

A brief analysis of rope skipping education in colleges and universities and the spread of traditional culture

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Keywords: National Traditional Sports; Sports Culture; Rope Skipping Education

Abstract: In modern society, rope skipping has become a popular and universal sports activity. Rope skipping has a long history in our country, and it is an indispensable part of inheriting excellent traditional Chinese culture. It integrates the characteristics of fitness, entertainment, competition, watching, and so on. It also shows the value of the times, such as carrying out national sports, enriching sports resources and inheriting traditional culture, and has the educational function of culture. This paper traces the development history of rope skipping, the characteristics and value of rope skipping and the development of rope skipping education in colleges and universities. A brief analysis of the promotion of rope skipping education in colleges and universities to carry forward the excellent sports culture of the Chinese nation and inherit the excellent traditional Chinese culture.

Rope skipping refers to the sports activities in which one, two or more people hold one, two or more ropes, in which their arms swing, while one, two or more people jump in the rope. Dating back to the history of our country, rope skipping has many names, such as “透索 rope skipping” in the Tang Dynasty, “跳索 rope skipping” in the Song Dynasty, “白索 white rope” in the Ming Dynasty, “绳飞 rope flying” in the Qing Dynasty, and “跳绳 rope skipping” in the Republic of China. Since 1957, Modern rope skipping has had the title of “pattern rope skipping”.

I. The development history of rope skipping

Rope skipping has a very long history in our country. Dating back to the period of Xuanyuan Yellow Emperor, Cang Jie invented tie knots with rope. Historians infer that rope skipping had become a sport in this period. In the Han Dynasty, "Music and Dance Hundred Plays, carriages and horses" in this stone carving, there has been a portrait of rope skipping, which shows that rope skipping events in this period have been more common. After that, in the historical records of rope skipping, for example, in the *Book of Northern Qi*, there is a description of "the wanderer is good to hold the rope in both hands, brush the ground and jump on the ground." After the long historical evolution and development, rope skipping has evolved from the initial simple jump to a collection of fitness, entertainment, competitive and ornamental characteristics in one, rich in content and form of sports.

II. The characteristics of rope skipping and its value of the times

2.1 Characteristics of rope skipping

2.1.1 Universal adaptation and acceptability

The content and form of rope skipping are rich and diverse, techniques and movements are complex and simple, and can be learned as soon as they learn. Rope skipping is a suitable and easy-to-understand traditional sports activity for both the elderly and children. In addition, rope skipping is generally not affected by external conditions, such as season, venue, weather and climate and other factors will not have an impact on it, can be carried out anytime and anywhere.

2.1.2 Physical fitness

As a sport, rope skipping, which is praised by European and American medical scientists as "the most perfect healthy sport", can not only promote people's health, but also has the value of preventing diseases. And as an aerobic exercise, the energy consumption of ten minutes of rope skipping is equivalent to that of jogging for half an hour. Some studies have shown that long-term, long-term rope skipping exercise can exercise and improve people's heart function, effectively prevent heart disease, hypertension and other diseases, and effectively exercise the function of the nervous system. At the same time, rope skipping can improve people's physical development and promote the healthy development and growth of children.

2.1.3 Entertainment

Effective sports activities can promote people's physical and mental entertainment and effectively alleviate people's psychological pressure. People jump rope after study or work to strengthen their health, prevent diseases and at the same time entertain the body and mind and relieve stress. In addition, the participation of many people in rope skipping has effectively promoted people's unity, cooperation and communication.

2.1.4 Ornament

Pattern rope skipping was founded by Chinese rope king Hu Anmin in the 1950s, which combines music, dance, sound and light and other elements. Pattern rope skipping after half a century of development, and has a strong ornamental and performance value. In recent years, all kinds of large-scale activities in China have participated in rope skipping and achieved excellent results.

2.1.5 Competitiveness

Rope skipping has a strong competitive nature. First, rope skipping has a unified competition standard. In the "Chinese Rope Skipping Competition Rules" adopted by the State Administration of Sports, the rope skipping competition is clearly divided into three categories: timing and counting competition, pattern competition and exhibition competition, and has detailed evaluation criteria. Second, the content of rope skipping is diverse, people can compile their own actions, and the arrangement of a wide range of space.

2.2 The times value of rope skipping

2.2.1 Promoting national fitness

With the development and progress of society, people's awareness of sports participation is also increasing, and sports is gradually becoming an indispensable part of people's life. As a traditional Chinese sports, rope skipping has a good mass foundation, and its many characteristics also adapt to the growing needs of people, and become an indispensable sport in national fitness.

2.2.2 Enriching social sports resources

In addition to running and fitness walking, there are table tennis, tennis, basketball, volleyball and so on, but to a large extent, the main sports events of 16-19 year-old teenagers in China are restricted by external conditions such as venue and climate, in addition to running, fitness walk, table tennis, tennis, basketball, volleyball and so on. However, rope skipping is limited by external conditions, and has a good mass foundation and good physical fitness effect. The development and promotion of rope skipping make up for the lack of social sports resources in our country.

2.2.3 Spread of fine traditional culture

China is the birthplace of rope skipping, inseparable from the daily survival and practical activities of our people. In the ancient text "Youzhou Custom" there are records "A peaceful drum is beaten dong dong. In the white light like wheel ware some dancing children: one child skips the rope, the other child sings a song, another child dances in the white light." In "Fu Zhi", of *The History of the County* is the record "In the first month of New Year's Day every year, children play by rope jumping." From this we can see that in the course of thousands of years of historical development, rope skipping has accumulated a very rich traditional culture of the Chinese nation. Therefore, rope skipping is not only a sport. It also carries and inherits the rich spirit and connotation of national culture. Participating in rope skipping can deepen people's understanding of the history of the development of the Chinese nation, deepen people's understanding and recognition of national culture, enhance people's sense of national pride, and be conducive to the spread of Chinese fine traditional culture.

III. The development of rope skipping education in colleges and universities

The school is an important place to inherit and carry forward the excellent Chinese traditional culture. On the basis of understanding and mastering the students' health, college sports can enrich students' extracurricular activities by inheriting the traditional sports-rope skipping as the carrier. At the same time, improve the physical quality of students, cultivate students' tenacious struggle, the spirit of unity and cooperation, national self-confidence and pride, and carry forward the excellent sports culture of the Chinese nation. The following are the main measures to carry out rope skipping education in colleges and universities:

3.1 Strengthening system building

The premise of smoothly carrying out the extracurricular projects with rope skipping characteristics is that colleges and universities should implement the regulations on the work of Learning and physical education, improve the training and guidance system for all kinds of sports work, and according to the characteristics of the school and the students themselves. Targeted formulation of various rules and regulations to keep pace with the times.

3.2 Strengthening teacher training

Colleges and universities should have professional rope skipping teachers, strengthen the study of rope skipping teachers' political theory and professional theory, and enthusiastically participate in the public welfare activities of the school and the community. At the same time, rope skipping teachers should take part in the study of political courses regularly, write the experience and experience after school, and actively improve their own political theory level and political consciousness. Rope skipping teachers should regularly participate in the study of business theory, regularly browse and understand the books, books and periodicals of business theory, actively study, and constantly improve the level of teaching business. Schools should strengthen the training of PE teachers, strengthen the construction of teachers' ethics and style, and constantly improve the cultural quality and literacy of PE teachers.

3.3 Strengthen rope skipping training

Colleges and universities can require teachers and students to take a fixed time for rope skipping training in the morning exercises every day to popularize the basic skills of rope skipping. On the basis of being able to jump rope in basic coordination, each student can carry out double shaking or general pattern jump as well as the skill and style of large rope jump, so as to enrich the content of rope skipping activities and improve the level of sports. According to the characteristics of students and the classification characteristics of rope skipping, rope skipping teachers can create their own styles and routines of rope skipping. At the same time, rope skipping teachers can explain the historical story and development history of rope skipping to students. Let students understand the long history of rope skipping and its cognition, inherit and protect China's excellent traditional sports culture. At the beginning and end of rope skipping activities, students are required to use the way of "rope ceremony" to enhance the ritual sense of the heritage of rope culture.

3.4 Strengthening the management of extracurricular activities

The school ensures that students spend one hour a day in sports activities, recommends and guides students to jump rope, and makes special use of large recess activities every day. The school can require the whole school teachers and students to "have one rope in each hand," in order to ensure the quality and efficiency of rope skipping exercise.

3.5 Strengthening part-time training

Schools can set up "pattern rope skipping teams" and "characteristic rope skipping teams", equipped with professional technical guidance teachers, carry out perennial training and pre-competition training, actively participate in all kinds of activities and competitions, and enrich social sports resources; at the same time, we should inherit and carry forward the excellent traditional culture of our country.

In a word, the connotation of national traditional sports is very rich. Rope skipping, as its carrier, should be boldly innovated and reformed in the teaching of rope skipping education, and colleges and universities should carry out rope skipping education activities. While strengthening physical fitness and preventing diseases, exercise of will and sound personality can not only enrich social sports resources, but also play a great role in promoting the excellent sports culture of the Chinese nation and inheriting the excellent traditional Chinese culture. It is suggested to be popularized in colleges and universities all over the country.

Acknowledgment

1. Shaanxi Social Science Project, "Shaanxi Pattern Rope Skipping and Shaanxi 'Intangible Cultural Heritage' Sports Culture Communication Research, Project number: 31101325.
2. The 13th Five-year Plan of Educational Science in Shaanxi Province, "Research on the Development Direction and Specialty Cultivation of New Disciplines in Physical Education Specialty—a case study of pattern rope skipping, Project number: SGH17H218.

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