

Original Paper

A Study on the Role of Traditional Sports of Ethnic Minorities in University Education from the Perspective of Cultural Inheritance

Duo Dai¹

¹ Sichuan Minzu College, Kangding, Sichuan, China

Received: November 22, 2023 Accepted: December 7, 2023 Online Published: December 19, 2023
doi:10.22158/sshsr.v4n5p168 URL: <http://dx.doi.org/10.22158/sshsr.v4n5p168>

Author's introduction: Dai Duo (1992-), female, Liaoyang, Liaoning, is now a lecturer in the School of Physical Education, Sichuan College of Nationalities, with main research interests in traditional national sports and school sports.

Abstract

This study focuses on the role of cultural transmission of ethnic minority traditional sports in university education. As a rich and diversified cultural heritage, traditional sports of ethnic minorities carry profound historical and cultural connotations, which are crucial to the maintenance of cultural diversity. However, these traditional cultural elements are facing an increasingly weakening trend, especially under the wave of modernization. As an important cultural transmission platform, university education has great potential to promote the preservation, inheritance and dissemination of traditional culture. Through an in-depth study of traditional ethnic minority sports in university education, this study aims to explore how they can stimulate students' interest in traditional culture and promote cultural identity, as well as potential ways to pass on and promote these valuable heritages on university campuses. Ultimately, our study aims to provide new perspectives in the field of cultural heritage and to promote cultural heritage in university education in order to ensure that these traditional cultural elements flourish in modern society.

Keywords

traditional minority sports, culture, inheritance

Cultural transmission is a process that transcends generations and carries the history, values and identity of a country or region. It is a key component of cultural diversity and human heritage and is of inestimable

value. In China, a country with a long history and diverse cultures, traditional sports of ethnic minorities, as an important representative of cultural heritage, carry profound historical and cultural connotations. These traditional cultural elements not only reflect the wisdom and creativity of Chinese ethnic groups, but also the richness of Chinese culture. However, with the continuous advancement of modernization and the wave of globalization, these traditional cultural elements are facing the threat of diminishing. Therefore, this study aims to explore the role of traditional ethnic minority sports in university education, with a special focus on their potential contribution to cultural transmission. Cultural inheritance is an important aspect of the preservation and transmission of a nation's culture, and is vital to the maintenance of cultural diversity and the promotion of traditional values. In this context, traditional sports of ethnic minorities, as part of China's rich and diverse cultural heritage, carry deep historical and cultural connotations and are of indispensable value to Chinese cultural inheritance. However, with the continuous development of modernization, these traditional cultural elements are facing the risk of diminishing. Therefore, this study aims to explore in depth the role of traditional ethnic minority sports in university education in order to fill the research gaps in the field of cultural inheritance and to provide new perspectives for the protection and inheritance of these traditional cultural elements.

As a platform for training future social elites and disseminating knowledge, university education has great potential to play a positive role in cultural transmission. The university campus is not only a temple of knowledge, but also an important place for cultural transmission. Here, students receive education while shaping their cultural identity and values. Therefore, the introduction of traditional ethnic minority sports into university education can arouse students' interest in traditional culture and promote cultural identity, while also helping to pass on and promote these valuable cultural heritages on university campuses.

1. Historical and Cultural Background of Traditional Sports

Traditional sports of ethnic minorities include a series of sports that have been handed down and developed in different ethnic minority communities, such as equestrianism, archery and wrestling. These traditional sports carry deep cultural connotations and reflect the history, lifestyle and values of each ethnic group. Equestrianism has a special status among the Mongols, as it is both a form of sport and a way of life, representing the spirit of grassland culture. Archery, on the other hand, is a traditional sport of certain ethnic minorities, such as the Xibo, and is not only a skill but also a cultural ritual.

The cultural value of these traditional cultural elements lies in the fact that they represent the core values, history and identity of a particular culture. They are bearers of culture and contribute to the preservation and transmission of a people's uniqueness. In addition, they have an educational value, teaching future generations to respect traditions, work together and overcome challenges. These traditional cultural elements still have important cultural values in modern societies, and in order to ensure their transmission, we need to find appropriate ways to integrate them into modern educational and cultural activities.

These traditional sports show a wealth of differences and commonalities between different ethnic groups and regions. Differences are reflected in rules, equipment, events and celebrations.

However, despite their differences, these traditional sports also have much in common. They all emphasize physical fitness, skill and courage, and they all carry deep historical and cultural significance within particular cultures. They all play an important role in the celebration of special occasions, such as festivals and celebrations. These commonalities reflect a shared understanding of sport as a cultural expression and a vehicle for the transmission and celebration of culture.

University education has an important role in cultural transmission because it is not only a place where knowledge is passed on, but also a place where culture is passed on. The university campus is a platform for the exchange and collision of different cultures, where students are exposed to various cultural elements, which will affect their cultural identity and values. Therefore, university education has the responsibility to pass on and promote traditional culture, including traditional sports programs. University education can promote cultural heritage by offering relevant courses, organizing cultural activities and providing research resources.

However, cultural heritage in university education also faces challenges. First, modern university education focuses more on knowledge transfer and skill development, and cultural heritage is often neglected. Second, university education often favors modern technology and internationalization, and the education and transmission of traditional culture faces difficulties. In addition, cultural inheritance requires active participation and dissemination, which requires active support and input from all parties concerned.

Thus, university education has both a role and a challenge in cultural transmission. In order to achieve effective cultural transmission, university education needs to continue to explore how to integrate traditional cultural elements in modern education, how to balance the relationship between modernization and traditional culture, and how to better formulate relevant policies and resource support. Only in this way can we ensure that these traditional cultural elements continue to play an important role in modern society and contribute to the maintenance and promotion of cultural diversity.

2. Cultural Heritage and University Education

Cultural transmission is a mission of paramount importance that encompasses the preservation, transmission and promotion of traditional culture to ensure that the history, values, traditional knowledge and practices of a society or group are passed on to the next generation. Cultural transmission is not only a process, but also an important way of making culture symbiotic with time, helping to protect and pass on the uniqueness of a society or nation, and promoting the formation of cultural identity and identity. In university education in particular, cultural transmission plays a crucial role, as university campuses are places where knowledge and culture interact with each other and have the potential to shape students' perceptions and values.

The transmission and promotion of traditional culture in university education requires a variety of methods and strategies. First of all, universities can offer relevant courses, such as cultural studies, traditional culture and ethnography, so that students can learn about the history, values and practices of traditional culture. These courses not only provide theoretical knowledge, but also encourage students to study and think deeply about the importance of traditional culture. Through the courses, students will be able to better understand the depth of traditional culture and thus develop a sense of identity and respect for it.

Secondly, universities can organize various cultural activities, such as cultural festivals, exhibitions, performances and symposiums, to provide opportunities for students to interact with traditional culture. Such interaction helps students to experience and feel traditional culture more personally and deepen their cultural identity. These activities can also attract students' interest and make them take the initiative to participate in cultural heritage work.

Third, supporting cultural research is a key aspect of passing on traditional culture in universities. Universities can provide research resources and encourage teachers and students to conduct research projects related to traditional culture. These studies not only contribute to a deeper understanding of traditional culture, but also provide theoretical and practical support for cultural preservation and transmission. Through academic research, universities can provide additional resources and expertise for cultural heritage work.

In addition, universities may conduct cultural heritage programs, including traditional sports, traditional craft production and language preservation programs. These programs not only provide opportunities for student participation and practice, but also promote the transmission of traditional culture. For example, traditional sports programs can be brought to campus through competitions, training and celebrations to stimulate students' interest. These programs help students to better understand and experience traditional culture and thus develop a cultural identity.

The transmission of traditional culture in university education also faces some challenges. First, modern university education focuses more on knowledge transfer and skill development, and cultural heritage is often neglected. Secondly, university education often favors modern technology and internationalization, and the education and transmission of traditional culture faces difficulties. In addition, cultural inheritance requires active participation and dissemination, which requires active support and input from the parties concerned.

The impact of cultural heritage on students is far-reaching. First of all, it helps students to develop a strong identity, enabling them to better understand the society and group to which they belong, thus building a positive identity. Students will be able to better recognize their own cultural background and enhance their cultural self-confidence. Secondly, cultural heritage develops students' cultural awareness, enabling them to appreciate and respect differences between cultures. This helps to break down cultural prejudice and discrimination and promotes the maintenance of cultural diversity. Students will be more open and tolerant, willing to learn and respect other cultures. Most importantly, cultural heritage

influences students' values. By learning about traditional culture, students will draw on traditional values such as respect, solidarity, family values and social responsibility. This will help develop students' character and make them more ethical and socially responsible individuals. Through cultural transmission in university education, we can expect to create a new generation of citizens who are more culturally self-confident and socially responsible, promoting cultural diversity and social harmony. Therefore, the application of cultural heritage in university education not only helps to preserve traditional culture, but also positively influences students' identity, cultural awareness and values, making a positive contribution to the multicultural and harmonious development of society.

3. Traditional Sports in University Education

Introducing and promoting traditional sports programs requires universities to adopt a series of strategies and measures to attract students' interest and ensure the success of the programs. First, universities can set up specialized clubs or societies to encourage active participation by students. These clubs can provide training and competitions in traditional sports programs to attract students' interest and provide them with opportunities to practice and compete. In addition, universities can invite professional coaches or traditional culture bearers to their campuses to guide students to participate in these programs. Second, universities can incorporate traditional sports programs into their curricula to provide a wider range of opportunities for students to participate. This could include offering related sports courses, such as traditional wrestling or equestrianism, or cultural courses, such as cultural studies or ethnography. By incorporating these programs into the formal curriculum, universities can ensure that more students are exposed to traditional culture and understand its history and significance. In addition, universities can organize cultural events, such as cultural festivals, exhibitions and symposia, to provide opportunities for students to interact with traditional cultures. These activities can stimulate students' interest, increase their cultural awareness and strengthen their sense of identity with traditional culture. By showcasing and celebrating traditional culture, universities can attract more students' participation and understanding. Traditional sports programs have an important educational role to play when implemented on college campuses. First, they provide students with the opportunity to exercise their bodies and develop sportsmanship and teamwork. Traditional sports programs such as wrestling and equestrianism emphasize physical fitness and skill and develop students' sportsmanship. This helps students maintain a healthy lifestyle while developing their competitive spirit and teamwork skills. Secondly, these programs help students understand and respect traditional culture and enhance their cultural awareness. Through participation in traditional sports programs, students are able to gain a deeper understanding of the history, values and practices of traditional culture. This helps develop students' cultural self-confidence and enables them to better understand the society and group to which they belong, thus building a positive cultural identity. Most importantly, these programs encourage student participation and interaction, promoting social interaction and teamwork. Traditional sports programs often involve team competitions where students need to collaborate and support each other, which helps develop their

social skills and teamwork. In addition, cultural activities such as cultural festivals and exhibitions provide students with socialization opportunities, which enhance the sense of campus community and multicultural exchange.

Student and educator responses and participation may vary on an individual basis. Some students may be interested in and willing to actively participate in traditional cultural activities as an opportunity to learn and experience culture. They may deepen their understanding of traditional culture and experience culture through participation in clubs, competitions, and cultural activities. These students may show active participation in the program and may even become advocates for cultural heritage. Educators also usually actively support these traditional cultural activities, believing that they help develop students' overall literacy and cultural awareness. They may provide resources and support to encourage students to participate and even get involved in the organization and promotion of the programs. However, some students may not be interested in traditional culture and may need more encouragement and promotion to participate. This may involve offering incentives or encouraging activities to increase student participation. Educators need to take steps to publicize and promote these programs so that more students understand their importance and are encouraged to participate actively.

Overall, the introduction and promotion of traditional sports programs on university campuses is a beneficial initiative that not only contributes to students' physical activity and cultural identity, but also promotes social interaction and teamwork. The active participation of students and educators will contribute to the success of the program and promote the transmission and promotion of traditional culture. These traditional cultural activities enrich the campus culture and provide students with a well-rounded educational experience.

4. The Impact of Cultural Heritage in University Education on Students Is Multifaceted

Cultural identity: Cultural heritage in university education helps students gain a deeper understanding of the history, values and traditional practices of the culture to which they belong. Through studying traditional culture, students gradually develop an identity with their own cultural background and deepen their understanding of and respect for cultural traditions. This helps to shape students' sense of pride in and identity with their own culture, enabling them to better integrate into society and preserve their cultural traditions.

Self-perception: Cultural heritage also has a positive impact on students' self-perception in university education. Through participation in traditional cultural activities and courses, students are able to gain a more comprehensive understanding of themselves, including in-depth reflection on their values, interests and sense of personal mission. This helps to develop students' sense of self-consciousness and self-worth, and gives them a clearer understanding of their position and responsibilities in society.

Academic Achievement: Courses and activities that incorporate cultural heritage into a college education can stimulate academic interest and motivation. By gaining a deeper understanding of traditional culture, students may be able to demonstrate higher academic performance in related fields. In addition, cultural

heritage helps to develop students' creative thinking and integrative skills, which may have a positive impact on disciplinary intersections and participation in research programs.

5. Conclusion

This study delves into the role of traditional ethnic minority sports in university education from the perspective of cultural transmission and draws a series of important conclusions. By analyzing the impact and potential changes of cultural inheritance and summarizing the answers to the research questions and the extent to which the research objectives have been achieved, we provide insights and theoretical support for cultural inheritance in university education. Cultural inheritance is an important part of university education, and traditional ethnic minority sports, as a carrier of cultural inheritance, plays a positive role in promoting the overall development of university students. In order to better promote cultural inheritance, we need to continue to conduct in-depth research on strategies for resolving cultural conflicts, the integration of diversified sports programs, the establishment of a cultural inheritance assessment system, the promotion of interdisciplinary cooperation, and the establishment of university cultural inheritance teams. Through these efforts, we are expected to open up a broader prospect for cultural inheritance in university education and make it an effective way to cultivate compound talents with deep cultural heritage.

References

- Jia, X. et al. (2022). *Development And Application Of Traditional Ethnic Sports In Physical Education Teaching In The You Shui River Basin*.
- Li, H. Y. et al. (2020). Challenges And Development Strategies Of Traditional Ethnic Sports Inheritance Among Minority Groups. *Sports Culture Guide*.
- Wang, H. X., & Chen, W. (2013). Overview Of Research On Traditional Ethnic Sports Culture In Western China In The Past Decade. *Journal of Suihua College*.
- Wang, H., Han, Y., & Liang, Q. (2019). Environmental Challenges And Mitigation Paths In The Development Of Traditional Ethnic Sports Culture. *Journal of Sport Science*.
- Zhao, C. Y. (2000). Prospects For The Development Of Traditional Ethnic Sports In China. *Journal of Beijing Sport University*.