock dance of the Dai, the wooden drum dance of the Miao, and the long drum dance of the Korean nationality. The high degree of integration of national traditional sports and national dance in terms of nationality, regionality, and culture has laid a solid foundation for the integration and development of the two.

3. The Premise of the Integration and Development of National Traditional Sports and National Dance

This paper holds that there are two main premises for the integration and development of national traditional sports and national dance.

Firstly, traditional national sports and national dance have the same carrier - the body. The human body is the important basis for human survival and important carrier for human activities[1]. National traditional sports and national dances are rooted in the lives and production practices of people of all ethnic groups, and both forms of expression require the active participation of the body. In traditional national sports, walking, running, jumping, falling, squatting, throwing and lifting all need human body to make corresponding posture; correspondingly, in national dance, twisting, stretching, abdomen retracting, shoulder drooping and various steps also need human body to make corresponding posture. It can be seen that national traditional sports and national dance are very similar in external forms[2].

Secondly, national traditional sports and national dance have the same organizational structure-music. Dance is an artistic act that can present all kinds of beautiful things and express various thoughts and emotions. In national dance, music often occupies a large proportion, which can further enhance the emotions of dancers and make dance more contagious. The music in national traditional sports mainly plays the role of rhythm reminder. With the help of the rhythm of the music, the athletes can master the technical movements more accurately and have more enthusiasm for sports, thus significantly improving the appreciation of sports.

Both national traditional sports and national dance are part of the traditional culture of human society. In recent years, the two have been jointly affected by the natural environment, social environment and cultural environment, forming a trend of integrated development[3].

4. Thoughts on the Integration and Development of National Traditional Sports and National Dance

4.1 Tourism Integration

At present, China's tourism industry is booming, and national tourism has become a very popular tourism content for tourists with its strong cultural connotation. Both national traditional sports and national dance belong to national culture. With the rapid development of national tourism, the tourism demand of tourists is changing. In national tourism, tourists' tourism needs not only include the satisfaction of material needs, but also include the satisfaction of psychological and spiritual aspects. In this context, combining traditional national sports and national dances and presenting them to tourists can achieve the effect of "1+1>2". In this way, it can also give tourists a more intense travel experience and enhance the psychological and spiritual satisfaction of tourists.

4.2 Competitive Integration

There are two ideas for competitive integration:

First, the integration of traditional national sports and national dance is carried out with the carrier of traditional national sports events. The national traditional sports event is a sports event that is based on traditional ethnic activities. Also, the size and form are subject to various factors such as the rules of traditional ethnic sports competitions. It can provide traditional ethnic sports products and related services. The national traditional sports competition are of great significance to the development of the national traditional sports and the regional economic development. The integration of national dance in traditional national sports events can be arranged in the opening and closing stages of the event. In addition, cheerleader performances in individual events can also be arranged for ethnic dance content. In this way, the intense and exciting national traditional sports competitions and the cheerful and diverse national dance performances complement each other, which greatly improves the attractiveness and appreciation of the events.

Second, promote the competitive development of national dance. Nowadays, the national dance has developed to the competitive direction in sports, the most outstanding performance is the holding of various national dance competitions. The national dance competition has changed the original "emphasis on appreciation" into "emphasis on appreciation and competition". For example, the Chinese Mongolian Dance national dance competition, which was initially built in 2004, is held every three years and has been successfully held for five times. Since the establishment of the competition, a large number of well-known masterpieces have emerged.

4.3 Mass Fitness Integration

With the development of social economy, people's living standard has been improved, and their physical and

mental health has also been improved. In the process of people's daily exercise, traditional national sports and national dance are common events[4]. Compared with western competitive sports, national traditional sports and national dance are easy to learn and practice, with strong fitness and appreciation, and both of them significantly stimulate the sense of national identity of the public, so national traditional sports and national dance can become the content of public fitness. In terms of operability, all provinces and cities should strengthen the propaganda of traditional national sports and national dance, and give full play to the role of the government in organizing and guiding the development of traditional national sports. In places where the public often exercise, such as squares, parks and communities, guide the public to carry out fitness activities integrating traditional national sports and national dance. For example, in the national traditional sports, we should integrate the national dance skills, or increase the movement skills in the national dance. Integrating national traditional sports and national dances together for fitness, combining skill, competition, entertainment and spectator, can significantly promote the physical and mental health of the public.

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