

Research on International Students' Participation in Sports and Interaction between Chinese and Foreign Sports Culture

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Abstract: Sports is one of the components of culture and an important expression form. With the improvement of China's international status, the number and scale of overseas students in China have been expanding. International students can strengthen cultural exchanges with Chinese students through the form of sports, so as to realize the exchange activities of Chinese and foreign sports culture, and also promote the traditional Chinese sports culture to enjoy a certain reputation internationally. At the same time, China can adjust the curriculum content according to the development of international students, enrich the traditional sports forms, introduce excellent teacher resources, stimulate the participation interests of international students, promote the exchange and interaction between Chinese and foreign sports culture and improve the internationalization level of physical education in China.

1. Introduction

Culture is one of the important means to carry out international exchange and enhance international status. Cultural exchange can not only promote the spread of Chinese traditional culture, but also introduce some new ideas to promote cultural development. As a part of culture, sports culture plays an important role in international communication. For international students from different countries and regions, carrying out sports activities can help them deepen their understanding of Chinese traditional sports, understand and accept sports culture, so as to promote the international development of sports culture.

2. Necessity of International Students' Participate in Sports and Interaction between Chinese and Foreign Sports Culture

2.1 Effective Path to Realize the Dissemination and Development of Chinese Traditional Sports Culture

International students come from all over the world and they are an important way to communicate with the world. Colleges and universities can guide international students to participate in sports, understand Chinese traditional forms of sports, establish a certain interest, deeply explore sports culture, understand the formation and development of Chinese sports culture and the impact on the nation. After returning to their own countries, international students can extend this form to their own countries. With the help of this way, the traditional sports culture can be exchanged and spread internationally, and the scope of dissemination can be expanded.

2.2 Enhance the Internationalization Level of Physical Education in China

In recent years, the scale of overseas students in China has been expanding, which means that China's higher education and international exchanges are closer, and presents a good development trend. In view of this situation, carrying out sports culture exchange activities for international students can facilitate the spread of culture through sports, set up relevant physical education courses according to the development of international students, strengthen physical exercise,

constantly adjust the teaching level, improve the international level of physical education in China, so as to promote the smooth progress of sports cultural exchange between China and foreign countries.

3. Problems of International Students' Participation in Sports

3.1 Students' Low Interest and Participation

International students come from different regions with their own culture, so there can be great differences in culture, which makes it difficult for some international students to understand Chinese traditional sports culture and stimulate their interest. As a result, international students' participation in sports class is not high, and they have little knowledge of China's traditional sports culture, so it is difficult to realize the international dissemination of Chinese sports culture. Moreover, in sports, due to the low level of international students' sports and the lack of understanding of China's sports culture, the smooth development of sports and the interaction between Chinese and foreign sports culture are affected.

3.2 Unreasonable Curriculum

There are few physical education courses for international students, and the sports form and content selected are also less. Different sports activities are set up for international students every week. International students finish the course learning without a thorough understanding and the time until next course is so long that the students have forgotten the knowledge of the class before. This unreasonable curriculum is not conducive to the participation of international students in sports, and also has certain restrictions on the dissemination of sports culture in China. The limited physical education curriculum limits the curiosity of international students, and it is difficult to fully mobilize the enthusiasm of international students and meet the needs of international students for physical education courses.

4. Effective Measures to Promote Interaction between Chinese and Foreign Sports Culture

4.1 Apply Abundant Forms of Physical Education to Enrich the Course Content

In order to give full play to the advantage of international students and realize the spread of Chinese sports culture, it is necessary to do a good job of physical education for international students. First of all, in terms of curriculum, it is necessary to improve the degree of attention of colleges and universities, give certain support to physical education teaching, allocate reasonable time, and pay attention to the richness of the course content. Menu teaching can be used to reasonably classify sports items, and then foreign students can choose their favorite sports to study. This form leaves enough space for international students to choose and study, and at the same time, it can stimulate their curiosity, actively participate in the physical education curriculum, understand the traditional forms of sports in China, actively learn Chinese sports culture, cultivate international students' interests and hobbies, experience the sports culture in the process of sports learning, promote the international students' love for sports culture and promote the exchange and interaction between Chinese and foreign sports culture.

4.2 Introduce High-Quality Teacher Resources to Ensure Teaching Quality

In order to carry out physical education for international students and realize the exchange of sports culture between China and foreign countries, the support of high-quality teacher resources is indispensable. Therefore, colleges and universities should strengthen the construction of teaching staff, select a group of traditional sports teachers with higher professional quality according to the physical education courses to show the charm of traditional sports for international students, guide

international students to participate in sports activities, learn sports and feel the traditional culture permeated in them. Physical education teachers should reasonably set curriculum objectives and choose appropriate teaching mode, so that international students can understand the characteristics of the sports project and follow the teacher's plan to carry out efficient learning. In the process of teaching, teachers can also try to connect sports culture with regional culture to show unique characteristics, so as to attract international students to dig into China's traditional sports culture, improve their knowledge reserves and professional level, so as to facilitate international students to participate in sports cultural activities efficiently and carry out the exchange and interaction of Chinese and foreign sports culture.

4.3 Set Up Theme Associations to Promote Cultural Construction and Exchange

Setting up theme associations can attract a group of young people with common interests. Teachers with rich professional skills can lead the associations to carry out various community activities and set up a series of activity plans according to the characteristics of sports. Students can trace back, explore the origin and development of sports, read materials in the library, and excavate regional culture in the origin place of sports. They can also carry out extracurricular practice activities, participate in sports activities held by provinces and cities, or look for sports clubs, etc. Carrying out a variety of sports activities is conducive for international students to deepen their understanding and cognition of the sports project, produce new ideas in the process of continuous exploration, and understand the contained traditional culture, promoting the sports culture exchange at home and abroad and realizing the construction and development of traditional sports culture in higher education.

4.4 Do a Good Job of Publicity with the Help of New Media

Some international students are not interested in Chinese traditional sports, in part because they don't have a comprehensive understanding. In view of this situation, China can do a good job in the publicity of traditional sports with the help of the Internet, such as open new media accounts to update various explanations and activities about sports every day, and guide foreign students to log on to the sports website of the university to learn about Chinese sports. Maybe a certain sport will become a bridge between Chinese and foreign sports culture. After helping international students establish the learning interest, teachers can also try to post videos of students' daily practice and learning in the new media account to guide international students to talk about their feelings. International students can also publish the videos displayed by their teachers on their own social platforms and introduce the sport, so as to expand the spread range of Chinese traditional sports, gain more attention of other countries, and help to realize the exchange and interaction of sports culture.

4.5 Carry out Cultural Exchange Meeting to Know the Mastery of International Students

After a period of teaching and training, colleges and universities can carry out sports exchange meetings and other activities to guide international students to participate in them. They can talk about their feelings about sports combined with their recent sports and participate in some small competitions or activities, so that teachers can master the recent learning situation of international learning and give them proper guidance and correction. In the aspect of sports culture, international students have their own views. Due to the cultural differences, their cognition of Chinese culture is biased. However, through communication and interaction, as well as personal experience in the actual activities, international students have a new understanding and cognition, which is conducive to the development and dissemination of Chinese sports culture.

5. Conclusion

In a word, colleges and universities should recognize the function of international students' cultural exchange, pay more attention to sports culture construction, set up relevant physical education courses, enrich the course content, attract international students to actively participate in these courses, help students understand Chinese traditional sports form and feel the contained sports culture. In the continuous guidance and exercise, international students have a certain understanding and cognition of China's sports culture, establish a certain interest and spread it to their own countries through the Internet, realizing the exchange and interaction of Chinese and foreign sports culture, expanding the dissemination scope of Chinese sports culture, further realizing the cultural exchange and dissemination, and contributing to China's international development and status promotion.

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