

Analysis on the Influence of Dragon Dance Movement on Sports Culture in Chinese Universities

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Abstract: With the continuous improvement of education level in China, many schools pay more and more attention to physical education curriculum. For colleges and universities, the purpose of physical education courses is to cultivate students' physical quality and physical education consciousness, and students can gain physical and mental improvement through physical education courses, so that they can have good adaptability to step into society in the future. But the development of students is often ignored in the traditional physical education teaching, and the teaching lacks individuation and pertinence, which is very unfavorable to the development of students. The dragon dance movement is a traditional festival activity way, in the university not only can reflect the traditional culture inheritance but also can exercise the student physical quality and psychological quality with such exercise. This paper explores how to promote the development of students' personality in college physical education, and the influence of dragon dance on college physical education culture in China.

1. Introduction

Dragon Dance Movement is a sport with national characteristics, which contains rich cultural connotations. Dragon dance is a kind of group cooperative sports, which has a strong team nature. Therefore, dragon dance in colleges and universities can provide students with an opportunity to cooperate and communicate, so that students' physical and psychological quality can be improved. Sports is based on physical training activities, followed by physical training at the same time also in training people's psychological literacy and psychological tolerance, in order to maximize to tap the potential of people, so as to hone the spirit of tenacious struggle [1]. Sports can not only hone one's willpower, but also control one's emotions and teach one's self-discipline. In the traditional concept, physical education is only a lesson to relax students' body and mind and improve their physical quality, in fact, in the modern educational concept, physical education is also a course to cultivate students' comprehensive literacy. The traditional physical education teaching model is not attractive to students, and the current phenomenon that young people do not like sports generally leads to the lack of effect of physical education curriculum teaching. Therefore, colleges and universities should introduce meaningful sports activities, guide through good ways, and improve the effect of physical education courses. And dragon dance is a very good choice.

2. The Significance of Dragon Dance to College Sports Culture

The spirit of surpassing oneself is the spirit of constantly improving oneself in sports activities and striving toward higher and higher goals in body and spirit. Dragon dance is a great test for the participants' physical quality and psychological accomplishment, as well as their willpower. In sports activities, people will unconsciously work towards higher goals, so as to enhance their ability and reflect their own value. In such activities, people will constantly overcome difficulties, improve themselves, have the driving force to move forward, have a long-term vitality.

Physical education teaching is not only physical exercise, but also the cultivation of comprehensive literacy. The addition of meaningful sports dance in physical education teaching can

allow students to get more exercise in the limited course time. Dragon dance is a team form of sports, can meet the individual needs of students, through such a form, students can form interest in physical exercise, develop good exercise habits; It can promote the benign interaction between teachers and students and form a good teacher-student relationship, so as to create a good classroom atmosphere and improve the classroom effect. There is the idea of teaching students according to their aptitude in modern education, and then the measure of students in traditional education is very single, which will limit the individualized development of students, and it is difficult to explore the talent and potential of students. Personalized education is the extension of the concept of teaching students according to their aptitude [2]. Its meaning is that different ways of education are adopted according to different students, which is of great significance to the development of students in terms of individuals. In addition, dragon dance can reduce the gap between students due to individual differences, which can promote the fairness of education. The use of dragon dance in college education not only meets the individual needs of students, but also promotes the development of physical education. Contemporary college students have various interests and have different hobbies in physical education. In teaching activities, teachers need to conform to the characteristics of students' personality and carry out special physical education. Students in the learning process in the state of active inquiry, in this positive state is not only conducive to the acquisition of the corresponding sports knowledge [2]. can also be cultivated in emotion, will, etc.



Figure 1 Dragon dance

With the development of the times, sports spirit has become an important part of sports culture system. Sports is based on physical training activities, followed by physical training at the same time also in the training of people's psychological literacy and psychological tolerance, in order to maximize the exploration of human potential, so as to hone the tenacious fighting spirit. Sports can not only hone people's willpower, but also control people's emotions and teach people self-discipline. Dragon Dance is a traditional folk custom project which has long been passed on [3]. The spirit of perseverance in the Chinese tradition, through participating in the dragon dance movement, students can explore their potential and hone good spiritual qualities. Sports spirit is a kind of cultural consciousness, which contains the positive spirit of human beings. In sports, sports spirit is a core part. People can form good competition behavior and professional accomplishment in sports competition and carry forward good sports spirit quality. Through the competition and cooperation in sports, people abandon the prejudice against each other, which is the embodiment of the unique charm of sports spirit. There are many forms of sports, which can reflect the unique spirit of sports. Such as competitive sports, such as basketball, football and so on, which requires the confrontation between opponents and team-mates to cooperate with each other to complete, such competitive, teamwork and the technical included in the performance of sports spirit [4]. Dragon Dance is a team project where students can exercise endurance. You can reflect on yourself. In addition, the persistence of such sports can hone one's willpower.

3. Introduction of Dragon Dance Campaign

Characteristic sports are the foundation of college physical education activities, which can be divided into two aspects: first, to ensure that students can achieve the educational objectives of college physical education; second, according to the characteristics of the project, professional knowledge and other different training programs. In the course aspect can set the basic course, the elective course lets the student carry on the independent choice, the basic course may divide into the theory and the practice course, in order to satisfy the student individualized development demand.

3.1. Development of Teaching Programmes

Due to the teacher's teaching method, the students' physical quality and the different emphasis of teaching contents in physical education teaching, there will be some individuation. In the dragon dance sports project, many people need to cooperate, PE teachers should teach students according to their aptitude in teaching, design different teaching plans according to students' characteristics, and improve students' overall accomplishment through different differences in emphasis, thus promoting the ability of teamwork.



Figure 2 Dragon dance

3.2. Changing Teaching Concepts

With the development of economy and society, the demand for talents is higher and higher, especially applied talents. For colleges and universities, teaching should be in line with the times, need to pay attention to the cultivation of students' comprehensive literacy and professional ability. Physical education should also be consistent with teaching objectives [5]. To abandon the traditional teaching concept and to teach students in a personalized way. First of all, the teaching mode should take the student as the main body, according to the student's personality characteristic, carries on the targeted cultivation to the student. At present, many colleges and universities are faced with the problem of difficult to choose physical education courses. Because of the limited number of places, many students do not have the opportunity to choose the courses they like. Therefore, in the teaching arrangement, the school can appropriately increase the team sports with characteristics such as dragon dance. In addition, in order to strengthen the professionalism of teachers, teachers should be arranged in the corresponding professional teaching.

3.3. Transformation of Teaching Content

Along with the society to the talented person request enhancement, each discipline teaching content is also changing with each passing day. Physical education teachers need to change and innovate the teaching contents according to the actual situation. Introduction of sports with characteristics, give students more choice space, so as to improve students' interest in sports learning, students can be interested in their own sports to learn, so as to improve the teaching effect. Teachers should change the teaching contents flexibly according to the actual needs of students, and strengthen the consolidation of physical education knowledge in training [6]. We can carry out more practical activities of physical education, strengthen students' ability of self-inquiry in various

sports, and improve the effect of physical education teaching.



Figure 3 Dragon dance

3.4. Transformation of Teaching Forms

The traditional teaching form of physical education course is relatively single, it is difficult for students to be interested in the study of physical education, and it is not possible to achieve the purpose of cultivating students' physical education literacy. Therefore, the current physical education teaching in colleges and universities needs to change the teaching form, so that students can change their ideas and attitudes towards physical education. In the process of teaching, teachers can use the way of guidance, so that students can take physical exercise independently. The guiding teaching form can make students keep the main position in the classroom without "going sideways ". In the process of guidance, teachers should inculcate new knowledge ideas for students, stimulate students' interest in learning, and independently carry out sports practice through these ideas. In addition, the school needs to organize more competitive sports activities, dragon dance is a very suitable team competitive sports, through dragon dance, students in the competition not only get physical and mental exercise, but also stimulate their team consciousness, in addition, the folk culture and spirit contained in dragon dance sports also deeply affect everyone in the team.

4. Summary

To sum up, in physical education teaching in colleges and universities, the promotion of dragon dance sports is of great significance to the individualized development of students, which can improve the enthusiasm of students in class and cultivate students' sports literacy, which plays a very positive role in both individual and overall. Therefore, teachers should take students as the main body in the course, pay attention to the introduction of characteristic sports items, and help students develop individualized.

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