

The Important Role of Traditional Sports Culture in Promoting the Development of Sports Population

Han Bin¹, Liu Lanjuan^{2,*}

¹Guangdong Institute of Science and Technology, Dongguan, Guangdong, 523083, China

²Shanghai Normal University, Shanghai, 200238, China

*Corresponding author

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Abstract: Traditional national sports events play an important role in promoting the physical quality of the whole people. In the process of modernization, Manchu traditional sports culture is mainly characterized by hunting nationality, military inheritance, religious belief and ethnic integration. Mongolian traditional sports culture is the treasure of Chinese sports culture and the cultural collection left over from Chinese history. It is of great significance to the development of Chinese sports. Sports is an important part of all social undertakings. It not only plays a significant role in promoting people's physical and mental health, but also helps the city to establish a unique cultural style. The unique national characteristics are favored by all walks of life. The author develops and utilizes traditional sports activities of ethnic minorities in the western region of China, promotes the development of mass sports, implements comprehensive fitness programs in depth, improves the health of the nation's physique, enriches the social and cultural life, expands the sports population, and promotes the sustainable development of the western economy, explains in simple terms to arouse widespread concern in society.

1. Introduction

The national culture and national character unique to ethnic minorities can be manifested through sports activities. Sports activities can not only satisfy people's external sense of life value, but most importantly, physical activity can exercise people's physical quality and mental quality [1]. However, the objective real life content that people face in real life is very rich, and because of different ages, genders, occupations, family or individual economic conditions, physical health [2]. In the course of thousands of years of historical development, due to the differences in geographical conditions, production characteristics, living habits and religious beliefs of various ethnic groups and social and historical conditions, a hundred Chinese cultures with contending and blossoming have been formed [3]. Manchu traditional sports culture is a cultural form created and developed step by step in the course of thousands of years of historical development of Manchu. It is an important part of Manchu culture. It is rich in content and diverse in form [4]. With the changes of the times, some ethnic minorities migrate to other places, some are renamed other nationalities, and some live together with other nationalities. Their cultures once struggled on the edge of being assimilated by the Han culture [5]. Manchu's natural ecological environment and social changes determine Manchu's production and lifestyle, value orientation, ethical and moral norms, aesthetic psychology, religion and folk customs, thus producing sports and cultural characteristics with local characteristics [6].

With the development of social economy, more and more people attach importance to corporate culture. Xinjiang Mongolian, a typical animal husbandry ethnic group, inhabits the grasslands of northern and southern Xinjiang. However, a large number of facts show that the construction of corporate culture in China is far behind the requirements of enterprise development, and there are still some gaps in many aspects of corporate culture research. Manchu traditional sports can be roughly divided into two categories: military sports (mainly used for military training of the Eight Banners Army) and popular sports [7]. National traditional sports culture is a product of national

social, economic and life development, and evolves and develops with the development of society, economy and life. Today, with the rapid development of economic and cultural globalization, culture has increasingly become an important indicator of the comprehensive competitiveness of a nation, a region and even a country [8]. As the famous folklorist Mr. Zhong Jingwen said: “National culture is a bright mirror that can reflect the face of national life. The builders of modern society not only need sound people, but also builders with higher physical quality. In this sense, the research field of traditional sports culture in the process of corporate culture construction is very broad [9] .

2. Methodology

Mongolian traditional sports are a kind of sports practice with the animal husbandry society as the cultural background. Differences in thinking styles are also caused by differences in domestic and foreign educational methods. Therefore, the differences in the study of corporate culture patterns are also reflected. The corporate culture models summarized by foreign scholars are often based on a specific element and then extended to other elements [10]. In a nutshell, corporate culture is a flexible way of thinking at all levels. It enables the integration of enterprises within the enterprise, so that the development of the enterprise can be adapted to the development of the social environment, and these methods can be continuously Innovation and improvement. At present, some people's sports in the Manchu are still active in the life of the Manchu. Historically, the Manchu people have been hunting for a long time and are good at fighting, so they are good at riding and shooting. Riding and shooting later evolved into a sport. At that time, in order to improve the archery skills, also invented with the competitive nature of proofreading. As the essence of popular folk culture in a specific region, it produces a specific living space of the national society, reflecting the national lifestyle, behavior patterns and cultural psychological structure. The characteristics of traditional national sports are still quite obvious. It has the advantages of unique national style and plays an indispensable role in preserving and inheriting the national spirit and cultural connotation with unique charm.

As we all know, the traditional way of life of nomadic people is to live by water and grass. It can be said that everything is in a free state, completely different from the settled people. The main cultural activities of the respondents before and after their settlement are listed in Table 1.

Table 1 Main Cultural Activities Participated in Before and After Settlement

Contents of Cultural Activities	Cultural and recreational activities	Participation in public welfare activities	Watching TV movies	Reading Books, Newspapers and Magazines	Learning technology	Participation in National Sports Activities
Before settling	4	7	5	6	2	4
After settling down	5	3	4	6	1	9

Promoting traditional ethnic sports in the community can encourage more people to participate in it and enjoy the infinite happiness of sports. The traditional sports of minority nationalities are gradually produced, developed and evolved in the historical development process of social life, mode of production, religious belief, war, migration and so on. They are handed down from generation to generation, showing a cultural mode of national life. The People's Government of Guangxi Zhuang Autonomous Region has also held many traditional minority sports meetings, and has held 12 sessions so far. Wrestling, in ancient times, was called "Jiao Dui". Manchu people often competed and performed before entering the customs. At that time, it was a very common sport in the Eight Banners. In addition, Manchu sports include horse racing, horse vaulting, camel jumping, ice frolicking, swing, skiing, boat racing, corner arrival, batting, pearl picking and so on. Riding a

shot as a sporting event refers to horse racing and shooting. Herdsmen's settlement is a double-edged sword for the development of ethnic minorities. The author mainly investigates the development status of traditional Mongolian traditional sports through the methods of literature, expert interviews and field investigations.

3. Result Analysis and Discussion

The regional environment in which different ethnic groups live and the different natural conditions brought about by the regional environment make each ethnic group form a traditional sports activity different from other ethnic groups on its own cultural background. This is the regional nature of traditional national sports. feature. The Manchu entry indicates that the Manchu society has entered a new stage of development, and it also marks the Manchus' beginning to truly enter the mainstream Chinese culture. These traditional sports activities not only possess the essential functions of fitness and entertainment of sports culture, but also derive various social functions and play an important role in promoting the progress of regional society. According to the elaboration of traditional minority sports theory, literature and personal research results, people have a profound understanding of the rich connotation and cultural value of the times of traditional minority sports in Western China. The fireworks robbery competition in Dong nationality area of Guangxi Zhuang Autonomous Region can not only cultivate the sense of collective responsibility and belonging of the masses, but also promote the formation of a strong sense of discipline and organization. In this adjustment process, we should not only consider how to preserve the old sports culture tradition, but also how to create new sports culture tradition to better meet the needs of modern society and even future society. The Han nationality has a strong ability to penetrate the Manchu culture, which influences the transformation of the traditional sports culture of the Manchu nationality, and makes the Manchu people have to lose part of their cultural dominance.

With the change of settlement, some conditions, such as the restrictions of the venue, before and after settlement, people's entertainment activities have undergone a lot of changes. Taking horse racing, camel racing and playing blue as an example, the survey situation is shown in Figure 1 and Figure 2.

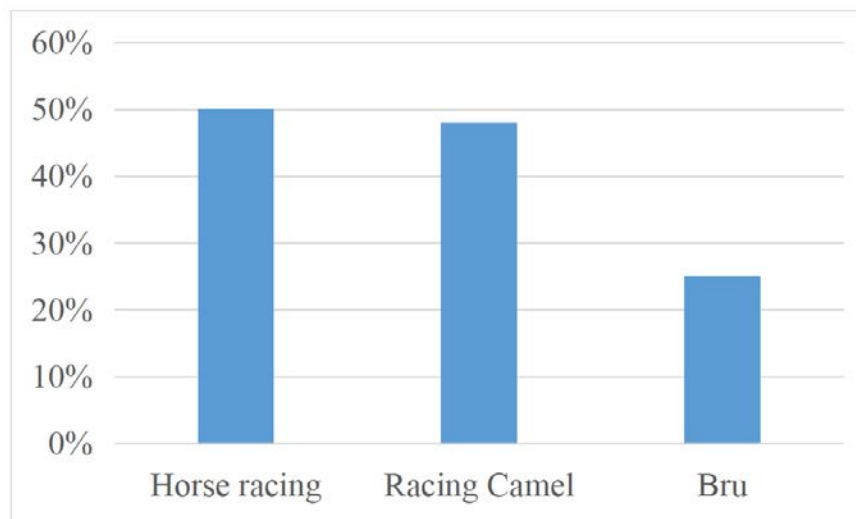


Fig.1. Traditional Sports Events before Settlement

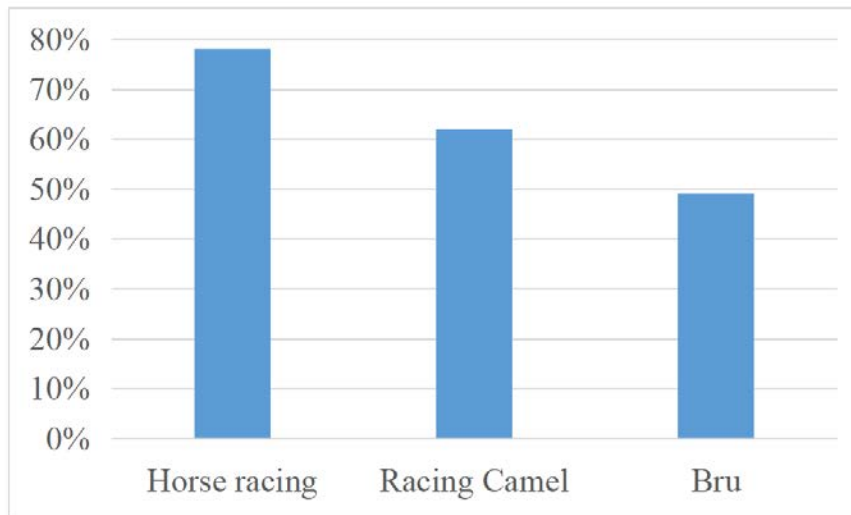


Fig.2. Traditional Sports Events Participated by the Survey Subjects after Settlement

Manchu traditional sports have experienced vicissitudes and sufferings in the long historical evolution. Every historical change, they are facing a new challenge. Skating is also a sport that Manchu people carried out long before entering the customs. Besides hunting and entertainment, it is also often used in war. It is a favorite sport for officers and soldiers of the Eight Banners. Great changes have taken place in the ecological environment, social environment and individual status on which Manchu's original culture is based. Thus it can be seen that the traditional sports culture of ethnic minorities in Guangxi contains tremendous national cohesion, is a link to maintain national feelings, and is a catalyst to promote inter-ethnic exchanges, integration and unity. In the real life, the definition of the sports population as a daily physical exercise is obviously not practical in the current stage of social development. The classification of sports population is a more complicated issue, and its focus is on the division of the composition of the sports population. The development of national traditional sports projects must have undergone a long process of development, in which the people's intelligence is fully demonstrated. To a certain extent, it has condensed the historical track of national economic and social development in different periods and is an important part of the traditional culture of ethnic minorities. After the excavation and sorting of the Manchu people, it has now become an official competition of the National Minority Traditional Sports Games and has been promoted throughout the country.

4. Conclusions

Sports awareness is not innate. Its formation is influenced and restricted by many factors. Family sports is one of the most important factors. Of course, it also involves various factors including politics, economy, culture and history. influences. Only by giving full play to the advantages of national traditional sports and combining it with the cultural characteristics of the community and strengthening the management of sports culture can we effectively promote the construction of community sports culture and provide more convenient services for the masses. In the face of the historical development opportunities of economic development in the west and the in-depth development of comprehensive fitness, the western region must seize the opportunity of historical development and vigorously carry out traditional sports activities for ethnic minorities. Sports consciousness is formed in the course of people's daily sports activities through the process of "knowing - practicing - accumulating - recognising - practicing - accumulating". Under the external policies such as the government, it has brought great influence on the development of Mongolian sports culture in Xinjiang. We believe that for the development of traditional sports culture of ethnic minorities in Guangxi, we should first increase the government's behavior, in order to better play the economic and cultural values of traditional sports of ethnic minorities. Nowadays, with the globalization, the exchanges between different nationalities in Manchu area are more frequent, the

traditional sports culture of Manchu is more abundant, and the original traditional sports culture of Manchu is also undergoing obvious or recessive changes, reflecting the characteristics of cultural and ethnic integration.

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