

Path and Research on Integrating Ethnic Traditional Sports Resources of Northern Jiangsu Region into College Physical Education Curriculum

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Abstract: North Jiangsu region has a prominent geographic location, rich human resources and natural resources, and more ethnic traditional sports resources. In order to ensure the inheritance of traditional culture and the growth of national sports, pay attention to the integration of traditional national sports resources into college sports courses, which can not only promote the national heritage, but also form a new direction of college sports construction with characteristics suitable for their own development, and satisfy the teaching requirements of culture and sports. The article firstly introduces the importance of the integration of traditional national sports resources into college sports courses in northern Jiangsu Province, and then analyzes its specific path, which aims to promote the cultural and physical heritage of colleges and universities, and provide reference and ideas for the integration of local traditional sports resources into college teaching in the future.

Keywords: Northern Jiangsu Province; Traditional Ethnic Sports Resources; College Physical Education Programs; Teaching Paths

Ethnic traditional sports resources belong to the important cultural heritage, is an important way for people's daily recreation and fitness, which has the characteristics of national culture, diversification, and the coefficient of difficulty is not high, and can meet people's daily sports needs. Common traditional sports resources in northern Jiangsu include martial arts, taijiquan, archery, horseback riding, etc. However, in addition to the above sports, there are other contents, such as rice-planting songs, tug-of-war, dragon dance, etc., which have a rich cultural flavor. In order to further enhance the effect of cultural inheritance, it is necessary to deeply explore the integration of traditional national sports resources in the northern Jiangsu region into the path of college physical education courses, which can be seen that the thesis has exploratory value, and the specific investigations are as follows.

1. The Importance of Integrating Ethnic Traditional Sports Resources in Northern Jiangsu Province into the Physical Education Curriculum of Colleges and Universities

North Jiangsu region is located in the Yangtze River Delta centered on Shanghai, is an important part of China's coastal economic zone, in the process of economic development has formed more traditional sports content, with richer ethnic cultural resources, such as centipede palm, taijiquan, baguazhang, etc., which belongs to the ethnic cultural composition, but also to maintain and pass on the traditional ethnic cultural pathway. Strengthening the integration of national traditional sports resources in the teaching of college sports courses has many values. 1. Make students' fitness and recreation needs satisfied. Northern Jiangsu region in the long-term development of nationalities, people's production and labor to meet the needs of life and cultural needs, people's standard of living to improve the formation of a variety of local characteristics of traditional sports resources, such as martial arts, track and field, etc. are for people to strengthen the body path. Martial arts traditional sports such as taijiquan, long fist, wrestling, archery, slingshot; track and field traditional sports such as cuju, pummeling, dragon and lion dances, jumping bamboo poles, playing gyroscope, throwing pots and so on. Incorporating the above traditional sports resources into sports activities of colleges and universities can realize strengthening of body and health, improve students' life and study pressure, and enrich students' leisure and recreational activities and spare time cultural life. 2. Enhancement of students' national cohesion and centripetal force. National traditional sports is the cultural essence formed in the people's production life, including emotions, beliefs and culture, belonging to the national spirit important carrier^[1]. The integration of physical education programs in colleges and universities allows students to raise their level of thinking and lower their worries, depression and irritability in sports. Such as dragon and lion dance, initially to pray for a good harvest and peace, learning students can better form a cultural identity, eliminate the cultural barriers between different regions, and increase the national spirit of the students. 3. Cultural inheritance and cultural self-confidence. National culture is an important

component of China's cultural construction, traditional sports activities have been vigorously promoted in recent years, and the integration of traditional sports teaching into the training of talents in colleges and universities can enable students to understand the origins of traditional sports culture, identify with the sports culture formed in a special period of time, and in the subtle cultural inheritance and dissemination of cultural heritage and the formation of cultural self-confidence with the modernization of ideas.

2. Integration into college physical education curriculum path analysis

College physical education curriculum teaching in the national traditional sports resources into each other can promote each other, the use of college students to realize sports culture heritage and carry forward, and promote the physical quality of college students ability to improve. In the specific teaching need to actively take targeted measures to ensure the feasibility of the northern region of northern Jiangsu ethnic traditional sports resources into the path of college physical education courses.

2.1 Creating an appropriate climate and environment for teaching and learning

If you want to integrate traditional sports resources into the teaching of sports courses in colleges and universities, you need to pay attention to the creation of a good teaching environment for sports courses, to ensure that students can have close contact with the integration of traditional sports resources to achieve a good cultural inculcation. First, strengthen the traditional sports content publicity so that students have a deep understanding, expand the publicity media, so that students are willing to explore, to establish a deep interest in traditional sports, such as the campus network, bulletin boards, radio, etc., to achieve the promotion of large traditional sports programs. Secondly, encourage the traditional sports program as the core of the society or club, encourage students to actively participate in, and will be linked to the credits, increase the enthusiasm of students to participate. Finally, colleges and universities can integrate traditional sports into the sports teaching curriculum in different teaching periods, from easy to difficult, from simple to complex, from practicing the body to practicing the mind, and regularly hold traditional sports and cultural festivals, such as school celebrations and school sports games, so that the traditional sports resources in the sports curriculum of colleges and universities can be better integrated to ensure that the sports environment in colleges and universities is good, so that the students in the traditional sports teaching and inheritance of the sports culture, and to promote the healthy development of the body and mind^[2].

2.2 Optimizing evaluation methods for teaching traditional ethnic sports

Ethnic traditional sports resources should be integrated into the teaching of college courses to choose a comprehensive and feasible teaching evaluation method based on the teaching objectives, teaching contents and teaching forms, and adjust the teaching methods appropriately to meet the needs of students' training in combination with the teaching effects throughout the teaching. The traditional sports program evaluation method can not meet the needs of course evaluation, colleges and universities should pay attention to this aspect of the content. First, the national traditional sports program in colleges and universities need to weaken the role of selection and selection, two-way evaluation, emphasizing students' interest in learning, focusing on the degree of student participation and progress in teaching, encouraging students and students to evaluate each other, and enhancing students' motivation^[3]. Secondly, combining the characteristics of ethnic traditional sports programs, such as recreational, cultural, fitness and other teaching evaluation, to ensure that students gain a sense of achievement in sports teaching, and give full play to the recreational value of traditional sports activities. Third, pay attention to the traditional sports teacher quality ability requirements, especially professionalism, quality ability and other content evaluation, do a good job of teacher training, to ensure the smooth implementation of traditional sports teaching courses in colleges and universities.

2.4 Sound teaching faculty for traditional physical education

A sound traditional sports teaching faculty is the key to ensuring the success of integrating traditional ethnic sports resources from the northern part of the Soviet Union into the university sports curriculum. The focus needs to include two aspects. First, hiring ethnic traditional sports program sports personnel as teachers can enhance the teaching force of the teaching staff. Secondly, strengthening the training of teachers of ethnic traditional sports programs, such as theoretical knowledge, technical knowledge, teaching methods and content, to ensure

that the teaching effect of the course is constantly improved.

3. Conclusion

In summary, the integration of ethnic traditional sports resources in the teaching of college physical education courses in northern Jiangsu Province is an important measure for the improvement of local sports culture and students' physical quality. Ethnic traditional sports resources have rich cultural connotations, and the current development of traditional sports programs is difficult, and the integration of them with the teaching of college physical education courses can innovate the development of college physical education teaching and promote the inheritance of sports culture while promoting the construction of traditional sports programs to ensure the sustainability of their development.

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