

Research on the Ways of Colleges and Universities Participating in Minority Physical Education

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Abstract: Carrying out traditional minority sports teaching in schools can promote the physical development of teenagers, protect and inherit the traditional minority sports culture, and promote the innovative development of primary and secondary schools. This paper adopts the methods of literature review, questionnaire, and action research method, put forward the inheritance and development of traditional minority national sports, education teaching resources of colleges and universities to the full and effective combination of the resources of the primary and middle schools in ethnic minority areas, with the resources of the university as the lead, with a pair of primary and secondary schools, teaching, extracurricular activities and interaction in fusion research, competition guidance, effective guidance of traditional minority national sports curriculum resources development and utilization; Make full use of “national training program” and special training to train teachers with innovative ability; Jointly explore the appropriate evaluation mechanism, gradually form a long-term cooperation mechanism for colleges and universities to participate in primary and secondary school physical education, and expand the dimension of the inheritance of traditional physical education of ethnic minorities in Yunnan province.

1. Introduction

Carrying out traditional minority sports in schools can strengthen the will quality of teenagers, promote physical development, and promote the inheritance and development of traditional minority sports. Issued by the general office of the state council “about strengthening school sports to promote the development of students' physical and mental health comprehensive opinions (countries do hair [2016] 27 file explicitly points out that strengthening the construction of school physical education curriculum, the school should according to oneself circumstance, vigorously promote infrastructure projects and national sports project, further excavate national folk sports, enrich and rich sports curriculum content [1]. Inheriting minority sports through education has always been a path explored in educational research. With the implementation and supervision of the balanced development of education by the Ministry of Education, basic education in Yunnan province has been greatly improved. Primary and secondary schools in Yunnan province have begun to pay attention to the teaching and reform of physical education courses. In order to better form the school physical education with unique Yunnan characteristics, many schools begin to try to put the minority sports into the school physical education curriculum, but so far there has not been a certain system. This paper will combine the educational reality of Yunnan province, according to the characteristics of various minority sports projects, combined with the goal of physical education development in primary and secondary schools in minority areas, explore suitable ways and means for Yunnan traditional sports projects to carry out education and teaching in primary and secondary schools, and accelerate the development of basic education in minority areas. The education and teaching resources of colleges and universities are fully combined with the resources of primary and secondary schools in minority areas effectively, the advantages of colleges and universities are used to guide primary and secondary schools to carry out the teaching of traditional minority sports, and to promote and inherit minority sports culture through multiple channels.

2. Status Quo of the Development of Traditional Minority Sports in Universities, Primary and Secondary Schools in Yunnan Province

As an important position of cultural inheritance, colleges and universities should shoulder important responsibilities in the aspect of national cultural inheritance. There are 59 colleges and universities in Yunnan province. Among the colleges and universities in Yunnan province, more than 15 colleges and universities offer traditional minority physical education courses, set up traditional ethnic physical education courses, and systematically teach traditional ethnic physical education courses. Many universities have rich research achievements in minority sports. In terms of the specialization of traditional ethnic sports, Wenshan College, Baoshan College and Honghe College have set up special courses of traditional ethnic sports on the basis of the extracurricular training of traditional ethnic sports. In terms of training bases, and understanding, the province a total of more than 10 local universities set up the national tradition sports training base, specifically for part of the minority games competitions has formed a team, a long-term systematic training, and on behalf of the local governments at all levels, schools to participate in all kinds of ethnic minority sports, has accumulated rich experience in training game.

In recent years, people pay more and more attention to the traditional minority sports which have strong national cultural characteristics, recreational, interesting and physical and mental health functions. The traditional minority physical education enters the classroom to carry on the teaching activity, injects the new vitality for the modern school physical education teaching activity. At present, many primary and secondary schools in Yunnan province also carry out the inheritance and teaching of various ethnic minority sports culture to a certain extent. For example, the shuttlecock kicking, wrestling, folk dance and national aerobics carried out by Kunming Minde Middle School; The national body-building exercise, national dance and national radio exercise carried out by Yunnan Nationality Middle School [2]; Yao calisthenics and Zhuang calisthenics of Danfeng Primary School in Shizong County, Qujing City; Qujing Wulong Primary and Secondary School bamboo dance, gyro, wrestling teaching and competition; Dali No. 5 Middle School to carry out farewell whip, wrestling, kicking shuttlecock and other events. With the increase of “one school, one product” and “one school, many products” in primary and secondary schools, as well as characteristic schools and ethnic traditional model schools, more and more primary and secondary schools are involved in the inheritance, construction and promotion of ethnic minority sports projects.

According to the survey, most local colleges and universities in Yunnan province are involved in the inheritance and promotion of traditional minority sports to varying degrees, and the research results on traditional minority sports are fruitful. Some local colleges and universities have instructed some primary and secondary schools to carry out the teaching and training of traditional minority sports. Such as Honghe University, Qujing Normal University, Chuxiong Normal University, etc. However, there are different degrees of problems in the participation of local universities in the work of primary and secondary schools.

3. Ways for Local Colleges and Universities to Participate in the Development of Traditional Minority Sports in Primary and Secondary Schools

It is very necessary for colleges and universities to participate in the development of minority sports programs in primary and secondary schools in Yunnan province. At present, some primary and secondary schools have certain PE content as minority folk sports programs, but in the process of development, course teachers always encounter many problems. How to effectively solve the problem, make primary and secondary schools of minority sports sustained, only put traditional minority national sports in the school sports education, the use of the resources of colleges and universities and research platform, and a pair of primary and secondary schools, in teaching, extracurricular activities, interactive teaching and research cooperation, build up a good college participation into the model, indeed make Yunnan traditional minority national sports form inheritance way of organizing a dragon, from the grab, grab from the education, the students gradually advancing minority traditional sports inheritance and mining.

3.1 Government Departments Should Take the Lead, Strengthen Cooperation and Build a Good Cooperation Platform

Local colleges and universities to participate in the training of primary and secondary schools of traditional minority national sports teaching, promote the traditional minority national sports in primary and secondary schools to promote heritage, on the one hand, need to relevant government departments such as across ethnic and religious committee, the local department of education, many universities such as the government's policy support, guarantee of university teachers have enough time, energy, engaged in the development of traditional minority national sports and inheritance work. On the other hand, we also need some financial support from relevant parties, so as to better and more effectively complete relevant integration and interaction. As a city where national religious committee, bureau of education, under the support of local colleges and universities cooperation, after more than a year of efforts, has 40 ethnic solidarity demonstration school in the city for the training, and with the 6 pair of primary and secondary schools, mutual cooperation, the sustainability of local colleges and universities to guide the development of traditional minority national sports in primary and secondary school. Only under the leadership of the relevant government departments, matchmaking, multi-party cooperation, joint construction of a good platform for cooperation, full use of the resources of local universities and primary and secondary schools, so that the development of traditional minority sports can be effectively carried out.

3.2 Colleges and Universities Shall Guide and Help Determine the Teaching Content System of Traditional Minority Physical Education for Primary and Secondary Schools

In recent years, with the continuous deepening and development of education and teaching reform, in the physical education classroom teaching of primary and secondary schools in minority areas, there will be some traditional sports items with local ethnic characteristics to varying degrees. However, there are still some deficiencies in the physical education training of minority nationalities, which need to be gradually standardized and improved. Colleges and universities shoulder the important task of training specialized talents engaged in physical education and national traditional physical education, and have a systematic and perfect teaching system in terms of curriculum system, teaching methods and skills training. Colleges and universities can make full use of the existing faculty, rich teaching resources, innovation of teaching means and the complete national equipment facilities, for the development of traditional minority national sports project school system, the guidance of primary and secondary school teachers to traditional minority national sports teaching and training in practice there is method can be reference, thus can make traditional minority national sports for a long time. In fixed teaching time, colleges and universities can send experienced teachers to some primary and secondary schools to carry out teaching guidance of traditional minority sports projects, and carry out communication and interaction on the development of the project, innovative teaching methods.

Local colleges and universities and primary and secondary schools can choose targeted schools of traditional minority national sports, national minority games official competition projects can be incorporated into the school sports teaching, can also according to the national characteristics of the location of primary and secondary schools, selected with the national characteristic, the national folk project to make the system of teaching, help the development of traditional minority sports project school formed characteristic style, make the top a school sports characteristics.

3.3 Professional and Systematic Competition Guidance and Communication

The main evaluation and feedback of the teaching and training of a sports project is the competition. By holding the competition and performance of the traditional sports of ethnic minorities, the national culture can be spread so that more ethnic groups, students and the masses can participate in the traditional sports of ethnic minorities and feel the beauty of the national sports. Colleges and universities have an important responsibility to promote the competitive sports of ethnic minorities. Colleges and universities, especially those focusing on teaching and research, should improve, innovate and study the projects that students are interested in and participate in,

and work out sports events and rules with strong operability and competitive functions. In addition, I will concentrate my time on organizing competitions and performances for ethnic minority projects, so that more ethnic groups and students can participate in the competitions and communicate with each other through the competitions. At the same time, it also builds a communication platform for PE teachers and students from different ethnic groups and schools, fully displaying the cultural and educational value of minority sports. Through the competition, the university can also provide more minority sports reserve talents.

3.4 College Teachers Participate in the Development and Research of Minority Physical Education Curriculum in Primary and Secondary Schools

At present, school-based curriculum development has become a basic policy of curriculum reform of basic education in China. The government encourages schools to effectively develop school-based curriculum based on the actual situation. In Yunnan, the national tradition sports fully integrated into the basic education, inheriting the national folk sports, make the minority folk sports have a better development, need with the aid of universities' scientific research strength, fully the lead of national traditional sports in primary and secondary school teachers in the teaching system of teaching material construction, and developed some high quality of school-based curriculum, to fully embody the teaching in the course of law, and carries on the choice of national projects, more want to reflect the national character. When leading primary and secondary school teachers to study the teaching material and evaluation of traditional ethnic sports, college teachers can start with the basic concept of teaching material and grasp the content selection and orientation of traditional ethnic sports courses centering on the theoretical basis of teaching material. In the full understanding of the action of all national sports development series, and the influence factors of motor development, and then according to the actual needs of each nation or each actual school course content choice, and according to the selection of teaching content, students' physiological characteristics, psychological characteristics, motor skills, develop the scientific and reasonable teaching methods, such as social development and training methods, to guide the teaching of primary and secondary school teachers. Teachers in local universities can apply for related projects with primary and secondary school teachers in cooperation with their own scientific research advantages and guide them to complete in practice, which is a win-win model for both sides.

3.5 Colleges and Universities Use Various Kinds of Teacher Education and Training to Improve the Teaching Ability of Teachers

In primary and secondary schools, the most important thing is the teaching staff. How to effectively carry out the teaching of traditional minority sports must put the training of teaching staff in the first place. Over the years, many colleges and universities in Yunnan province are to carry out the “national culture plan” sports discipline training, colleges and universities through the “the plan” culture, special training, the training of teaching form, the traditional minority national sports teaching concept, teaching methods, training method and the way of competition into the training content, let more primary and secondary school teachers to understand and master the minority sports in the teaching of physical education curriculum and teaching methods, pay attention to ethnic minority sports culture, sports study, master the traditional minority national sports in mining, inheriting, creating and method, learn to use interdisciplinary theory are modified, Choose the sports suitable for the course. At the same time, school-based curriculum materials that meet the school's development goals and needs can be developed to promote traditional minority sports in schools. In addition, local college teachers should regularly train and evaluate PE teachers in primary and secondary schools to stimulate their teaching initiative. At the same time, interactive integration is carried out, and various kinds of observation activities are actively carried out, including on-site teaching observation and multimedia demonstration observation, which is conducive to promoting communication between teachers.

3.6 Colleges and Universities Participate in and Guide the Construction of Minority Sports Culture in Primary and Secondary Schools

The construction of campus culture is must in the development of a school culture, to let more people understand traditional minority national sports, and to get people's understanding and the understanding, acceptance, be loved and interested in activity, must give priority to with the curriculum in primary and secondary school, extra-curricular activities and auxiliary conditions, a comprehensive construction of campus sports culture. In particular, the model schools of unity of ethnic minorities in the whole province need to take the construction of ethnic culture as a characteristic and a brand of traditional sports of ethnic minorities. Colleges and universities can make use of rich cultural resources to help primary and secondary schools to carry out the propaganda of ethnic culture and the selection of educational activities, so as to effectively integrate minority sports cultural resources into the construction of campus culture.

3.7 Jointly Establish a Good Evaluation Mechanism of Minority Physical Education Teaching

For the development of minority sports, teaching evaluation must be carried out in real time. There are many minority sports items, and there are more than 400 minority sports items excavated in Yunnan province. Different items have different activity rules, competition rules, training equipment and other aspects. How to evaluate scientifically and reasonably when carrying out the most important activities in primary and middle schools? In terms of project evaluation, more different indicators of ethnic traditional experience projects should be selected to select appropriate evaluation methods, which can be determined as follows: teacher evaluation, objective test and student mutual evaluation, supplemented by performance and competition activities [3]. Primary and secondary school physical education teaching evaluation mechanism, has been the university and primary and secondary school physical education teachers to discuss topics, the development of traditional minority national sports, curriculum evaluation mechanism and the organic integration of traditional evaluation index need to, in the general physical education curriculum according to the characteristics of the ethnic minority sports to complete the evaluation index system and assessment method. In addition, traditional minority national sports game, the rules are different, in the evaluation of teaching and research, in view of the different minority tradition and project different evaluation means and methods, focus on students' learning, evaluate students' learning ability, focus on cultivating the students' interest in learning, stimulate the students actively participate in the traditional minority national sports teaching task.

4. Conclusion

The inheritance of traditional minority national sports development is a difficult task, to explore a set of suitable for the primary and secondary schools in Yunnan province in the development of traditional minority national sports mode, with the resources of the local colleges as the lead, the formation of colleges and universities to participate in the middle and primary school sports cooperation mechanism for a long time, effectively guide the development of traditional minority national sports curriculum resources and teaching, to speed up the way of the inheritance of traditional minority national sports education, guide the students of elementary and middle schools in Yunnan province correctly grasp the national traditional sports skills, develop the students' awareness of traditional minority national sports, enlarge the dimension of the inheritance of traditional minority national sports in Yunnan province, Multi-channel promotion of Yunnan minority sports culture inheritance and development.

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