

Study on the Development Path of Campus Folk Sports from the Perspective of Inheriting Traditional Culture

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Abstract: campus folk sports is an important part of traditional national culture, throughout the current sports power concept, current situation of sports industry development, inheriting and developing folk sports are very important measures, can make our country folk sports in campus education career, not to be eliminated in the folk culture in the new era. Based on this, it is necessary to make use of the advantages of campus education to carry out the professional courses of campus folk sports, so as to explore the development path of campus folk sports in the new era, and promote the inheritance of China's excellent traditional culture. This paper focuses on the view of inheriting traditional culture to discuss the value and role of the development of campus folk sports, and explore new methods and paths to promote the modernization of campus folk sports in China, and finally achieve the strategic goal of sports power.

Keywords: Inheritance; Traditional culture; The campus; Folk sports

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Introduction

Folk sports is a part of folk sports culture, is also a part of China's excellent traditional culture, but also a symbol of the dynamic characteristics of China's cultural resources, it has national characteristics, so it exists in a variety of forms, has a very high cultural value and educational significance in today's times. But at present, the change and development of China's modern culture, resulting in the gradual disappearance of the traditional folk sports culture, so we need to start from the essence of our country, pay attention to the campus folk sports education and teaching, promote the modern development of China's folk sports culture, become a part of the spiritual civilization of today's society.

1. The development value of campus folk sports from the perspective of inheriting traditional culture

1.1 The development of campus folk sports is the inevitable requirement of inheriting traditional culture

There are a lot of civilized values, civilized spirits and civilized thoughts in the traditional excellent culture, which is the witness of the historical practice of the Chinese people, and can regulate human behavior. It is also the ideological basis for the formation of modern socialist core values and socialist culture with Chinese characteristics. School education is an important way of promoting the inheritance and development of the traditional excellent culture, education guide is a kind of modern ways of inheritance, folk sports is the important way of inheriting excellent culture, so you need to promote the folk sports culture into the campus, help the teachers and students to form the systematic values of civilization, spiritual civilization, ideological. In the folk sports, students can have a stronger sense of pride, identity, and let the students form a healthy body and mind, and finally increase the folk culture self-confidence, to achieve the value of their goals.

1.2 The development of folk sports is an important way to enrich campus culture

Since the 1980s, our country attaches great importance to the construction of campus sports, from the original introduction and implementation of western sports projects, the development of the independent establishment of characteristic folk sports projects, to promote our country in the construction of campus sports to achieve independence, to provide diverse sports for students. In the later period, many scholars in China have carried out researches on folk sports. For example, basketball and table tennis have been the main sports teaching in the early stage, and various folk sports items such as waxwork dance, lion dance and hair monkey have appeared in the later stage, which promotes the research direction of folk sports culture in China's campus toward connotation and value. The modern campus folk sports items are more diversified, such as power, projection, competition, skills and other diversified sports items. The rich diversity of these items has laid a foundation for the reform of campus sports curriculum in China. Physical education

has gradually shifted to curriculum teaching. According to regional characteristics, the curriculum types can be divided into local courses, school-based courses, characteristic courses, integrated courses and other forms, which better combine campus education with traditional cultural inheritance^[1].

2. The development path of campus folk sports from the perspective of inheriting traditional culture

2.1 Grasp the key, clear the development direction of campus folk sports

For China's traditional cultural countries, the concept of "cultural consciousness", "cultural confidence" and "cultural power" will elevate it to the strategic field, which will be an important task for the majority of educators. Educators need to return to the essence of campus education, not only to implement the important task of sports culture construction, but also to achieve educational fairness. First of all, educators need to clarify the responsibility of the Chinese children themselves, not only to inherit the excellent traditional culture of our country, but also need to learn from the absorption of cultural values, actively use the current educational advantages, standing in the cultural power strategy consciously carry forward the spirit of sports, consciously promote the construction of campus folk sports. In the course of folk sports teaching, the students will be permeated with a certain national spirit, and their national cultural confidence and pride will be stimulated. In addition, the realization of the campus folk physical education resource balance, efficiency and quality balance is the inheritance of the campus folk sports traditional culture needs to solve the key issues, to this country has also introduced the relevant folk physical education public policy. Therefore, campus educators need to actively make use of various policy advantages to achieve high quality and high efficiency in the construction of campus folk sports, promote folk sports to play its own educational value, help students develop a healthy body and a healthy psychology, so as to better adapt to the society.

2.2 Innovate the connotation and form, improve the campus folk sports identity

If we want to make the B&B sports culture deeply rooted in the hearts of people, we must let more people agree with folk sports, so that they feel that it is a meaningful thing to master the knowledge and skills of folk sports. For example, the Mongolian national sports project "Boke" reflects the cultural connotation of the Mongolian nationality and the belonging of the Mongolian people. Therefore, campus culture can also learn from this form of inheritance, innovate the connotation and form of campus folk sports, and improve people's sense of identity of campus folk sports. First of all, it is necessary to integrate the folk sports into the traditional cultural background to understand the innovation, so as to make the folk sports culture have a certain spirit of The Times and give more connotation to the folk sports. With the progress and development of The Times, it is also necessary to sublimate the folk sports culture, to refine the folk sports culture in line with the characteristics of the new era, to better stimulate people's sense of identity and belonging, so that the B&B sports culture has greater value. Secondly, it is also necessary to develop campus folk sports based on the nature of folk customs and make use of regional advantages and ethnic characteristics, and finally establish an inclusive folk sports project system^[2]. For example, the northeast region can carry out campus folk snow sports, and the south of the Yangtze River can carry out water park folk sports, so as to highlight the local sports characteristics, but also in line with the local culture and customs. Finally, based on the students themselves and according to different students' personalities, preferences, health status, comprehensive quality, etc., corresponding campus sports projects should be carried out to achieve sex-oriented teaching and ultimately improve the physical quality of all students. For example, strength training can carry out tug-of-war, resistance projects; Leg exercise can be carried out kicking shuttlecock, kicking and other projects; For example, to improve students' physical coordination, we can open a variety of game sports, such as eagle catching chicken, radish squatting, you draw my guess and other projects, and carry out hierarchical teaching. Let the students understand the diversity of folk sports culture, but also can penetrate the virtue education, let the students in interesting sports activities to understand a variety of traditional culture.

3. Conclusion

In the inheritance of folk sports culture, more should be based on the cultural background of The Times, grasp the value orientation of students, characteristics, boutique sports projects and other core elements of innovation and development, and finally establish the image of Chinese sports.

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