

Research on the Cultivation of Core Physical Literacy of College Students through Ethnic Traditional Sports

Weijie Song

Wenzhou Polytechnic, Wenzhou 325000, Zhejiang

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Abstract: Traditional ethnic sports, as an important part of the excellent culture of the Chinese nation, contain rich educational value. Integrating traditional ethnic sports events into physical education teaching in colleges and universities is of great significance for cultivating students' core sports literacy. Based on the connotation of core sports literacy, this article analyzes the value and path of traditional ethnic sports in cultivating the core sports literacy of college students from three dimensions: national identity, humanistic spirit, and physical and mental health. The research suggests that schools should follow the principle of adapting measures to local conditions and highlighting characteristics, and take targeted measures in aspects such as curriculum design, faculty development, venues and equipment, and teaching methods. They should fully explore and utilize the educational resources of traditional ethnic sports, innovate the talent cultivation model, promote the all-round development of students, and inherit and carry forward the Chinese sports culture.

Keywords: Ethnic traditional sports; Core literacy of sports; College physical education; Talent cultivation

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1. Introduction

The core literacy of physical education is the essential character and key ability that reflects the educational value of the physical education discipline, and it is the foundation for students to adapt to future social development. Cultivating students' core physical education literacy is an important mission of physical education teaching in the new era. Ethnic traditional sports are forms of ethnic sports culture that have been formed under specific historical conditions in our country and have been passed down from generation to generation through continuous practice. It originates from the practice of production and life, contains rich humanistic connotations, and showcases the wisdom and spiritual outlook of the Chinese nation. The inheritance and development of traditional ethnic sports are of great significance for strengthening cultural confidence, enhancing national cohesion and creativity, and cultivating new people of the times.

2. The importance of traditional ethnic sports

Ethnic traditional sports have formed and developed under the specific natural and social historical conditions of our country and are an important part of our excellent traditional culture. For thousands of years, people of all ethnic groups

have continuously created, enriched, and developed traditional ethnic sports events in the practices of productive labor, military activities, sacrificial ceremonies, and entertainment. With its unique humanistic connotation and educational value, it plays an irreplaceable and important role in promoting the all-round development of people, inheriting national culture, and enhancing national identity.

First of all, traditional ethnic sports carry the wisdom and spiritual pursuit of the Chinese nation and are an important carrier for uniting national sentiments and cultivating cultural confidence. Every traditional sport embodies the survival wisdom, value concepts, behavioral patterns, and aesthetic tastes of a nation, and reflects the character traits and humanistic spirit of the Chinese nation. Participating in traditional ethnic sports enables contemporary youth to be influenced by excellent traditional culture, and enhances their sense of pride and identity as Chinese people in inheriting the national spirit and strengthening cultural confidence^[1].

Secondly, traditional ethnic sports have unique benefits in strengthening the body and uplifting the spirit, playing a significant role in promoting the physical and mental health of young people. Many of these traditional sports originate from labor practices, featuring simple movements, basic equipment, and flexible rules, making them well-suited to the age and cognitive levels of young people. For example, the yo-yo ball game of the Zhuang people in Guangxi and the grass-hoeing drum game of the Miao people in Hunan are both educational and entertaining, helping to build physical strength and cultivate a refined spirit through play. Traditional fitness methods like Baduanjin (Eight Pieces of Brocade) and Wujinxi (Five Animal Exercises) emphasize the integration of form and spirit, as well as the balance between movement and stillness, which are particularly valuable in alleviating the stress of modern fast-paced life. Promoting traditional ethnic sports can enrich school physical education, create a joyful sports environment, and help students enjoy the fun and health benefits of physical exercise.

Finally, traditional ethnic sports also contain rich educational connotations and play a unique role in fostering virtue and nurturing talent, and promoting the all-round development of students. For instance, the “martial virtue” advocated by Chinese martial arts requires that martial artists not only possess superb skills but also have qualities such as benevolence, righteousness, propriety, wisdom, and trustworthiness, which are highly consistent with the core socialist values. For instance, in the crossbow shooting competition of the Achang ethnic group, the contestants must be honest and trustworthy and obey the referees, which reflects the sports ethics of fair competition. Guiding students to participate in traditional ethnic sports can help them understand and inherit Chinese virtues imperceptibly, cultivate noble sentiments, and shape a sound personality.

3. Strategies for cultivating the core sports literacy of college students through traditional ethnic sports

3.1. National identity: Strengthening cultural confidence and identity recognition

National identity is an individual’s emotional attachment and value recognition to the nation to which they belong, and it is the foundation of national cohesion and centripetal force^[2]. Contemporary college students are at a crucial period for the formation of their values. Enhancing their sense of national identity is of great significance for strengthening cultural confidence and inheriting the national spirit. Most traditional ethnic sports originated from labor production, military activities, religious sacrifices, etc., reflecting the lifestyles, aesthetic tastes, and values of people of all ethnic groups, and embodying the wisdom and spiritual qualities of the Chinese nation. Taking Mongolian archery as an example, this sport integrates the characteristics of nomadic civilization and embodies qualities such as bravery, intelligence, and concentration. In competitive confrontations, it showcases the enterprising spirit and fine tradition of unity and cooperation of the Mongolian people. By learning about the origin, characteristics, and rules of traditional ethnic sports, students can directly experience the unique charm of Chinese sports and enhance their understanding and recognition of excellent traditional culture. In addition, many traditional ethnic sports events have distinct regional characteristics and are an

important part of the local intangible cultural heritage. Colleges and universities should make full use of local resources in teaching, allowing students to enter communities and inheritance bases, experience the charm of projects on the spot, listen to the stories of inheritors, and deepen their sense of identity with the culture of their own nation and region through participation and interaction. For instance, colleges and universities in Fujian can introduce elements of “Mazu culture,” infuse the spirit of Mazu into traditional sports teaching such as dragon boat racing and Chinese lion dance, and guide students to develop a sense of patriotism and love for their hometown.

3.2. Humanistic spirit: Cultivating noble character and moral sentiments

The humanistic spirit is a vital reflection of the core values of society and serves as an intrinsic driving force for personal all-round development. Sports not only enhance physical fitness but also serve as a significant platform for cultivating noble character and refining moral sentiments. Introducing traditional ethnic sports into universities helps promote the humanistic spirit of Chinese sports and nurture students’ noble moral qualities. Over time, traditional ethnic sports have developed unique value concepts and behavioral norms. For instance, Chinese martial arts emphasize martial virtues, advocating the unity of martial spirit and benevolence, and stress that martial artists should possess qualities such as bravery, humility, self-restraint, and helping others. Another example is the Tibetan yak carrying sheep competition, where participants must adhere to the principles of fair competition and mutual assistance, and those who violate the rules will face moral condemnation from their fellow tribespeople. Schools should integrate these valuable humanistic elements into their teaching, guiding students to establish correct values and improve their moral cultivation. Moreover, traditional ethnic sports embody ecological wisdom that values nature, respects life, and pursues harmony. For example, in the Miao ethnic group’s grass-hoeing drum performance, participants run barefoot along the field ridges, pulling weeds while beating drums and gongs, ingeniously combining sports with agricultural labor, reflecting the simple concept of harmonious coexistence between humans and nature. Another example is the Yi ethnic group’s crossbow shooting, where participants enjoy activities like arrow throwing and archery, refining their will and cultivating their sentiments in a natural environment. Schools should fully explore the ecological ethical ideas in traditional ethnic sports, fostering students’ respect for nature and love for life, and guiding them to embrace the concept of sustainable development ^[3].

3.3. Physical and mental health: Enhancing physical fitness and cultivating an optimistic and positive psychological quality

Physical and mental health is the foundation for the all-round development of individuals and the core goal of physical education. Most traditional ethnic sports originated from the practice of production and life, and have the unique advantages of being close to nature and strengthening the body. Introducing physical education classes in colleges and universities can enrich the teaching content and promote the all-round physical and mental development of students. In terms of physical fitness, traditional ethnic sports enhance students’ basic qualities such as strength, speed, endurance, and flexibility through gamified practice methods in an entertaining way. For instance, in the case of the Guangxi Zhuang ethnic group’s yo-yo, students practice the skills of throwing and catching the ball amid tongue twisters and music, thereby enhancing their arm strength and body coordination imperceptibly. For instance, in the Tibetan yak carrying a sheep, the participants need to run on the yak and bend down to carry the sheep to show their heroic nature. Through interactive competition, they can exercise their overall strength and endurance. For instance, in the Korean springboard, students need to use elastic wooden boards to flip and jump into the air, testing their jumping ability, sense of balance, and spatial positioning skills. These interesting traditional ethnic sports events can stimulate students’ interest in sports and help them achieve the goal of enhancing their physical fitness in a happy experience. In terms of mental health, most traditional ethnic sports are carried out in collective participation, which is conducive to cultivating students’ psychological qualities of optimism, positivity, and win-win cooperation. In addition, many traditional ethnic sports such as Baduanjin and Wuqinxi emphasize breathing control and the cultivation of both body and spirit. They not only strengthen the body but also refine one’s temperament, which is helpful for students to master self-regulation methods and develop a positive

and optimistic psychological quality. When schools carry out teaching, they should focus on stimulating students' positive emotional experiences and guide them to correctly deal with difficulties and setbacks imperceptibly ^[4].

4. Conclusion

To sum up, inheriting and promoting traditional national sports in college physical education teaching is of great significance for cultivating students' core sports qualities, such as cultural confidence, humanistic sentiments, and physical and mental health. Schools should base themselves on their educational characteristics and regional advantages, follow the principle of adapting measures to local conditions and highlighting features, systematically develop traditional ethnic sports courses, improve teaching conditions, innovate talent cultivation models, enable students to appreciate the unique charm of Chinese sports through participation and experience, inherit and carry forward the national spirit, and enhance their comprehensive qualities. In this way, students can grow into socialist builders and successors who are well-rounded in morality, intelligence, physical fitness, aesthetics, and labor.

Disclosure statement

The author declares no conflict of interest.

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