

Strategies for Inheriting Heilongjiang Sports Culture in Physical Education

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Keywords: Physical Education; Sports Culture; Cultural Heritage; Teaching Philosophy

Abstract: Sports culture is a cultural form with profound connotation and rich extension, and is an important component of human culture. Physical education truly grasps the connotation of sports culture, and continuously summarizes and reflects on it in practice. It does a good job of inheriting and carrying forward sports culture, continuously improving students' cultural literacy and artistic position, cultivating highly-qualified talents for comprehensive development, and promoting the potential of sports in China Sustainable development. Heilongjiang, as one of the three major provinces in Northeast China, has arduous and important physical education teaching tasks. Based on this, this article launches a study of strategies for inheriting Heilongjiang sports culture in physical education. This paper analyzes the current situation of Heilongjiang physical education through literature review and questionnaire survey, analyzes the current situation of Heilongjiang physical education, analyzes the effective strategies for promoting the inheritance of sports culture in physical education, and issues relevant questions to the relevant people to ask Heilongjiang sports cultural heritage. Strategy. The research results in this article show that 73% of people think that they should clarify the teaching concept. To promote the inheritance of sports culture in physical education, they must first clarify the teaching concept and emphasize the basic purpose of cultural inheritance. The research in this article will provide a certain reference value for the strategies of inheriting Heilongjiang sports culture in physical education.

1. Introduction

Culture is the collective name of all material and spiritual wealth created in the development of human society. Sports is the great creation of human beings. It is the form of sports, fitness and art that human beings create and innovate in labor, prayer, and entertainment, which reflects human development. The worship of nature and the transcendence of self in the process show the spirit, belief and thought peculiar to human beings. Physical education must not only enable students to master the corresponding sports skills, activity organization rules and corresponding etiquette, but also to enable students to perceive sports culture, do a good job of inheriting and promoting sports culture, and continuously improve students' cultural literacy and A bit of artwork. With the continuous strengthening of modern sports and the development of China as a world sports power, China needs to continue to surpass modern sports and truly cultivate students' sports cultural literacy.

National traditional sports can be regarded as a traditional culture with independent development history, independent cultural forms, and outstanding cultural connotations. It is created by different nationalities, and is carried out with physical movement as the basic method and physical fitness as the main purpose. The comprehensive cultural form that takes education, entertainment, and sports into consideration has systemic and holistic characteristics. Economic globalization has led to cultural diversification, and has also caused an unprecedented impact on national traditional sports. The soil on which it depends is destroyed, which has gradually blurred the identity and personality of national culture itself, and even affected it to a certain extent. Cultural security [1]. Based on this, it is necessary to attach great importance to the reform and innovation of college traditional sports teaching models. Physical education is an important self-proclaimed part of college education in

China. The quality of physical education is an important measure of the comprehensive quality of students. Traditional ethnic sports already incorporate traditional ethnic culture into the physical education teaching model, focusing on the improvement of students' human and physical qualities.]. Therefore, it is necessary to study the strategies of sports culture inheritance in physical education.

At present, many universities are lacking in the positioning of traditional national sports and have not implemented the concept of cultural heritage. This article uses Heilongjiang as the research object to carry out research on strategies for inheriting Heilongjiang sports culture in physical education. This paper uses a combination of literature review method and questionnaire survey method, starting from the connotation and meaning analysis of sports culture, to explore the strategies of Heilongjiang sports culture inheritance in sports teaching, and summarize the research results.

2. Method

2.1 Connotation and Meaning Analysis of Sports Culture

From the perspective of the big culture, sports culture is a large part of culture. It not only has rich and diverse expressions, but also has unique cultural connotations. It reflects the complex relationship between human and nature, and human and social development. It shows humanity. Lifestyle, life attitude, ideal pursuit, aesthetic creation [3-4]. Sports spirit is an important part of the humanistic spirit. People pay more attention to the coordinated development of material and spirit, and pay more attention to the concept of comprehensive and healthy development of physical and mental integration. The connotation of sports culture is manifested in three aspects: spirit, ideology and cultural etiquette. Proactive consciousness and wisdom creation are the core of the deep structure and special spiritual qualities of sports culture; it also manifests a certain public spirit or team spirit, and at the same time reflects the corresponding Ways of thinking, values, and stage and regional ethics [5-6]. Sports thought is the human's gradually formed view and understanding of sports in the history of sports development. It is expressed as the knowledge about physical exercise and physical strengthening. The knowledge, skills, morals, will qualities and various kinds of knowledge that need to be mastered and followed in participating in practice. The awareness of rules has become a common sports thought recognized by the whole society [7-8]. Sports etiquette is the most specific manifestation of sports culture and the most prominent symbol of modern sports culture. It takes sports ethics as its core and is a code of conduct and activity principle that reflects fair competition and self-discipline in sports and competitions. After the founding of New China, modern sports have been better popularized and developed in China. After reform and opening up, China's pace of integration into the world has accelerated, Chinese culture has become more and more inclusive, and modern sports culture has become an important part of Chinese culture. In part, it gradually integrated into the grand mother of Chinese culture [9-10].

2.2 Analysis of Effective Strategies to Promote Sports Culture Inheritance in Physical Education

(1) Optimize a good sports environment and create a harmonious atmosphere of sports culture

Physical education is a comprehensive practice guidance activity, which requires teachers and students to carry out physical education teaching practices around the relevant curriculum content in the classroom, and it is also necessary for students to be bathed in a certain cultural atmosphere, so that students are affected in their ears. Constantly internalize in the subtle, promote and promote in the mutual influence, perceive the thinking and spirit of sports culture in life and learning, master the basic etiquette rules, and cultural connotations [11-12]. Culture not only needs a certain tangible material carrier, but also manifests itself as a kind of soft environment. It appears as an intangible atmosphere that seems to be non-specific and actually feels its existence. This atmosphere is called a cultural effect field. When people are in a cultural effect field, they will have different degrees of inductive relationships with them in the subconscious, gain a kind of knowledge and thinking in the

unconscious, and gradually have the corresponding style, rhyme and culture in the unconscious. Spiritual and personality temperament [13]. Sports culture is an important part of campus culture, and it is also an important component in the large cultural category. Physical education needs to pay attention to the sports environment and cultural atmosphere. Paying attention to the creation of sports cultural environment and the rendering of sports cultural atmosphere in physical education can enable students to acquire ideological influence and spiritual infiltration. Students in such an environment can learn sports knowledge and skills more efficiently and play an important catalytic role.

(2) Pay attention to sports etiquette and practice, infiltrate sports thought and sports spirit

In the process of physical education, let students master some conventional modern sports and national sports movement skills and organizational rules. At the same time, pay attention to the explanation and practice of sports etiquette, so that students can perceive and perceive in practice and develop in sports; The penetration of sports thoughts and spirits, while doing basic actions, perceive their inner ideological meanings, and cultivate their sports cultural thoughts [14]. In addition to mastering certain movement skills, each sport must be familiar with the relevant activities or competition rules to achieve individual and group norms. Necessary sports etiquettes are displayed before regular games. Sports etiquette requires physical education teachers to introduce and explain to students in the classroom, and it is also necessary for students to practice and appreciate in the classroom, and truly become the rules followed in their sports, and finally to perceive corporate ideas and cultural connotations from the depth of their thoughts, and become a This kind of conscious action is internalized into one's own culture. The spirit of hard work and transcending consciousness are another important spirit of sports. Each athlete needs to constantly surpass himself and constantly surpass his opponents, in order to maximize human potential. It is necessary to strengthen their sports spirit in physical education, gradually cultivate and strengthen their sense of cooperation in sports, guide each student to recognize and respect each other's differences, and gain a greater sense of belonging and accomplishment in respect and cooperation. And happiness.

(3) Actively play the leading role of teachers, creatively design and organize various sports events

The inheritance of sports culture in physical education has a very important relationship with teachers. It is necessary to give full play to the leading role of teachers. Teachers need to be more creative in organizing activities in teaching practice. Innovative teaching practices are required [15]. Teachers are the guides, organizers and promoters of the entire physical education teaching activity. The teachers' thoughts and comprehensive qualities have a direct and profound impact on students. Teachers themselves are the direct presenters of sports culture, and from different aspects and to varying degrees Influence students directly or indirectly. Physical education is infiltrated in physical education so that students can truly understand the cultural spirit of physical education and perceive and practice in practice. Teachers need to play a leading role. Through their own demonstrations, teachers can allow students to directly perceive the etiquette knowledge of sports, design different sports events, make students more interested in learning sports, and perceive the thought and spirit behind each sport. Teachers strengthen their sense of identification with sports culture through various micro-classes, and allow students to truly appreciate the fair and just thought of sports and the spirit of unity and cooperation in sports. The teacher intentionally grouped some students who usually have strong personalities, outstanding personal abilities, and relatively weak sense of solidarity into a group, so that students with a spirit of solidarity and cooperation are divided into a group, and then organize a competition to let them directly feel that solidarity and collaboration far outperforms individuals Go it alone.

3. Experiment

(1) First of all, use the literature review method to understand the current development status of sports culture through the collection, collation, and analysis of literature data, and grasp the new situations and problems in sports culture inheritance in Heilongjiang sports teaching. Study the

context to form your own research findings.

(2) Use the questionnaire survey method to conduct a questionnaire survey of relevant people, ask about strategies for inheriting Heilongjiang sports culture in physical education, and make some suggestions for current physical education teaching methods. A total of 1500 questionnaires were distributed in this questionnaire, and 1,450 questionnaires were recovered. The questionnaire recovery rate was 96.7%, of which 1,400 were valid questionnaires, and the valid rate was 96.6%. The questionnaires were sorted and analyzed.

4. Discussion

4.1 Reflection and Analysis of Physical Education in Heilongjiang Universities

By consulting the relevant literature, the problems existing in physical education in Heilongjiang universities are analyzed, and the results are shown in Table 1.

Table 1. Defects in Contemporary Physical Education

Shortcoming	improvement direction
Deviation in positioning	Face yourself and find the right position
Method fault	Find the right way
Single content	Enrich classroom content
Teaching is too old	Change the teaching mode and innovate the teaching idea

From Table 1, we know that there are still various problems in the physical education of Heilongjiang universities and colleges. The existence of these problems is not conducive to the inheritance of sports culture, so reforms are needed.

At present, there is a certain deviation in the value positioning of traditional Chinese sports in our society. The teaching model constructed with Western sports as a reference has made traditional traditional sports with deep cultural heritage gradually become more competitive and simplified. It is purely regarded as the content of physical education. In the teaching goals, it emphasizes achievements, indicators, etc., and ignores the cultural ideas and harmonious pursuit contained in it. In this case, college traditional sports teaching is more like We are training professional athletes, not inheriting excellent national culture. From the analysis of traditional national sports teaching methods in colleges and universities, simply emphasizing the way that technical teaching ignores cultural teaching cuts off the pluralistic overall value of national traditional sports culture. The cultural connotation of the symbol is discarded like a dross. Not only that, there is a separation between theory and technology in teaching. It is difficult for teachers who can learn routines to be competent in Sanda teaching, but teachers who are able to learn Sanda cannot meet the requirements of routine teaching, which seriously affects the effect of cultural heritage. At present, the teaching of traditional ethnic sports in colleges and universities is also mainly based on martial arts routines. In conjunction with some traditional sports of ethnic minorities, the content is relatively single and lacks applicability. It does not pay attention to the physical conditions and psychological needs of college students. And compared with modern sports such as rock climbing, judo, taekwondo, rafting, the development of traditional national sports courses is seriously lagging behind, and effective development and integration of some popular sports for students, such as pearl ball, rattan ball, shuttlecock, etc. Teachers' professional abilities need to be improved.

4.2 Strategic Analysis of Heilongjiang Sports Culture Inheritance in Physical Education

A questionnaire survey was conducted on relevant people's strategies for inheriting Heilongjiang sports culture in physical education, and the results of the questionnaire survey were analyzed. The results are shown in Figure 1.

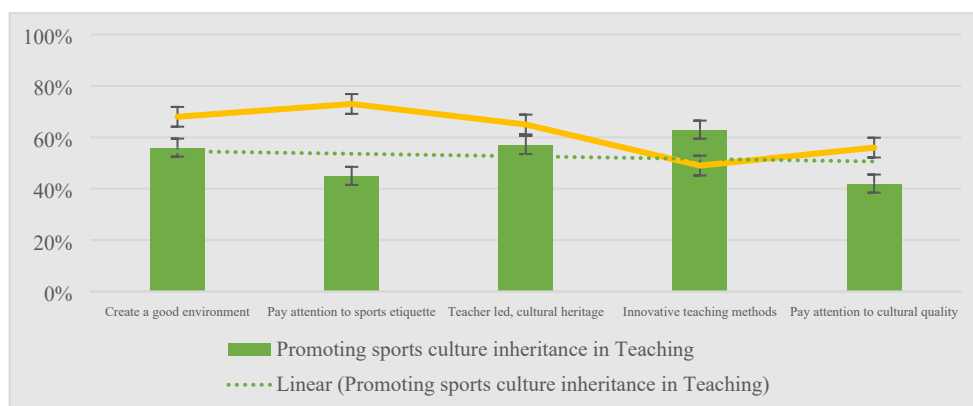


Figure 1. Strategy analysis of Heilongjiang sports culture inheritance in sports teaching

It can be seen from Figure 1 that in this questionnaire survey, research was conducted from two aspects, one of which is general research, studying the strategies to promote the inheritance of sports culture in teaching, and the other from the strategies of physical education. Research, among which the clear teaching philosophy accounted for the highest proportion, accounting for 73%. In the construction of the national traditional sports teaching model in colleges and universities, the teaching concept should be clarified first, and the basic purpose of cultural heritage should be emphasized. The viewpoint of cultural anthropology points out that any kind of culture has its special value, and cultural heritage and innovation must be carried out on the basis of high attention. This is also the fundamental goal of colleges and universities to develop traditional sports teaching. It must be recognized that national traditional sports itself is a cultural phenomenon, followed by sports activities. Technical inheritance needs to provide services for cultural heritage. Colleges and universities have different attitudes to national traditional sports, and the results are completely different.

5. Conclusion

Sports culture is a cultural form with profound connotations and rich extensions. It attaches importance to the scientific and humanistic nature of physical education. It penetrates sports cultural thoughts in sports teaching and inherits sports culture. This article analyzes the current problems in Heilongjiang's physical education and explores the strategies for inheriting sports culture in Heilongjiang. The research shows that it is necessary to study and study carefully in teaching practice, and to continuously summarize and reflect in practice to truly form its own The profound experience and effective experience of sports culture inheritance, to achieve the unity of instrumental rationality and value rationality of physical education, to cultivate comprehensively developed high-quality talents, and to promote the sustainable development of sports in China.

Acknowledgement

This work was supported by the Humanities and social sciences project of Heilongjiang Provincial Education Department (Research on the inheritance and Development of Regional National Sports Culture in Heilongjiang Colleges and Universities, Grant number12542339)

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