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## **CHALLENGES AND COUNTERMEASURES OF TEACHING ETHNIC MINORITY TRADITIONAL SPORTS IN COLLEGES AND UNIVERSITIES**

*Abstract: the paper aims to discuss the challenges and countermeasures taken in teaching traditional minority sports in higher education institutions. By analyzing the minority traditional sports and the challenges facing the traditional sports teaching of ethnic minorities in colleges and universities, the paper puts forward the measures that need to be taken to carry out the traditional sports teaching of ethnic minorities in colleges and universities. sports teaching in institutions of higher education, and put forward the measures that need to be taken. The results of the study show that traditional sports of ethnic minorities have strong ethnic characteristics and cultural connotations, and through sports teaching, it can enhance students' knowledge and understanding of ethnic minority cultures, promote exchanges and integration among ethnic groups, promote national unity and progress, and contribute to social harmony and stability. It can enhance students' knowledge and understanding of minority cul-*

*tures, promote exchanges and integration among various ethnic groups, promote national unity and progress, foster social harmony and stability, and provide theoretical and practical guidance for the inheritance and development of minority traditional sports.*

**Keywords:** *higher education, institutions traditional minority sports, teaching measures.*

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**ПРОБЛЕМЫ И КОНТРАМЕРЫ, СВЯЗАННЫЕ С ПРЕПОДАВАНИЕМ  
ТРАДИЦИОННЫХ ВИДОВ СПОРТА ЭТНИЧЕСКИХ МЕНЬШИНСТВ  
В КОЛЛЕДЖАХ И УНИВЕРСИТЕТАХ**

*Аннотация: цель статьи – обсудить проблемы и контрмеры, принимаемые при преподавании традиционных видов спорта меньшинств в высших учебных заведениях. Анализируя традиционные виды спорта меньшинств и проблемы, с которыми сталкивается преподавание традиционных видов спорта этническим меньшинствам в колледжах и университетах, в статье*

*предлагаются меры, которые необходимо принять для преподавания традиционных видов спорта этническим меньшинствам в колледжах и университетах. преподавание спорта в высших учебных заведениях и выдвинуть меры, которые необходимо принять. Результаты исследования показывают, что традиционные виды спорта этнических меньшинств имеют ярко выраженные этнические особенности и культурные коннотации, и благодаря преподаванию спорта они могут расширить знания учащихся о культурах этнических меньшинств, способствовать обмену и интеграции между этническими группами, способствовать национальному единству и прогрессу, а также способствовать социальной гармонии и стабильности. Это может расширить знания и понимание учащимися культур меньшинств, способствовать обмену и интеграции между различными этническими группами, способствовать национальному единству и прогрессу, способствовать социальной гармонии и стабильности, а также обеспечить теоретическое и практическое руководство по наследованию и развитию традиционных видов спорта меньшинств.*

**Ключевые слова:** *высшее образование, учреждения традиционного спорта меньшинств, учебные мероприятия.*

### *Introduction*

China is a united multi-ethnic country, where, from time immemorial, the ancestors of various ethnic groups have jointly created a splendid ancient culture and, over a long period of historical development, have united to form the Chinese nation. In the past hundred years, the Chinese people of all nationalities have been engaged in a heroic struggle against imperialism, feudalism and bureaucratic capitalism, and

have founded the People's Republic of China, which has become a big family of equality, solidarity and mutual assistance. There are 56 ethnic groups living in China, of which the Han Chinese are the most populous, accounting for the vast majority of China's population, while the remaining 55 ethnic groups, which account for a smaller proportion of the population, are customarily referred to collectively as the «ethnic minorities».

Traditional sports of ethnic minorities refer to the unique sports programs and activities owned and inherited by various ethnic minorities in China. and inherited unique sports programs and activities. Each ethnic group has its own unique traditional sports, such as the Mongolian wrestling, the Zhuang's cricket The traditional sports of each ethnic group are unique, such as wrestling of the Mongols, shoe racing of the Zhuang, swinging of the Koreans and so on. These traditional sports carry the history, culture and lifestyle of the ethnic minorities. These traditional sports programs carry the history, culture and way of life of minority nationalities and are an important part of national identity and traditional culture. They are an important part of national identity and traditional culture. As educational institutions, colleges and universities have the responsibility to pass on and promote to carry on and promote the traditional culture of ethnic minorities in China, and traditional sports are an important part of it. Traditional sports are an important part of it. Moreover, through such teaching activities, students' physical fitness can be strengthened and can enhance students' physical fitness and provide a good platform and opportunity for training professional athletes and coaches. and provide a good platform and opportunity for training professional athletes and coaches, thus contributing to the devel-

opment of traditional sports in China. It will also contribute to the development of traditional sports in China.

## 1. Importance of Teaching Traditional Sports to Ethnic Minorities

### 1.1. Beneficial to the inheritance of the excellent traditional culture of China

The traditional culture of the Chinese nation is a valuable spiritual wealth of the Chinese nation, and traditional sports of ethnic minorities, as an important part of it, carries rich historical, cultural and folklore connotations. The teaching of traditional sports for ethnic minorities in institutions of higher learning can pass on these traditional sports programs and protect and carry forward the excellent traditional culture of China. On the one hand, China has a large number of ethnic minorities, each of which has unique traditional sports programs. Teaching in institutions of higher education can enable students to understand and learn the skills and rules of traditional sports of various ethnic minorities and deepen their knowledge and understanding of the pluralistic culture of the Chinese nation. On the other hand, each traditional sports program has a deep historical origin and unique cultural symbols. Relevant teaching in institutions of higher education can pass on these historical and cultural connotations to the younger generation, so that students can gain a deeper understanding of the origin, development and evolution of traditional ethnic minority sports. This will help enhance students' sense of identity and pride in traditional Chinese culture, as well as their understanding and experience of the traditional wisdom of Chinese culture.

### 1.2. Improvement of the physical and mental health of high school students.

Minority traditional sports activities can promote the improvement of students' physical fitness level. These sports often emphasize coordination, flexibility and explosive power, such as Mongolian wrestling, Tibetan fighting, Korean tug-of-war and so on. Through learning and participating in these traditional sports, students can build up various qualities of the body, such as strength, speed and flexibility, and so on, so as to improve the body's functions and adaptability. In addition, the teaching of traditional sports of ethnic minorities can help to improve students' psychological quality. Participation in traditional sports activities can enhance students' self-confidence, perseverance and ability to cope with difficulties. In traditional sports, students need to face challenges, overcome difficulties, cooperate and compete with others, thus developing a positive mindset and good psychological quality. Physical activity also reduces stress and anxiety and promotes emotional regulation and physical and mental relaxation. Most traditional ethnic minority sports are team-based or confrontational, such as ethnic group dance and pearl ball. Participation in these activities requires students to cooperate, communicate and coordinate with others, develop a team spirit and sense of cooperation, and improve their ability to get along with others. The ability to get along with others will be improved.

### 1.3. Enriching the construction of college physical education program system

As a rich and diversified sports cultural heritage of the Chinese nation, traditional sports of ethnic minorities not only has strong historical and cultural connotations, but also integrates people's understanding of nature, society, and the harmonious development of their own body and mind. Therefore, incorporating

traditional sports of ethnic minorities into the physical education curriculum system of colleges and universities can enrich the content of students' physical education and improve their comprehensive quality. At present, the physical education curriculum of colleges and universities is dominated by traditional sports and modern competitive sports, and seldom involves traditional sports of ethnic minorities, thus lacking diversity and comprehensiveness. Introducing the teaching of traditional sports of ethnic minorities can enrich the contents of physical education courses, provide students with more diversified sports choices, and satisfy the interests and needs of different students. At the same time, through participation in traditional physical education, students can increase their understanding of minority cultures and develop the ability of multi-ethnic cultural exchange. This will continue to promote the diversified development of physical education programs in colleges and universities, and make positive contributions to students' personal development and social progress.

## *2. Value of Traditional Minority Sports*

### *2.1. Fitness value*

The essence of traditional sports programs of ethnic minorities is still a kind of sports, and as a sports «fitness value» is one of the most important functions. Therefore, the traditional sports programs of ethnic minorities generally have excellent fitness effects, coupled with the fact that these traditional sports programs are mostly originated from the daily production and living activities of ethnic minorities, with lower requirements for venues and equipments, therefore, their fitness value is often easier to realize. Taking the traditional Manchu sports

program «Saiwei hu» as an example, «Saiwei hu» is not only a lively and interesting sports activity, but also has a high requirement for the lower limb strength of the participants, which can play the effect of exercising the lower limb strength of the people. Take the traditional Manchu sports program «pearl ball» as an example, «pearl ball» as a comprehensive, non-periodic collective sports program, will involve running, jumping, throwing and other technical actions, the participants need to run in the process of constant running for Participants need to run and run in a constant process of confrontation, and the above process can not only exercise one's endurance, sensitivity, speed and other physical qualities, but also improve the functioning of the body organs and the innervating ability of the central nervous system, thus enhancing health.

## 2.2. Cultural Value

Traditional sports programs of ethnic minorities originated from the production life of Chinese ethnic minorities, and therefore inevitably carry the imprint of ethnic culture. Therefore, the development of traditional sports programs for ethnic minorities can help more people to understand China's diverse ethnic cultures, enhance national pride and strengthen the cohesion of the nation. Manchu ancestors in the long history, with the cold and harsh living environment to fight, the spirit of tenacity, bravery, hard work. In the experience of «ice plowing» this sport exciting and fun at the same time, to understand the culture and history behind it, will not only let a person more profound understanding of the sport, but also can increase the sense of national cultural identity, promote the spirit of the nation.



### 2.3. Economic Value

In order to maintain the vitality and inheritance development of traditional minority sports, it is not only inseparable from the original ecological environment of its formation, but also needs to be compatible with the times and integrated into the local social life and economic development, which also highlights the economic value of traditional minority sports. Taking the Manchu style festival as an example, the Manchu style festival is based on the unique historical and cultural heritage of the local Manchu people in Fushun, which not only promotes the sports culture of the Manchu people through the organization of various Manchu sports activities, but also attracts a large number of tourists to come to sightseeing and play, which leads to the development of other local industries in Fushun, and brings great economic benefits to Fushun. Another example is the ice play show organized by Beijing in Beihai Park in winter, which is not to be neglected in promoting the profound traditional culture and driving the boom of ice and snow sports as well as the economic benefits brought by the activities.

### *3. Challenges faced by ethnic traditional sports in higher education*

#### 3.1. Insufficient resources for ethnic traditional sports

First of all, due to the special nature of traditional sports programs, they often require specific venues and equipment to be played, and these resources are not sufficient in most colleges and universities. This has led to the limitation of the traditional sports programs of ethnic minorities. Secondly, traditional ethnic minority sports usually need professional teachers to teach them, but there are only a limited number of professional teachers in colleges and universities who are

engaged in teaching these sports. At the same time, there is a relative lack of teaching materials and teaching aids for traditional ethnic minority sports, which cannot meet the teaching needs. This makes it difficult for colleges and universities to teach traditional ethnic minority sports and limits the opportunities and experiences for students to participate in the programs. In addition, the promotion of traditional sports programs among students requires a certain amount of publicity power and resource support, however, due to the lack of resources, it is often impossible to carry out effective publicity activities, resulting in students' limited understanding of and attention to traditional sports programs. This also affects the popularization and promotion of traditional ethnic minority sports in colleges and universities.

### 3.2 Strong impact by modern competitive sports

Modern sports, such as soccer, basketball, athletics, etc., have received widespread attention worldwide, have unified rules and competition standards, and are able to communicate and compete globally, so they are loved and supported by more people. Moreover, modern sports programs have gained higher attention and publicity through media and commercial promotion. Large-scale sports events, such as the Olympic Games and the World Cup, have become the focus of global sports, and modern sports programs related to them have also received more exposure and publicity opportunities. In contrast, traditional ethnic minority sports are often regional and culturally specific, and rules and competition standards may be more decentralized and diverse, making it difficult to engage in cultural and event exchanges that cover the entire community. The lack of

uniform rules and standards further restricts the promotion and competitiveness of ethnic minority traditional sports on a national scale, all of which pose great challenges to the development of ethnic minority traditional sports.

### 3.3 Students generally pay insufficient attention to traditional sports

One of the challenges facing the teaching of physical education in higher education institutions is that students in general do not pay enough attention to physical education. First of all, the study pressure and competitive environment of modern society make students pay more attention to academic performance and pay relatively less attention to sports. Students generally believe that academic performance is the focus of evaluation, and regard sports as a kind of recreational activity or after-school pastime, lacking understanding and recognition of sports. Secondly, the prevalence of electronic entertainment, the Internet and social media has led students to become more addicted to the virtual world and to stay away from physical activities. Students are more willing to spend time playing games and swiping their cell phones than engaging in physical activity, and their interest and participation in sport is low. In addition, some families and societies place more emphasis on academic achievement and career development than on sport. This has led to a lack of support and encouragement for physical education and sport in the family and social environment, resulting in a lack of attention to physical education and sport.

## 4. *Methods of carrying out traditional ethnic sports in colleges and universities*

### 4.1. Establishing the curriculum system of ethnic traditional sports

Establishing the curriculum system of ethnic traditional sports is an important initiative for protection and inheritance. Through in-depth research on the history, culture and traditional sports programs of ethnic minorities, it provides the foundation for establishing the curriculum system. Then, based on the research results and the understanding of the traditional sports programs of ethnic minorities, the abilities and levels that students should achieve in the learning process will be clarified. Detailed syllabi and teaching plans will be drawn up to clarify the organization of the learning content and the learning progress.

#### 4.2. Raising students' attention to traditional ethnic sports

In order to raise the importance of physical education and sports to students, institutions of higher education can take various measures to make physical education and sports an important part of students' lives. Institutions of higher education can attract students' interest and participation through rich and varied sports activities and events. Various kinds of sports competitions, fitness activities and sports and cultural exhibitions are organized to stimulate students' enthusiasm and motivation.

#### 4.3. Create ethnic traditional sports brand in colleges and universities

China has a vast area and many nationalities, and there are a huge number of traditional sports for ethnic minorities. In order to both save development funds and develop traditional sports of ethnic minorities in colleges and universities, colleges and universities should concentrate their resources on creating one or several traditional sports of ethnic minorities to form a demonstration effect and brand effect. Colleges and universities can provide specialized training grounds for traditional minority sports to ensure that students can train and compete in a suitable environment.

#### 4.4 Innovative Evaluation Mechanism for Students' Sports Programs

Establish a diversified evaluation system. The traditional evaluation of physical education courses is based on examination results, lacking a comprehensive assessment of the overall development of students. Therefore, a variety of evaluation methods can be introduced, such as classroom performance, sports skills test, physical fitness assessment and teamwork ability, in order to have a comprehensive understanding of the students' performance and progress in physical education courses.

#### *Conclusion*

To summarize, the challenges facing the teaching of traditional ethnic minority sports in institutions of higher education can be effectively addressed by establishing a scientific curriculum system, increasing students' attention to sports, creating a brand of traditional ethnic minority sports in colleges and universities and innovating evaluation mechanisms. These measures can promote the inheritance and development of traditional ethnic minority sports, protect and carry forward the excellent traditional Chinese culture, improve the physical and mental health of students in colleges and universities, enrich the construction of college and university physical education curriculum system, and cultivate the comprehensive quality and career development ability of students.

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