

# *Research on the Protection of Mongolian Traditional Sports Cultural Heritage in Liaoning Province*

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**Abstract**—As one of the representatives of the traditional sports culture projects of ethnic minorities in Northern China, the Mongolian traditional sports and cultural activities play an important role in the traditional sports cultural heritage of ethnic minorities in various regions of China. Firstly, this paper gives a brief overview of the traditional Mongolian sports content in China, focusing on Mongolian traditional horse racing, wrestling and archery activities. Secondly, taking the development of sports activities in Fuxin Mongolian Autonomous County of Liaoning Province as an example, this paper analyzes the problems in the form, types and organization of sports activities in Liaoning Fuxin Mongolian Autonomous County. In this paper, a systematic analysis of the factors affecting the development of traditional sports culture is carried out, and the effective strategies for protecting the cultural heritage of national traditional sports in Liaoning Province are identified. That is to say, firstly, through the government's policy of formulating the protection of traditional national sports cultural heritage, the people's understanding of and attention on the traditional sports cultural heritage within the region will be enhanced; secondly, people apply education to actively promote the importance of protecting the traditional sports culture heritage of the nation in a new generation of groups; thirdly, people constantly attach importance to the protection of cultural heritage and avoid interference from the outside world. The purpose is to provide some highly feasible reference opinions for those who pay attention to this field, and support the protection and inheritance of the traditional sports culture of Fuxin Mongolian Autonomous County in Liaoning Province.

**Keywords**—*ethnic minorities; Mongolian; traditional sports; cultural heritage; protection*

## I. INTRODUCTION

With the development of China's national economy and the improvement of people's living standards, the community has paid more and more attention to the traditional sports and cultural activities of ethnic minorities in China, especially the protection of Mongolian sports cultural heritage. As with the material cultural heritage, the traditional national sports culture, as intangible cultural heritage, has a positive impact on the sustainable development of human society. Therefore, under the current background of the enhancing worldwide efforts to protect the intangible cultural heritage, One of the important work of the relevant staffs is to explore the ways to protect and

develop the national traditional sports cultural heritage in Liaoning Province, in order to inherit and promote the Chinese traditional culture.

## II. OVERVIEW OF MONGOLIAN TRADITIONAL SPORTS

Mongolian traditional sports are a traditional sports activity with Mongolian characteristics that is continuously accumulated in the living environment and mode of the Mongolian people. Under the influence of the Mongolian culture, many types of sports are produced. Mongolian traditional sports are mainly as follows [1, 2].

### A. Mongolian horse racing

As one of the traditional activities of the grassland people in northern China, horse racing is a relatively old competitive project. In the long-term historical development, horse racing activities have produced a variety of changes, but the basic competitive evaluation criteria are still the speed of sports. The geographical advantages and customs of the Mongolian people have provided a good material and cultural foundation for the development of horse racing activities, and the horse has become one of the most exciting sports of the Mongolian people. The number of traditional horse racing activities is not limited, and the age of participants is also large. From small children to old people, they can participate according to their own wishes. Horse racing activities can not only enhance the physical quality of the Mongolian people, improve the level of entertainment culture of the people of the nation, but also promote the development and growth of the local animal husbandry [1].

### B. Mongolian wrestling

The Mongolian people in the Fuxin Mongolian Autonomous County of Liaoning Province referred to the traditional wrestling activities as "Boke". Like horse racing, the wrestling movement was also widely loved by the Mongolian people. Mongolian wrestling activities have very strong national characteristics. Modern Mongolian wrestling activities are similar to Chinese wrestling activities, with only a slight difference in clothing and skills. In the historical development process, the Mongolian people combined the wrestling activities of the nation with the wrestling techniques of the Manchus, and finally developed the wrestling activities of

modern China, which contained the national cultural color and also reflected the Olympic sports spirit.

*C. Mongolian archery activities*

During the process of hunting, resisting the invasion of foreign enemies and conquering other territories, the Mongolian people continued to develop bow and arrow shooting techniques, which gradually evolved into Mongolian traditional archery activities in peacetime. As early as in the Mongolian history and literature classics "Mongolian Secret History", there are many records and descriptions of Mongolian archery activities, and in the book also the Mongolian people's attention to archery activities is recorded in detail. Archery activities are divided into two types: shooting and static shooting. Both forms are popular sports for the people in the Mongolian region.

Through on-the-spot investigation and access to the data, it can be seen that the types of sports activities with high participation of the people in Fuxin City, Mongolian Autonomous County, Liaoning Province are shown in the following table [3]:

TABLE I. SPORTS ACTIVITIES IN FUXIN CITY, MONGOLIAN AUTONOMOUS COUNTY, LIAONING PROVINCE

Area	Mongolian traditional sports activities
Yimeng County, Fuxin City, Liaoning Province	Horse racing, archery, equestrian, Mongolian chess, blue, blog;

According to the contents in the above table, the main types of Mongolian traditional sports activities in Fuxin Mongolian Autonomous County of Liaoning Province include horse racing, blog and traditional archery activities. Among them, "Boke" is the Mongolian wrestling in the usual sense. A variety of different types of sports activities have combined to form colorful sports and cultural life in the local Mongolian Autonomous County.

III. RESEARCH OBJECTS AND RESEARCH METHODS

*A. Research object*

The research object of this paper is the development status of traditional sports activities in Fuxin Mongolian Autonomous County of Liaoning Province, and the problems faced by the development of national traditional sports activities in Yimeng County, Liaoning Province, and the specific measures to solve the problems. The targets of the inspection are local residents, teachers and staff in related fields.

*B. Research method*

Literature data method. Through the rational use of tools and channels such as China Knowledge Network, campus library and full-text database of journals, it provides scientific and accurate information and data support for the research of this paper.

Questionnaire method. A total of 100 questionnaires were distributed to some local residents, teachers and related personnel, and 99 were recovered. The recovery rate was 99%. We also conducted a return visit to individual respondents to determine the reliability of the questionnaire. The auditing experts of 3 to 5 people were invited to carry out the validity

test of the questionnaires by using three kinds of scoring methods: "effective, basic effective and ineffective", and 96 valid and basic valid questionnaires were determined.

Mathematical statistics. In the process of case analysis, statistical analysis is used to analyze and study data based on probability theory through mathematical statistics.

IV. DEVELOPMENT STATUS OF SPORTS ACTIVITIES IN LIAONING FUXIN MONGOLIAN AUTONOMOUS COUNTY

*A. Liaoning Fuxin Mongolian Autonomous County has fewer forms of sports activities*

Through investigation and research, the forms of sports activities in two representative Mongolian autonomous counties in Liaoning Province were compared. The forms of traditional sports activities in Fuxin Mongolian Autonomous County of Liaoning Province and Kazuo County of Chaoyang City are shown in the following table:

TABLE II. FORMS OF TRADITIONAL SPORTS ACTIVITIES IN MONGOLIAN AUTONOMOUS COUNTIES

Area	Forms of Mongolian sports activities
Yimeng County, Fuxin City, Liaoning Province	Games, religious activities, festivals, fair trade;
Kazuo County, Chaoyang City, Liaoning Province	Games, religious events, festivals, business events.

From the information in the table, it can be concluded that in the Fuxin Mongolian Autonomous County of Liaoning Province and the Kazuo County of Chaoyang City, Liaoning Province, ethnic traditional sports activities are mainly carried out through sports, religious activities and festivals, and various tribes and farms. Mongolian traditional sports competitions will be carried out in order to promote friendship. Traditional national sports activities can promote exchanges and interactions between different tribes and farms to a certain extent, laying a solid foundation for the protection and development of Mongolian traditional sports cultural heritage within the region, but due to the traditional forms of sports activities in Liaoning Province. Less, so the promotion of local traditional sports culture can be very limited [4,7].

*B. Lack of sports items in Liaoning Fuxin Mongolian Autonomous County*

Among the traditional Mongolian sports, there are many types of sports that are frequently carried out. However, in the Fuxin City Mongolian Autonomous County area of Liaoning Province, due to geographical and human factors, the number of sports that can be carried out in the local area is relatively scarce. There are also certain differences in the characteristics of national culture, the living conditions of the people, and the religious atmosphere of the people in different sports. For example, in Yimeng County, Fuxin City, Liaoning Province, there is an extension of the Inner Mongolia Horqin Grassland, so the national traditional projects such as horse racing and archery have developed better. However, some areas are still restricted by natural conditions, and there are no natural pastures for herders to carry out sports activities such as horse racing and horse riding. Geographical factors and natural

conditions restrict the development of diverse sports programs [8].

*C. Liaoning Fuxin Mongolian Autonomous County sports project is poorly organized*

Whether it is a modern sports event or a national traditional sports culture activity, it is necessary to rely on a well-organized and coordinated institutional unit for planning and management. The main organizational types of local traditional sports activities in Fuxin Mongolian Autonomous County, Liaoning Province, China are as follows: Shown as follows:

TABLE III. MONGOLIAN TRADITIONAL SPORTS ORGANIZATION UNIT

Area	Activity organization unit
Yimeng County, Fuxin City, Liaoning Province	Tourism Bureau, Sports Bureau, Farm, Civil Society, Education Bureau;

Through the information in Table 3 and the results of the local people's survey, it can be known that when the Mongolian traditional sports and cultural activities of different types and sizes are organized in Fuxin Mongolian Autonomous County, Liaoning Province, China, the local sports bureau usually leads the tourism. Institutions such as bureaus, farms, and civil society organizations. For example, the Sports Bureau of Yimeng County and the Education Bureau jointly organized the "Nadamu Conference for Primary and Secondary School Students". It can be seen that when local ethnic traditional sports activities are jointly organized by several institutions, some institutions and organizations lack independent organization activities ability.

V. FACTORS AFFECTING THE DEVELOPMENT OF MONGOLIAN TRADITIONAL SPORTS CULTURE IN LIAONING PROVINCE

*A. Some sports are severely limited by natural conditions*

From the perspective of historical development, the Mongolian people in China have been producing and living on the Inner Mongolia grassland for a long time. The residents of the Mongolian Autonomous County in Fuxin City, Liaoning Province, China have lived with the local Han, Manchu and Korean people for a long time. Mutual influence has had a certain impact on the personal development of the traditional culture of the nation. In Liaoning Province, there is no wide grassland in Inner Mongolia and other natural development conditions. Due to geographical factors and other national cultures, the residents of Fuxin Mongolian Autonomous County of Liaoning Province have encountered in the process of developing their own traditional sports. The restrictions imposed are more serious, so traditional horse racing, riding and even wrestling projects cannot be fully developed. The Mongolian traditional sports activities have suffered severely in the process of development of the times and social changes, which is not conducive to the protection and development of the national traditional sports cultural heritage [9].

*B. Lack of a relatively unified sports organization unit*

The "Nadam Meeting" is a game and competition in which the Mongolian traditional sports activities are the main form. In the Mongolian traditional festivals and major celebrations, the "Nadamu Conference" will be held to convene the whole people to participate in the sports culture. Communication,

material exchange and various entertainment activities. The traditional "Nadam Conference" is hosted by the national government. With the development of the national economy and the transformation of people's ideological concepts, all walks of life have the ability to hold the "Nadam Conference." The development of the "Nadam Conference" into a comprehensive event integrating economic, political, cultural, entertainment and sports content have become the common aspiration of the people at all levels. However, according to the results of the previous survey, government agencies and civil organizations in the Fuxin Mongolian Autonomous County of Liaoning Province in China cannot organize sports and sports activities alone. The lack of a relatively unified organization of sports projects has seriously restricted the development of sports activities and the inheritance of sports cultural heritage in Fuxin Mongolian Autonomous County, Liaoning Province [10,11].

*C. Lack of relatively perfect government protection policy*

Whether the cultural heritage of traditional sports can be fully protected and developed has a great relationship with the improvement of government protection policies. Only the government attaches great importance to it and gives its development support in policy, and implements it at relevant departments at all levels to incorporate the protection of national traditional sports cultural heritage into the bureaucratic system of assessment of all staff members. The protection work can be considered as officially supported. Some companies want to protect sports cultural heritage but lack financial support, and there are many unclear aspects of technology and policy. According to the survey results, there is a relatively complete set of implementable protection mechanisms in the government protection policy of Fuxin Mongolian Autonomous County, Liaoning Province, China, which easily affects the protection of sports cultural heritage in Fuxin Mongolian Autonomous County, Liaoning Province, China. Smooth progress [12].

*D. Publicity departments are not working properly*

Looking at the sports cultural heritage from the development direction, if more people are involved in the protection work, more people need to know this knowledge. Fuxin City Mongolian Autonomous County did not do a good job in propaganda in all aspects of propaganda. The activities organized were mainly small-scale groups. The reasons for the low response of large-scale activities were not enough. Only by improving the propaganda, can we increase the protection of all types of people. In the curriculum of primary and secondary schools, there are very few courses on national sports culture. The publicity work should be started from the dolls. The establishment of national sports culture courses in primary and secondary schools can establish cultural protection concepts among students. The lack of corresponding propaganda in Fuxin Mongolian Autonomous County has seriously restricted the development of national sports cultural heritage.

## VI. EFFECTIVE STRATEGIES FOR PROTECTING MONGOLIAN TRADITIONAL SPORTS CULTURAL HERITAGE

### A. *The government has formulated relevant protection policies to increase protection*

In the face of various problems existing in the development and protection of traditional sports cultural heritage projects in the Fuxin Mongolian Autonomous County of Liaoning Province in China, governments at all levels have increased their emphasis on this work and further increased the Mongolian traditional sports cultural heritage. Focus on protection work, actively integrate into Mongolian traditional sports culture projects and activities in local township areas and grassroots cultural construction and development. For example, in order to ensure that the protection and development of national traditional sports cultural heritage can be put in place, a corresponding assessment and management system can be adapted to incorporate the work of developing Mongolian traditional sports activities and projects into the rating of local staff. The performance appraisal method was adopted to enhance the emphasis on the cultural heritage protection of the national traditional sports activities in the Fuxin Mongolian Autonomous County of Liaoning Province, which provided a more feasible development path for the smooth development of the cultural heritage protection work.

In addition to the above policies, the government departments of Fuxin Mongolian Autonomous County in Liaoning Province of China also provided support for the protection of local traditional sports cultural heritage from an economic perspective. On the basis of the original, the protection team of the national traditional sports cultural heritage promoted the further development of the cultural heritage protection work by making rational use of the government's financial project grants. The local government divides the income of the sports lottery into a local Mongolian traditional sports cultural heritage development project according to a certain proportion, and on this basis, through the holding of various traditional sports culture celebrations, attracting more foreign businessmen with excellent traditional sports culture. Come to negotiate and invest. Recruit more sports professionals who are passionate about the protection and development of traditional sports cultural heritage, understand and learn the characteristics of traditional Mongolian sports culture, and publicize and promote them on a global scale to improve the traditional national sports of the people of the world. The importance of culture will eventually realize the protection and inheritance goal of the national traditional sports cultural heritage in Liaoning Province [5,6].

### B. *Increasing publicity and promotion to enhance people's awareness of protection*

From the perspectives of historical development and geographical environment, it can be concluded that China's Liaoning Province, Fuxin City, Mongolian Autonomous County has a relatively strong mass base, and attaches great importance to Mongolian traditional sports cultural heritage protection and development work. On this basis, to expand the influence of the protection and development of the national traditional sports cultural heritage in Liaoning Province, we can increase the intensity of publicity and promotion, and attract

the people in the surrounding areas and even the world to protect the national traditional sports cultural heritage. Attention to each other, through their respective efforts, to improve the level of protection and development of national traditional sports cultural heritage.

For example, Fuxin City Mongolian Autonomous County of Liaoning Province has used public information dissemination and development channels such as new media to publicize and promote the protection of the cultural heritage of traditional ethnic sports in the local, provincial, municipal and county governments. In the homepage, the introduction of Mongolian traditional sports activities and the promotion of posters to protect the traditional sports culture of the nation have been set up, so that more young people can understand the importance of protecting the traditional culture while browsing the website. As the main force of national and social development, young groups are also an important driving force for the inheritance and development of our country's traditional culture. Therefore, it can be promoted and guided by adopting a way that young people are easy to reach and easy to accept. To a certain extent, promote young people's understanding of the protection of national traditional sports cultural heritage. At the same time, the Liaoning Provincial Government has also gone deep into the grassroots towns and autonomous counties and found that it has always worked in the tradition of inheriting the traditional national sports culture, carrying forward the Mongolian sports development spirit and the promoters of the older generation of sports work, with their strength. Enrich the connotation of protecting traditional sports culture work, and thus improve the efficiency of protection work [7].

### C. *Inheriting and developing sports cultural heritage by education*

At this stage, the development of physical education in primary and secondary schools in Yimeng County, Fuxin City, Liaoning Province, China is still not perfect. If we want to change the current development of traditional national sports culture education, expand traditional sports and sports culture in primary and secondary school students. The influence of the group needs to re-plan and adjust the curriculum of basic education. On the basis of the comprehensive development of the students in the primary and secondary schools, the traditional Mongolian sports will be integrated into the teaching work, and the students will be enhanced. Interest in national traditional sports culture. For example, in the examinations of elementary school and junior high school, Mongolian traditional sports items are included in the physical examination content according to a certain proportion, and the emphasis on the traditional Mongolian sports activities is promoted by teachers and students in schools and schools, thus promoting traditional sports activities in Mongolia. The inheritance and development of autonomous counties. In addition, the local government can also solve the factors that limit the venue factors, equipment and equipment factors and teaching content of Mongolian traditional sports cultural heritage protection and development by absorbing the investment funds of education from all walks of life. Through the improvement of the teaching materials of sports venues, sports equipment and traditional sports, the influence of

traditional national sports culture on education and teaching links can be maximized [8-10].

Focusing on the challenges and opportunities faced by the development of traditional sports culture of ethnic minorities, on the basis of the existing, China's Liaoning Province, Fuxin City Mongolian Autonomous County can build a new project research and development platform, which will not only be incorporated into the national traditional sports project culture in the basic education stage. Heritage-related content, while also focusing on cultivating a talent team capable of inheriting and developing China's traditional sports culture in the higher education stage. In view of the relatively concentrated characteristics of the Mongolian people in Fuxin City, Liaoning Province, the use of network technology to organize the development characteristics and resource advantages of the local traditional national sports culture, to build a more rational and modern network platform, to tap the local minority tradition from multiple angles Taking advantage of the development of sports culture, the Mongolian sports culture content is rationally utilized in the form of cultural industry chain, which promotes the national traditional sports cultural heritage of Liaoning Province to show its unique charm in the development of world economic integration [11-13].

*D. Paying attention to the protection of sports culture connotation to prevent external interference*

Through reasonable and effective propaganda, the masses of Fuxin City Mongolian Autonomous County in Liaoning Province have learned the importance of the protection of traditional national sports culture. It is the people's fundamental understanding that Mongolian traditional sports activities are among the intangible cultural heritage of China. important parts of. For example, through the publicity and speech of protecting and inheriting the traditional sports culture heritage in various township areas, with the support and cooperation of the local government, different types of Mongolian traditional sports culture exchange conferences are organized. Through cultural propaganda, cultural performances and sports competitions, the traditional Mongolian horse racing, wrestling, archery and other sports projects will be promoted and promoted, so that more people can participate in sports cultural activities and enhance their sense of identity with their traditional culture. And self-confidence. On this basis, we will focus on the venues, participants' costumes, awards and prizes, etc., in accordance with the traditional Mongolian sports program and methods, so that the local people can truly appreciate the original national traditional sports culture [14].

By selecting authoritative and leadership personnel within the Mongolian Autonomous County as the inheritors and protectors of the national traditional sports cultural heritage, the Mongolian culture can be passed down from generation to generation, allowing pure Mongolian sports culture projects and sports culture content to be circulated. . Re-creating the traditional national sports activities with distinctive entertainment characteristics, and combining the national connotation and national characteristics of the sports activities, combined with the sports and fitness needs of modern people, will be wrestling, equestrian and archery, etc. Traditional sports are adapted [15]. In the modern sports and exercise activities,

the integration of national traditional sports programs has enabled the Mongolian traditional sports activities to ignite new vitality and vitality in the new era and to realize the inheritance and sustainable development of the national traditional sports cultural heritage usefully explored.

*E. Folk communities encourage diverse forms of sports*

Different from other traditional national cultural contents, the national sports culture connotation is deeply imprinted in the hearts of the members of the nation. Through the investigation of the popularity of traditional folk sports and cultural activities by the residents of the folk communities in Fuxin Mongolian Autonomous County, Liaoning Province, China. The specific results are shown in the following table:

TABLE IV. ATTITUDES OF FOLK COMMUNITY RESIDENTS TOWARDS TRADITIONAL SPORTS ACTIVITIES

Area	Like it very much (person)	Like (person)	General (person)	Dislike (person)	Very dislike (person)
Yimeng County, Fuxin City, Liaoning Province	11	58	27	0	0
The proportion (%)	12.12	59.60	28.29	0	0

By sorting out and analyzing the information and data in the table, it can be concluded that residents in the Fuxin Autonomous County of Liaoning Province in China have a high degree of interest in the traditional sports culture and sports of the nation. Through further investigation and research, the author also concluded that local folk communities have vigorously developed a variety of different types of national traditional sports and cultural activities, and through the encouragement of the development of diverse sports activities, the development of local sports culture industry and tourism industry, the traditional sports The content of the activity has become a major resource for attracting the cultural pillars and national culture of the people from other regions to travel, study and exchange, and thus promoted the national traditional sports cultural heritage of the Fuxin Mongolian Autonomous County in Liaoning Province in a new era. It has been developed and made positive contributions to the economic, political and cultural development of Liaoning Province. It provides a feasible solution for the promotion and inheritance of traditional national sports culture and the development of national spirit.

*F. Establishing a sound reward and punishment system to improve the efficiency of cultural heritage protection*

In the process of protecting and developing the national traditional sports cultural heritage of Liaoning Province, governments and managers at all levels need to base themselves on China's basic national conditions and clearly determine the development of economic, political, cultural and technological developments worldwide. The situation, with a more complete legal system and management policies, builds a reward and punishment system for the protection of traditional Chinese culture and enhances the efficiency of traditional cultural heritage protection.

On this basis, in order to further enhance the protection and development of traditional sports cultural heritage in Fuxin Mongolian Autonomous County, Liaoning Province, the local government can also actively explore traditional national sports and organize various sports activities analysis. In this process, the technical and environmental conditions of the relevant personnel were relatively difficult. Therefore, the local government paid various types of insurance for the staff, solved the worries of the researchers, and mobilized the enthusiasm and enthusiasm of the researchers. At the same time, according to the actual work results of the staff, they are provided with different levels of rewards, so that researchers can have more sufficient research funds, improve working conditions, and enhance the protection of national traditional sports cultural heritage.

## VII. CONCLUSION

At present, the development of traditional sports activities in Fuxin Mongolian Autonomous County, Liaoning Province, China is differently optimistic, and there are few traditional sports activities and projects that can be carried out frequently. In the development of sports culture in the Mongolian Autonomous County of Liaoning Province, Western modern sports and sports culture have had a tremendous impact on the traditional Mongolian sports cultural heritage. Under such an impact, the protection activities of traditional sports culture projects in Liaoning Province are more difficult to carry out. Staff in related fields need to focus on this issue and make positive contributions to the protection and development of the traditional sports cultural heritage of the nation.

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