



On Social Transformation and Inheritance of China's National Traditional Sports Culture

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Abstract

Social transformation and inheritance of national traditional sports culture are the inevitable trends of modernization development. Social transformation has led to great changes in social environment, economic structure, culture and values. This change has affected the development space, development path and inheritance mode of national traditional sports culture to a certain extent. In order to better inherit China's national sports culture under social transformation and promote the innovative development of China's traditional culture, it is necessary to effectively explore the relationship between social transformation and cultural inheritance, so as to make social progress, establish local, value coexistence, integration and innovation, and make culture better serve the society.

Subject Areas

Culture, Sports Science

Keywords

Social Transformation, Nation, Traditional Sports Culture, Inherit

1. Introduction

The connotation of national traditional sports culture is mainly reflected in the following aspects: One is the formation of traditional sports, is the product of specific historical period, the second is national traditional sports as a special form of sports activities, three is a national traditional sport as the integrated form of a national culture, always with the surrounding environment of other cultural systems closely related with each other and interact with each other [1].

Traditional national sports are a part of China's traditional culture. With the development of social transformation, different regional cultures have under-

gone great changes. In order to promote the traditional national sports culture to conform to the development trend of The Times and follow the footsteps of social transformation, China needs to do a good job in inheritance from multiple aspects. From the current situation of physical literacy education, the practice of ethnic traditional physical education in the teaching content can fully stimulate students' actual thinking and creative potential; teachers speed up the development of physical literacy education in classroom practice, pay attention to observe students' actual literacy needs, encourage students to participate in sports perception in traditional sports skills practice, and trigger students' thinking on thinking judgment and core literacy [2].

2. Social Transformation and National Traditional Sports Culture

2.1. Background of Social Transformation

The social transformation began on the basis of agricultural economy, but it has not been completely separated from the national traditional culture community, and the national traditional sports have not formed an independent form. Under this background, the impact of western culture has led to the assimilation of regional national cultures by foreign national cultures. It has had a certain impact on the nationality of China's national traditional sports culture.

2.2. National Traditional Sports Background

At present, national traditional sports mainly use a variety of instruments and equipment to meet the development needs under social transformation. Since then, China has also strengthened relevant encouraging and protective measures to support traditional sports culture and promote the development of national sports culture. For example, in order to develop characteristic cultural projects, some foreign traditional national sports have strengthened the development and protection of traditional national culture by increasing government investment, implementing differential tax rates and encouraging private investment. This is a reference and guidance for China's traditional national sports culture which is in the basic stage.

3. Social Transformation and Inheritance of Chinese Traditional Sports Culture

3.1. Concept of Cultural Inheritance

Cultural inheritance is based on the analysis of economic, political and cultural social structure, and religion undoubtedly belongs to the cultural category. In the broad sense, culture can be divided into material culture and non-material culture, as well as instrument culture, institution culture and spiritual culture. Religious culture mainly belongs to non-material spirit and institution culture, but it also includes material instrument culture [3]. the author thinks that the traditional sports cultural heritage refers to culture in the society in the form of

the baton of vertical and horizontal handoff process, in this process, transition effect will be influenced by the social environment, cultural background, the transfer method, the influence of MDA for its cultural heritage also has certain requirements, and eventually formed the unique cultural heritage under standardization mechanism, promote culture with stability, development, integrity and other characteristics.

3.2. Cultural Inheritance and Development

Culture is both national and world. For China with many nationalities, in today's economic globalization and cultural diversity, the traditional national sports culture also needs innovation, development and improvement before it can be completely preserved to achieve sustainable development. In addition, national traditional sports culture is an important part of China's traditional culture. In its historical development and future development, it needs to maintain national characteristics and integrate into the commonness of modern sports, so as to comply with social transformation and realize modern development, and be full of vitality and vitality under the new situation.

3.3. National Traditional Sports

China's traditional national sports have an excellent history and multiply in one vein, so there are various types, such as Tai Chi, martial arts, go, etc. these sports are more full of era and national characteristics with the social transformation, and exude infinite charm. Go culture and martial arts culture are recorded in China's early literary poems. More and more teenagers strengthen their health by learning martial arts. The inheritance requirements of our national traditional sports are not high, there are no mandatory requirements for software facilities, instruments and equipment, and the time and methods are relatively flexible. For example, gymnasiums and stadiums have no high-end and gorgeous requirements for infrastructure. People can dress freely and play freely. At present, the traditional national sports culture has been inherited as an entertainment and leisure project. People relax and exercise through sports [4].

3.4. Traditional Sports and National

Various cities and industries in China hold a variety of traditional sports events. People have taken the inheritance of traditional sports culture as a part of their lives, unconsciously enjoy the development of sports culture in life, learning and entertainment, and participate in sports events, such as tea tasting, chess playing and walking before and after meals. People can participate in traditional sports in their homes, teahouses, parks and roads to promote their physical and mental pleasure. In addition, with the development of the news media industry, film and television works and media platforms are actively publicizing and promoting China's traditional national sports, such as Chinese Kung Fu, Taijiquan and Yongchun, which promote China's traditional sports culture to the world.

3.5. Traditional Sports and the State

Some invisible traditional sports are not only the main weapons to support China's development, but also an important carrier for the development of China's national culture. In this regard, China has strengthened the support and protection of traditional sports. With the transformation and reform of society, all aspects of society have strengthened the investment in traditional sports, which has effectively solved the problems of people's livelihood security and people's livelihood services. This people-oriented concept of social development has prompted the government to introduce a number of policies. For example, with the convening of China's large-scale sports events, China's historical and international status has also changed, attracting more and more people to participate in the development and protection of China's traditional national sports culture. China began to set up martial arts schools and gymnasiums all over the world, and expanded the influence of China's traditional national sports culture through various types of sports such as self-cultivation, sports exercise, leisure and entertainment. It can be seen that China's traditional national sports culture has great development potential [5].

4. Conclusions

As the result of 2020 National College Students' Innovation and Entrepreneurship Training Program (Project No.: 202010345006), the author believes that the innovation of this research is to discuss the relationship between traditional sports and cultural inheritance, and its practical significance is as follows: In the physical education practice activities carried out by teachers, teachers need to change the form of physical education activities, fully combine the content that students are interested in, carry out corresponding sports activities, and promote students to raise interest and take the initiative to participate in them. In the relaxed and pleasant learning space, sports exchanges between students can be deepened, and the inheritance of Traditional Chinese ethnic sports culture can fundamentally promote the improvement of students' core literacy of ethnic sports culture; and further achieve the development effect of sports literacy teaching.

Along with the progress of The Times, is the inevitable trend of social transformation, the traditional national culture in China also needs to reform and innovation, in order to better play to the advantages of traditional national sports giant and value, we need to be integrated into the every corner of society and into people's lives, to exert a subtle influence on passing on outstanding, unique national sports culture in our country. The author thinks that the school as students develop talent, show ego education platform, through the announcements of the sports culture, sports skills contest week, extracurricular sports activities, such as forms to carry out sports activities, to increase students' confidence, inspire new thinking through sports video creation, promote the student has become continuous creativity, comprehensive quality talented per-

son of high intelligence. In order to better study this topic in the future, in the research process of in-depth exploration of social transformation, the implementation of national traditional sports culture inheritance of practical countermeasures.

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Conflicts of Interest

The authors declare no conflicts of interest.

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