

# Development of Traditional Sports and Cultural Resources in China's Ethnic Minority Areas

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**Abstract:** With the deepening of economic globalization, while various regions and ethnic groups have benefited from the convenience of economic life brought about by globalization, traditional cultures have also been impacted. Among them, the traditional cultures in economically backward minority areas have been impacted. It is particularly obvious that many traditional folk customs and intangible cultural heritages that are rich in local characteristics and traditional cultural characteristics of ethnic minorities are gradually fading out of people's vision and are facing the danger of disappearing completely from the world. The purpose of this article is to study the protection and development of regional minority traditional sports cultural(SC) resources. This article combines the methods of literature, interviews and questionnaires to protect and develop the traditional SC resources of the ethnic minorities in the region. According to the research purpose and content of the research, relevant documents are consulted and collected. Based on the research content of this article, a questionnaire framework is developed, and the content of the questionnaire is designed for data collection and analysis. The experimental results show that the development of traditional ethnic SC in China are relatively inadequate. In order to improve the effectiveness of the development of traditional SC of ethnic minorities, we should actively take the process of promoting traditional SC into campus and integrate traditional sports of ethnic minorities, strengthen the innovation of traditional national SC, and implement countermeasures such as the dynamic protection and development of SC.

## 1. Introduction

The protection and development of traditional SC has become an increasingly important cultural hotspot for countries and countries in the world. With the expansion of the field of practice and the deepening of research, people have gradually realized that traditional SC is not a solid concept, the scope involved in it has been updated, and its comprehensive value and functions have been continuously recognized. Among them, the economic function based on the intrinsic function of traditional culture has drawn widespread attention from the society and the cultural community. How to use traditional culture to provide various cultural consumption services to the global society has become the focus of traditional cultural development in various countries. It has also become a new direction and hotspot in the study of traditional culture. Today, traditional culture as an important and unique economic asset has no dispute. Integration of traditional culture and economy is an inevitable way and development trend of traditional cultural modernization. The coexistence of cultural diversity and the diversified development are the inevitable of cultural globalization. In the context of cultural globalization, it is necessary for many countries to discover traditional sports and cultural resources, rely on innovation to develop national cultural industries, and participate in fierce international cultural competition Facing important issues.

The development of the traditional project traditional sports has a long and long history, and it has shown a flourishing situation with its own characteristics, each with its own advantages, so in the process of history, its various parts will inevitably have advantages and disadvantages. Only through comprehensive theoretical guidance, practical feedback and theoretical reappearance can we truly remove its dregs and extract its essence, so as to conform to the trend of history and human

development and survive, and finally form a theoretical guide for the continuous development of this project. According to [1]. Of course, everything is interconnected. Therefore, in studying this issue, we cannot stand on a single point of view to summarize and summarize the fundamental and new sources of this project as the theoretical basis for developing this project. We must use a dialectical perspective. The philosophical attitude conducts an in-depth analysis of all aspects to study this project, and precipitates it into history, providing a reliable theoretical basis for later researchers [2-3]. Furthermore, the traditional sports of ethnic minorities involve a wide range of fields, such as: culture, sports, history, and humanities. Therefore, in order to truly promote the development the SC in our country, it is necessary to carry out a multifaceted and comprehensive review and review from the source, and from the source to the various human influences that have been shown along the historical trajectory. Research on the value of development from multiple perspectives[4-5].

This paper uses literature, interviews and questionnaires to study it. From anthropology and ethnology-related research, it is more comprehensive. It can enrich the research field of SC and make it more systematic and comprehensive. The practical significance is to protect national traditional SC, promote regional economic development, and maintain national unity. The study of regional minority SC can show a positive composition in promoting the protection and inheritance of traditional national sports, on the other hand, it can also allow local residents to fully understand their own sports from the comprehensive social value of traditional national sports. The special aspects of culture, in order to achieve effective use of resources, take the path of industrialization of national traditional sports, promote sustainable development of regional society and economy, and fundamentally strengthen national unity and development.

## **2. Method**

### **2.1 Analysis of Traditional SC Concept**

Chinese traditional culture is rich in ideology and theory. While continuing to inherit and develop, it will inevitably leave behind problems and disadvantages that do not conform to contemporary trends[6]. Today, the traditional Chinese SC is gradually forgotten. The first priority of many scholars is to look at and inherit the traditional Chinese SC in order to make traditional SC new. First, the relationship between traditional SC and modernization, which is mainly manifested by conflicts and coordinated development to achieve The path of inheritance traditional SC is: to achieve legal protection, reform of the growth rate system, and deepen the sports industry [7-8]. The second is the protection and development of traditional SC. It seeks a balanced development model between traditional and modernity, and analyzes the problems it needs to solve in modern sports.

### **2.2 Literature Method**

According to the research needs of this topic, I have consulted a large number of relevant literature, learned about China's current development strategy and guiding policies, and heard the research experience and insights of experts and scholars in this field, and collected a large number of regional minority traditional SC Protection and development of related materials, through the collection and analysis of collected data, so as to have a preliminary understanding and understanding of this subject research, and laid a solid theoretical foundation for this research [9].

### **2.3 Interview Method**

Through interviews with the participants, organizers and residents of the festivals where ethnic minority sports events are held. The staff of the Sports Bureau and Culture Bureau of the ethnic minority communities in the region were interviewed to collect relevant data for the study of this subject. Before the interview is conducted, sufficient preparations should be made, the outline of the interview should be prepared, and the outline of the interview should be reviewed by the authoritative person for multiple revisions to ensure that the interview can obtain valuable research data [10]. Take notes and audio recordings during the interview process, and finally organize and

analyze the recorded data.

## 2.4 Questionnaire Survey

According to the principles and methods developed in the sociological questionnaire, based on the relevant literature and materials, and combined with the content, inheritance mode, management method and survival status of the regional minority SC heritage, design the questionnaire indicators under the careful guidance of authoritative persons And invited relevant experts to screen the questionnaire survey indicators [11-12]. The content of the questionnaire covers the survival, policy protection and funding of ethnic minority SC heritage in the region, the development of activities, the awareness and participation of the masses, the factors, requirements and expectations of the mass heritage of regional minority SC, and How to improve the inheritance measures and the opinions and activities of the workers of the county and township cultural and sports stations on the protection of regional minority SC heritage have reached an interconnected and focused content module and survey system.

## 3. Experiment

Step1: Questionnaire design. In strict accordance with the principles for formulating questionnaires for sports scientific research methods, combined with the research content of this article, multiple parties consult related literature, formulate a questionnaire framework for regional traditional sports and cultural activities, and design the questionnaire content.

Step2: Test the validity and reliability of the questionnaire. Validity test: In order to ensure that the content, structure, and method of the questionnaire have high validity, experts in related fields are asked to scientifically and objectively evaluate that the questionnaire has good structure validity and good content validity. To meet the validity test requirements of the questionnaire design. After the questionnaires were issued and collected, about 15 days apart, 50 participants were randomly selected in the same way for the second issuance of the questionnaire, and the data obtained from the two surveys were analyzed to obtain the correlation coefficient to obtain the data from the questionnaire. Higher reliability.

Step3: Statistics and analysis of data. By comparing the data obtained from the survey, the results of the data are represented in a chart to make the effect more prominent. Through careful analysis with data and charts, and then make assessments and provide feedback, ensure the objectivity and accuracy of the feedback.

## 4. Discussion

### 4.1 Realistic Foundation for Protection and Development

The development of everything requires a certain foundation, including the foundation of material technology, the foundation of policies and institutions, and the foundation of spiritual and emotional aspects. The actual data obtained through investigation and protection are shown in Table 1.

**Table 1.** The basic statistics of the protection and development of a minority traditional SC

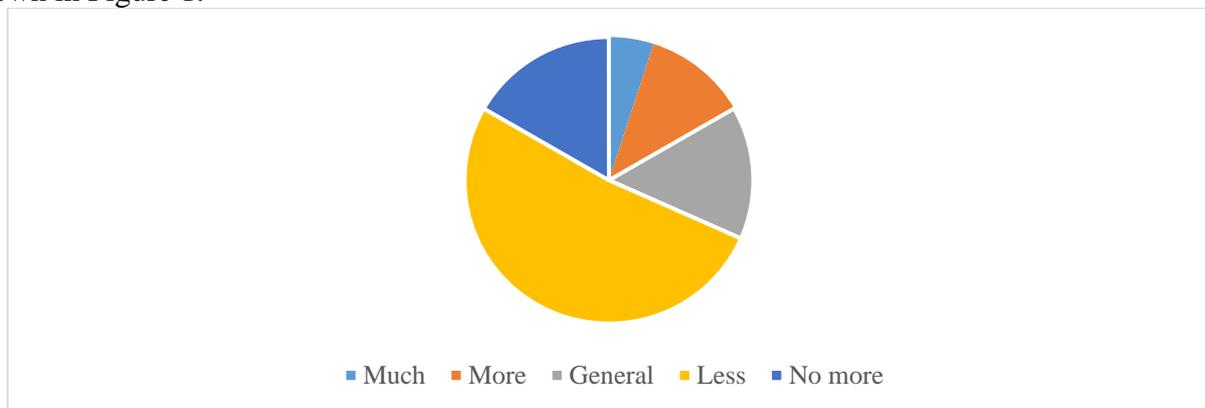
Reality foundation	Select frequency	Frequency ratio%
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The Special Emotions of Minority People on Traditional SC	59	98%
Rich and diverse existence of traditional SC of ethnic minorities	57	95%
The integrity of the traditional SC ecology of ethnic minorities is strong	57	95%
National policy support for the protection and development of traditional SC	53	88%
Need to achieve fitness through national traditional sports	33	55%
Geographical conditions make it necessary to use traditional sports	19	32%
The practicality of minority SC is strong	15	25%
The need for ethnic games	13	21%

According to the survey results in Table 1, ethnic minorities in the region have many realistic foundations that can support the development of traditional SC. The frequency of selection of the respondents on the basis of the 8 listed areas is: the special emotion of the regional minority people on traditional SC, the richness and diversity of the traditional SC of the regional minority, and the strong integrity of the traditional SC ecology of the regional minority. The three areas have the highest selection rates, all of which are above 95%. The two areas also have high selection rates, reaching 88.3% respectively. And 55%. With these displayed foundations as the foundation, the development and protection of traditional SC in regional minorities will achieve twice the result with half the effort.

#### 4.2 Analysis of the Status Quo of Traditional SC

The venue for traditional ethnic sports and cultural events refers to the venues that provide corresponding ethnic traditional sports events for training, competitions, and performances. This is the most basic living condition for traditional ethnic sports. Any traditional ethnic sports can't survive without it. Statistics and analysis of the survey data of the status quo of traditional SC are shown in Figure 1.



**Figure 1.** Statistics of venue protection of minority sports

According to the results of the survey, as shown in Figure 1, ethnic minorities in many regions have few dedicated sports venues, but there are still many multi-purpose venues. At present, 51.7% of the respondents believe that the current situation of the venue protection of traditional minority sports events is not optimistic. The venue is running out of sports for wake-up training, competitions and performances. Only 16.6% of the survey results were considered to be better protected. Another 15% of the respondents believe that the current venues for traditional sports in ethnic minority villages are sufficient. Another 16.7% believe that the current venues for traditional sports in ethnic minority villages have disappeared and that traditional sports have lost the environment on which they depend.

## 5. Conclusion

The construction of ethnic minorities provides policy support for the protection of traditional SC, as well as the living environment conditions and opportunities of the integrity, tradition and diversity of traditional SC. At the same time, the protection and development of traditional SC also has the reality of people's special emotions for traditional SC, the richness and diversity of traditional SC, the integrity of traditional SC ecology, and the good policy support for traditional SC protection and development. basis. The protection of traditional SC of ethnic minorities is reflected in the small number of national-level intangible cultural heritage items, most of which are provincial-level, state-level. There are fewer inheritors at the state and county levels, and the echelon structure is not reasonable enough. The development of the SC is mainly to develop their educational functions, fitness functions, tourism functions, functions to promote national unity and progress, and the construction of sports venues, etc., and initially achieved some development results. The problems existing in the protection and development of SC are mainly the lack of talents, the narrow audience, the poor development effect, the downplay of cultural value due to economic benefits, the lack of succession due to the strong impact of modernization. We should actively take the progress of promoting traditional SC into campus, integrate traditional sports of ethnic minorities into the mass sports and fitness, and vigorously develop tourism characteristic industries with the theme of minority SC.

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