

# Research on the Role of Physical Education in Kunming in Promoting the Development of Youth Sports in Southeast Asian Countries

**Yue Li, Nurul Nadiah Binti Sahimi, Haohai Wang**

Management and Science University, Graduate School of Management, 40100, Malaysia

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## **Abstract:**

In recent years, sports, as an effective means of cultural exchange and the establishment of international friendly relations, have become increasingly important, especially for Southeast Asian countries in the Asian region, where they hold special value. This study takes the physical education in Kunming City as the specific research object to explore its promoting effect on the development of youth sports in Southeast Asian countries. By using quantitative and qualitative research methods, through questionnaire surveys, interviews, and in-depth analysis of relevant data in Kunming City, it is concluded that physical education in Kunming City plays an important role in promoting the development of youth sports in Southeast Asia. Furthermore, the research found that physical education in Kunming has performed outstandingly in helping to improve their physical fitness, enhance their sports skills and love for sports. The statistical results of various data show that this promoting effect not only drives the sports exchanges between Kunming and Southeast Asian countries, but also helps to enhance the sports quality and interest of teenagers in these countries. Therefore, physical education in Kunming has demonstrated tremendous value and potential in promoting the development of youth sports in Southeast Asia and facilitating friendly exchanges between the youth of Kunming and those of Southeast Asian countries. The results of this study may provide new perspectives and references for future youth sports exchanges between Kunming and more Chinese cities and Southeast Asia.

## **Keywords:**

Physical education in Kunming City  
Teenagers in Southeast Asian countries  
Sports development  
Cultural exchange  
Quantitative and qualitative research

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## 1. Introduction

Sports, as an important form of cultural dissemination, play a significant role in building international friendly and cooperative relations. Due to their geographical and cultural advantages, Southeast Asian countries have long-term potential for collaboration with China in the field of sports, especially in the development of youth sports. Kunming City serves as a key node connecting China and Southeast Asia. Relying on its profound accumulation of sports education and resource advantages, it plays a special role in promoting regional sports exchanges. At present, research on how physical education in Kunming can promote the development of youth sports in Southeast Asian countries in detail is still insufficient. This study focuses on physical education in Kunming. Through questionnaires, interviews and data analysis, it evaluates its practical role in improving the physical fitness, technical level and sports interest of teenagers in Southeast Asian countries. It aims to demonstrate the effect and significance of physical education in Kunming, provide new ideas for regional sports cooperation, and explore the potential for future cooperation between China and Southeast Asian countries in the field of sports.

## 2. The background and development overview of physical education in Kunming City

### 2.1. The history and current situation of physical education in Kunming City

Kunming is a core city in the southwest of China. The development history of physical education is very long and the cultural foundation is particularly profound. At the beginning of the 20th century, the first modern sports institution was officially established here. Subsequently, the physical education system of schools at all levels was gradually established. After the founding of the People's Republic of China, physical education received strong support from the government. Various sports facilities were rapidly built and various sports activities were frequently carried out.

Since the beginning of the 21st century, physical education in Kunming has achieved remarkable improvement. The arrangement of physical education courses has become increasingly meticulous and

appropriate, covering basic sports such as track and field, basketball, football, badminton, etc. No effort was missed to promote off-campus sports activities in schools, cooperate with social sports institutions, and expand the popularization and improvement of youth sports training. In terms of hardware facilities, Kunming has invested a huge amount of funds in building modern sports venues and improving campus sports facilities, providing a favorable environment and conditions for the physical education of teenagers.

Kunming also attaches great importance to the international development of physical education. By hosting global sports events and exchange activities, it deepens sports exchanges and cooperation with Southeast Asian countries. The physical education in Kunming has established a very complete teaching and management system in China, and is gradually demonstrating its special appeal and obvious advantages worldwide. The physical education in Kunming has gone through the entire process from infrastructure construction to the completion of the curriculum system, and from single-project teaching to multi-level progress. It has long become a key component of Kunming's education cause<sup>[1]</sup>.

### 2.2. The relationship between sports and international exchanges

Sports have a deep relationship with international communication. Sports are like a language that the whole world can understand, which can help people from different countries and regions get to know each other and cooperate together. Kunming City often organizes many international sports competitions and activities, warmly inviting young people from Southeast Asian countries to participate. This has greatly enhanced the friendly ties among people. Physical education not only plays a role in competitions, but also enables people to understand each other better and learn to accept different cultural backgrounds by spreading sports culture. Kunming City pays special attention to the diverse integration and mutual respect of cultures in sports exchanges and has successfully established a channel for everyone to connect. Such cross-cultural interactions have significantly deepened the emotional bonds among young people in the region, consolidated the good relations between Kunming and Southeast Asian countries, and are

of great significance and far-reaching influence.

### **3. The current situation and demands of youth sports development in Southeast Asian countries**

#### **3.1. Common problems in youth sports development in Southeast Asia**

The development of youth sports in Southeast Asian countries encounters a host of common problems. The severe shortage of sports facilities and resources has become the biggest stumbling block. Many Southeast Asian countries have poor economic conditions and cannot afford sufficient funds to build or maintain sports facilities, which makes it impossible for teenagers to participate in high-level sports training and find suitable activity venues. Most of the sports equipment is dilapidated and the condition of the venues is ridiculously poor, seriously hindering teenagers from participating in complete and organized sports activities. The shortage of teaching staff in physical education is also a very serious problem. The number of physical education teachers in Southeast Asian countries is small, and their professional levels vary. The training opportunities for physical education teachers are scarce and the learning resources are limited. When teaching professional skills, they often find it difficult to meet the real needs of teenagers to learn and improve their physical education skills, which affects the overall development level <sup>[2]</sup>.

There are hidden problems in the family, social, and cultural atmosphere regarding teenagers' participation in sports activities, which has become one of the key points that need attention. In the cultural environment of some Southeast Asian countries, sports activities are not regarded as an important link that contributes to academic progress or future career development. The support given to sports activities by families and society appears relatively weak.

This concept directly leads to a significant reduction in teenagers' interest and motivation to participate in sports activities, severely hindering their overall development and advancement space in the field of sports. Health problems and lack of nourishment also have a negative impact on the shaping of teenagers' sports abilities. In some Southeast Asian countries, teenagers

are unable to actively participate in physical exercise and various competitions due to health problems such as a lack of nourishment and physical illness. This not only limits the regular presentation of teenagers' sports potential but also makes them prone to serious physical injuries and various hidden risks and threats during sports activities. The imperfect policies and systems constitute the key factors hindering the progress of youth sports. In many Southeast Asian countries, sports progress policies lack comprehensive consideration and long-term planning, and are unable to establish a high-quality sports education system and incentive measures. This results in teenagers being unable to obtain reliable guarantees when developing sports and affects the overall improvement of sports levels.

#### **3.2. The social and cultural impact of sports activities on teenagers in Southeast Asia**

Sports activities have a profound influence on young people in Southeast Asia, demonstrating significant social and cultural roles. Participating in sports activities can improve the physical health of young people, enhance their physical vitality, and at the same time, it can also exercise their teamwork ability and competitive spirit, and have a positive impact on their psychological growth and social behavior. Sports activities also offer teenagers the opportunity to make friends. Through the process of making friends, they can learn about different cultural backgrounds and enhance cross-cultural understanding and respect <sup>[3]</sup>.

### **4. The correlation between physical education in Kunming and the development of youth sports in Southeast Asia**

#### **4.1. The internationalization characteristics of physical education in Kunming**

The international characteristics of physical education in Kunming have played a very important role in the development of youth sports in Southeast Asia. Kunming is located at the junction of China and Southeast

Asian countries, enjoying a particularly advantageous geographical location. Therefore, there are many opportunities for physical education in Kunming to exchange with foreign countries. Kunming City makes use of its rich and diverse sports courses and activity designs, incorporates international elements, and arranges the sports education curriculum with a global perspective. Kunming City frequently organizes various sports competitions and exchange activities, attracting many teenagers from Southeast Asian countries to participate and helping these teenagers gain better international sports exchange experiences. Kunming City is determined to cultivate sports talents with an international perspective. This goal is reflected in the setting of school physical education courses and the improvement of teaching methods.

At the same time, through cooperation with international sports organizations and institutions, the physical education in Kunming City is gradually reaching international standards. The international nature of physical education in Kunming is reflected in the diversity of the teaching staff. Foreign sports experts are invited to teach sports courses for teenagers, enabling teenagers from Southeast Asian countries to understand diverse sports training concepts and techniques, and promoting the improvement of teenagers' sports levels. Kunming takes the initiative to promote the communication and integration of sports cultures between China and foreign countries, organizes international sports forums and seminars, and builds a sports exchange platform between Kunming and Southeast Asian countries. This international characteristic not only promotes the progress of physical education in Kunming itself, but also has a long-term effect on the progress of youth sports in Southeast Asia, helping them optimize their physical fitness, enhance their sports skills, shape their love for sports, and promote the vigorous development of regional sports culture <sup>[4]</sup>.

#### **4.2. The promoting role of physical education in cultural exchange and integration**

Physical education is a very important tool for cultural dissemination, which can help different cultures communicate and integrate better. The physical education in Kunming makes use of physical education courses,

interactive training and various sports competitions to enable young students from Southeast Asia to have a deeper understanding of Chinese sports culture and form a positive way of cultural exchange. In physical education courses, young students from Southeast Asia can learn various sports skills. At the same time, they can also personally participate in local traditional sports activities in Kunming, such as practicing martial arts and playing traditional games. These activities greatly increase their understanding and curiosity about Chinese culture. During the interactive training, local physical education teachers in Kunming will directly communicate with young students from Southeast Asia, teach them training methods and practical experience, help cultural integration deepen mutual understanding, enhance friendship, and grow and progress together. Sports events and exchange activities not only contribute to building friendships but also provide a platform to showcase the cultural characteristics of both sides, allowing Southeast Asian teenagers to enhance their sense of identity and belonging to Chinese culture while experiencing the sports charm of Kunming. With the help of sports education, Kunming has become an important bridge connecting cultural exchanges between China and Southeast Asia.

### **5. The practical effects and influences of physical education in Kunming City**

#### **5.1. The impact of physical education curriculum and interactive training on teenagers in Southeast Asia**

Kunming has promoted the development of youth sports in Southeast Asia through physical education, achieving remarkable results. In particular, physical education courses and interactive training have had a profound impact on teenagers in Southeast Asia, and their role is indeed significant.

Kunming City makes full use of diverse sports resources and advanced educational concepts to carefully plan various forms of sports courses, covering a wide range of sports such as basketball, football, badminton and table tennis. These physical education courses help teenagers in Southeast Asia enhance their physical fitness and develop teamwork spirit and competitive awareness through learning. In terms of interactive

training, Kunming City takes the initiative to arrange various sports training camps and exchange activities, inviting teenagers from Southeast Asia and China to participate in the training together. Through the exchange of skills, they deepen their friendship and mutual understanding. These activities create a platform for Southeast Asian teenagers to communicate and discuss with their Chinese peers, helping them feel and adapt to different cultural backgrounds and experience the unique charm of multiculturalism. During the training process, young students from Southeast Asia can experience the meticulous and patient guidance of professional coaches in Kunming, as well as the great convenience and assistance brought by first-class sports facilities, which has significantly improved their sports ability and level.

The interactive training content places great emphasis on cooperation among teams and the abilities demonstrated by each individual. Through practical hands-on operations, it enhances the love for sports and a more comprehensive and in-depth understanding, promoting the all-round development of both body and mind. The physical education courses, combined with various interesting interactive training activities, have significantly improved the physical health of young students in Southeast Asia, and aroused their strong passion and full confidence in participating in sports. The sports courses and training activities held in Kunming have enabled young friends from Southeast Asia to deeply understand the true value contained in the sports spirit through practical participation and interactive communication, jointly creating a sports cultural environment full of optimistic and enterprising spirit. Such practical achievements have significantly enhanced the close collaborative ties between Kunming and Southeast Asian countries. At the same time, they have provided extremely valuable experience and references for the development of sports among the younger generation in Southeast Asia, promoting in-depth exchanges and cooperation among the younger generation in the region in terms of sports culture<sup>[5]</sup>.

## 5.2. Actual achievements of sports events and exchange activities

The sports events and exchange activities organized by Kunming City have provided many platforms for young

people from Southeast Asian countries to participate and have achieved good results. Such sports events help young people improve their physical fitness and also make their sports skills stronger. On the international competition ground, competitions and exchanges are carried out. Young people from Southeast Asian countries can compete with local students in Kunming, exchange experiences and methods in training with each other, and cultivate a tenacious will and the spirit of teamwork through activities. International sports exchange activities have enabled young people in Southeast Asian countries to have a better understanding of the charm of Chinese culture, enhanced their sense of belonging, and at the same time promoted friendship and mutual trust between the two sides.

## 6. Conclusion

This survey report comprehensively analyzes how physical education in Kunming has promoted the improvement of youth sports in Southeast Asian countries. It adopts both quantitative and qualitative research methods to carefully study how the physical education model in Kunming has improved the physical health of teenagers, enhanced their sports skills, and aroused their interest and enthusiasm for participating in sports activities. Pay particular attention to the results of students' physical fitness tests and the effects of interest cultivation activities. The sports education in Kunming promotes the exchange and interaction of sports culture among young people from Southeast Asian countries, contributes to the continuous progress of regional youth sports, strengthens friendly ties and mutual understanding, and at the same time enhances the teamwork spirit of young people.

Some problems and deficiencies were detected during the investigation. For instance, the collected data was only derived from the practical activities of physical education in the Kunming area. The sample size was small, the coverage was not broad enough, and the research on the specific influence of the social and cultural background of Southeast Asian countries on cooperation and exchanges was not in-depth enough. The investigation proposes to expand the scope of coverage, incorporate more cases of urban physical



education in China, formulate appropriate project plans in combination with the cultural background and actual needs of Southeast Asia, measure the long-term role of physical education by using long-term monitoring data, pay attention to the key role of policy support and the coordinated use of social resources, and strive to build a regional sports exchange and cooperation platform that

can develop in the long term. Strive to achieve a win-win situation for all parties. The purpose of conducting this research is to analyze the youth sports cooperation between China and Southeast Asia, provide theoretical support, promote cultural exchanges, and reflect the social value of physical education.

### Disclosure statement

The author declares no conflict of interest.

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