

# The Feasibility Analysis on the National Tradition Sport Culture Education in the Colleges and Universities of Heilongjiang Province with the Perspective of Cultural Inheritance

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**Abstract**—The national tradition sport culture was the cultural heritage passed down from generation to generation. And it was an important part of the traditional culture of the Chinese nation, which embodies the cohesion and national spirit of a nation. Based on the national distribution characteristics of Heilongjiang Province, this paper expounds the necessity and value of the traditional national sports culture education in colleges and universities from the angle of cultural inheritance. And analyzed the feasibility of the traditional national sports culture education in the colleges and universities in Heilongjiang province.

**Keywords**—*Cultural inheritance, The Colleges and Universities of Heilongjiang Province, The national tradition sport Culture Education, The feasibility analysis*

The national tradition sport was a combination of the national traditional customs and sports, to inherit the spirit of national sports, the traditional culture of the Chinese nation, and strengthen the national cohesion by the way of competitive contest [1-2].

## I. CHARACTERISTICS OF TRADITIONAL NATIONAL SPORTS CULTURE IN HEILONGJIANG PROVINCE

### Regionalism

There were many ethnic minorities in Heilongjiang Province, and the national tradition sport culture of the nation was profound. In the process of its continuous enrichment and development, each nationality has created the traditional sport culture of its own nation. Heilongjiang Province was a multi-ethnic, scattered and mixed borderland province. There are 53 ethnic minorities in the province, including Manchu, Korea, Mongolia, Hui, Daur, Sibbo, Hezhe, Olunchun, Ewenki, and Kirgiz, etc. which were lived in the Heilongjiang province for all the time, with nearly 2 million population, and accounting for 5.26% of the province's total population. The Heilongjiang Province is located in the north of the tropic of cancer. There were many cold regions in Heilongjiang Province. Most of Heilongjiang province in winter were covered with ice and snow. People often take skating, skiing and playing on ice as competitive events. Some areas in the province belong to the plain, the open terrain provides favorable geographical advantages for horse racing, the traditional sport events, etc. From this, we can see that on this rich land in Heilongjiang Province, people of all nationalities have created a unique sports mode with their own national characteristics in their daily labor and production, and continue to inherit and develop it. Then, gradually formed a strong national characteristics of the traditional sport culture system.

## II. DIVERSITY OF FORM

There were significant differences in the types and contents of traditional sports among the ethnic minorities in the region, which was due to the dispersion of ethnic minorities. In the region where they exist, ethnic groups have gradually formed different modes of production and habits of life, and the traditional national sports comes from the specific ethnic groups. The traditional sport style with its own folk customs and national characteristics reflects its cultural tradition and folk customs. For example: pearl ball, national wrestling (Boque, Korean wrestling), archery, shoe racing, neck strength, playing Blu, all these have been listed as traditional ethnic sports events.

With the continuous inheritance and development of national tradition sport culture, Heilongjiang national tradition sport culture combines the time with the national tradition, and constantly innovates and enriches the national tradition sport culture system and content.

## III. NECESSITY OF DEVELOPING NATIONAL TRADITION SPORT CULTURE IN COLLEGES AND UNIVERSITIES

### A. Beneficial to the Inheritance of National Tradition Sport Culture

The national tradition sport culture was a national treasure, which should be inherited and developed on the platform of colleges and universities. Heilongjiang Province contains many ethnic minorities, which is the fusion of national tradition sport

culture. Colleges and universities in the province have professional teachers, can give a full interpretation of the local national habits, customs, and traditions, also they can make a correct understanding of the traditional national sports events inherited from generation to generation, and ensure the authenticity of the content of inheritance [3]. By correctly understanding and explaining the connotation of the national tradition sport culture, taking the essence of each nationality's traditional sport culture, and eliminating the "dregs". The professional knowledge was used in the teaching to offer a national traditional physical education course, which is not only in line with the spirit of national tradition sport, but also suitable for students to study. Thus, the colleges and universities become the dissemination platform of the national tradition sport culture, which make the national tradition sport culture be valued and developed in the teaching, and ensure that it is passed on through the formal and scientific way [4].

#### *B. Beneficial to the Enrichment of College Students' Physical Activity in School.*

Although the students of ethnic minorities have some understanding of the folk customs of their own, they do not know deeply about the traditional sport culture of the nation. And the popularization of physical activity in the school is relatively single, thus the sports activities were not popularized in schools. In order to standardize the traditional national sports events in the colleges and universities for the national tradition sport culture education, the teachers should integrate the national tradition sport system [5]. So that students can easily understand and familiar with the traditional national sports development methods and rules. College teachers can combine the modern scientific teaching method, combine the time with the tradition to arouse the students' interest in the traditional national physical education. Then makes the traditional national sports not only limited to the physical education curriculum content, but also in the extracurricular fitness entertainment, greatly enriched the college students' physical education life. At the same time, understand the national characteristics and national spirit embodied in the traditional national sports.

#### *C. Beneficial to Improve the Quality of Physical Education Reform in Colleges and Universities.*

Physical education course is an important part of the college curriculum, which can improve the students' physical quality and physical ability. However, the current physical education teaching mode and content in colleges and universities were generally too fixed, modular, single teaching content, lack of innovation, the students' interest in curriculum learning was not high, which seriously hinders the process of physical education teaching reform [6]. Traditional national sports is the essence of historical precipitation. College students have a strong interest in the traditional national sports curriculum, and bring national tradition sport culture into the physical education syllabus of the colleges and universities, which is the new contents for sports curriculum, and also promote the inheritance and development of national traditional culture [7]. According to the teaching conditions of the school, the college teachers should introduce some traditional national sports which has been developed and loved by the students, into the university physical education curriculum. So as to encourage and stimulate the university teachers to play the innovative ability and improve the quality of physical education reform in colleges and universities.

#### *D. Beneficial to Improve the Physical Quality of College Students and Cultivate their National Pride.*

Liang Qichao's "Young Chinese said" mentioned that "Strong youth lead to a strong country". On the one hand, it refers to the physical quality of teenagers. The lack of interest in sports and the recognition of the necessity of physical exercise has seriously hindered the overall improvement of college students' quality. The curriculum of traditional national sports culture education in colleges and universities can not only make the physical education curriculum more diversified, but also increase the flexibility of students' choice of curriculum. At the same time, the students can improve their physical quality and achieve the all-round development of morality, intelligence, physical beauty and beauty [8]. The development of national tradition sport can improve college students' cognition of national traditional culture. The students directly participate in national tradition sport, which could be more intuitive to understand the traditional national sports culture contained in each competitive sports. Then, experience the rich cultural achievements brought about by the national wisdom of labor. Thus, cultivate the sense of national pride and develop the national spirit of patriotism[9].

### IV. THE FEASIBILITY ANALYSIS OF DEVELOPING NATIONAL TRADITION SPORT CULTURE IN COLLEGES AND UNIVERSITIES

#### *A. Government Attention*

national tradition sport culture is the outstanding traditional culture with unique charm in Heilongjiang province. It is an important embodiment of the soft power of Heilongjiang culture, and also an important part of Heilongjiang culture. Go deep into the masses to dig deeply into the historical origin of the rise of each national tradition sport event, and integrate the sports resources of the distribution regions of various nationalities in Heilongjiang Province, and build a resource sharing platform for the exchange of traditional sport and culture among the various nationalities. Can continuously perfect and supplement the traditional sport culture system of Heilongjiang Province. In order to propagate the national tradition sport culture better and let more people understand and participate in the national tradition sport events, the government will organize the traditional sport games of ethnic minorities every four years. It is reported that Heilongjiang Province, the first traditional sport games of ethnic minorities held in August 1982 in Mudanjiang city, and then held every four years.

Heilongjiang provincial people's government attaches great importance to the development of national tradition sport culture. Because the distribution of ethnic groups in the region is more scattered and complex, the support of the government is particularly important for the development of national tradition sport culture. In order to promote the development of national tradition sport culture, improve the participation of the masses, and promote the healthy life style of national fitness, the government add the fitness equipment and facilities in the urban communities, and change and transform the sports venues in the areas where the ethnic minorities gather. The government also puts forward the teaching reform to encourage colleges and

universities to carry out the national sports culture education with regional local characteristics, which can protect the inheritance of regional local traditional sport culture.

#### *B. The Resource Advantage of Developing National Tradition Sport Culture Education in Colleges and Universities*

##### Teaching resource advantage

The development of traditional national sports culture education needs some specific practice sites and sports equipment. Colleges and universities have a certain level of teachers, the teaching facilities are relatively complete, which provide a material basis for the development of traditional national sports. At the same time, colleges and universities also have a lot of information resources, the teachers can communicate with each other in the process of curriculum development through the Internet. It is also possible to explore new methods and models of physical education teaching with foreign universities and colleges through Internet channels, to continuously improve the teaching ability of college teachers, and to display our excellent traditional national sports culture to the whole world. Let the world understand the Chinese traditional sport culture.

The teachers in colleges and universities are the leading in the teaching curriculum, and their knowledge structure and ability level will affect the teaching effect. Therefore, it is necessary to introduce new teaching contents, choose suitable traditional national sports as teaching courses to carry out teaching practice, to stimulate teachers' innovative consciousness, and improve teachers' ability of teaching innovation. Combined with the characteristics of the times, modern sports and national tradition sport are combined perfectly, and the traditional sport culture is endowed with new connotations. To attract students to actively participate in traditional national sports activities, give full play to the role of traditional national sports cultural platform.

##### *C. Communication group advantage*

There are 53 ethnic minorities living in Heilongjiang Province. Colleges and universities recruit a certain proportion of ethnic minority students every year. College students from all ethnic groups from all over the country gather in colleges and universities in the province. We can constantly supplement and perfect the types and forms of traditional sport in colleges and universities, renew the contents of traditional national sports, and help colleges and universities to carry out traditional national sports teaching. Give full play to the advantages of inheriting traditional national sports culture in colleges and universities.

College students have active thinking and strong ability to accept new things. Colleges and universities carry out traditional national sports teaching with national characteristics, break the boring teaching mode of physical education, promote students' interest in learning through the interesting and entertaining characteristics of traditional national sports, and let students go into nature after studying. College students' participation in traditional national sports can also satisfy their thirst for national traditional culture. In the Internet era, students' cognition and vision are wider, and sports competition is not limited to domestic. Colleges and universities enrich college students' understanding of physical education through the addition of traditional national sports culture education, and also understand the spirit of traditional national sports in our country through the competition of items in the teaching curriculum. Stimulate the pride of the younger generation in the traditional culture of the Chinese nation and strengthen the national cohesion.

College students are a generation connecting the past and the future. The ideological and moral values are in the stage of the formation of socialist core values, and they have the ability to distinguish between right and wrong. They are the front line of the new social thought, young and energetic, choosing to carry out traditional national physical education in colleges and universities is the sustainable development strategy of national traditional culture. In a region with a large number of ethnic minorities, colleges and universities can scientifically guide college students to set up correct values and ideologies, and accept positive patriotic education. To build a good atmosphere of campus culture, to cultivate socialist core values, and to strengthen ideological and political education of college students in minority areas. This is also an important way to promote the overall development of college students, with far-reaching significance.

##### *D. The charm of national tradition sport culture*

The national tradition sport culture is gradually developed and matured under a certain historical and cultural background. It has been passed down from generation to generation and gradually formed the national tradition sport culture system, which contains the national customs, styles and ethos of the nation. It is an important part of the traditional culture of the Chinese nation and has the value of historical inheritance. national tradition sport have historical, interesting, entertaining and profound cultural heritage. It is a mirror of history and can let us see directly the historical process of the continuous growth and development of various nationalities in Heilongjiang Province. Many national tradition sport are gradually evolved from the movement and habit of labor production. For contemporary youth who have not experienced that history, these characteristics are factors that attract college students to understand more deeply. When colleges and universities carry out traditional national sports culture education, they can enable students to relive history by actively participating in the sports of the project, and then can deeply appreciate the enthusiasm of social production at that time. And feel the national spirit and national cohesion, fully understand the connotation of traditional national sports culture.

## V. CONCLUSION

With the deepening of reform and opening up, the world's culture is moving towards the direction of diversification, and China is gradually improving the soft power of culture. Chairman Xi said 'Excellent Chinese traditional culture is our deepest Cultural soft Power. We should popularize the most basic cultural genes of the Chinese nation in a way that people like to see and have extensive participation in. Develop the cultural spirit, which transcends time and space, transcends the country, full

of eternal charm and contemporary value. Then spread out the achievements of contemporary Chinese culture innovation based on our own country and facing the world by inheriting excellent traditional culture and carrying forward the spirit of the times.' Under the opportunity of this era, the education of national tradition sport culture in colleges and universities in Heilongjiang Province is carried out, which reflects the inheritance and promotion of national tradition sport culture.

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