

Research on the Current Situation and Development Countermeasures of Implementing Dragon Boat Sports in Colleges and Universities

Taking Ten Universities in Wuhan as Examples

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Abstract—The history of Chinese dragon boat is a tragic and patriotic history. The traditions of each ethnic group perform the history based on the dragon's creative spirit, conquest spirit and fusion spirit. The legends of different styles, different techniques, different drums, different costumes and different cultural connotations are for the commemoration that cannot be forgotten. For thousands of years, the races of dragon boats have smashed the rivers and lakes, which have been spread throughout the north and south, interpreting the history and civilization of China, and demonstrating the unity and strength of the nation. The dragon boat movement has developed from the private sector. In recent years, it has grown stronger in colleges and universities. The participation enthusiasm of college students has been increasing. More and more colleges have established professional dragon boat teams. However, due to various conditions, there is still certain gap between college dragon boats and professional dragon boats, which is facing great challenges. This paper takes ten universities in Wuhan as examples to analyze the implementation and problems of dragon boat sports in colleges and universities, and proposes corresponding countermeasures, hoping to provide powerful theoretical support for the healthy and sustainable development of dragon boat sports in colleges and universities.

Keywords—dragon boat sports in colleges and universities; development situation; existing problems; countermeasures

I. INTRODUCTION

In recent years, more and more college students have actively participated in the dragon boat sports, which has promoted the remarkable improvement of the sports competition level, and made the dragon boat sports develop from traditional folk group activities to the good education model for improving self-cultivation of college students and promoting the popularization of traditional culture. With the development of the times, the dragon boat culture has also developed in colleges and universities, and gradually formed a certain brand effect. The college dragon boat has appeared in the Chinese Dragon Boat Race and the China Dragon Boat Open. Jiangnan University and Liaocheng University often represent the country to participate in the world-class youth dragon boat race. Located in the eastern part of the Jiangnan

Plain, the plain of middle and lower reaches of the Yangtze River, Wuhan is a national regional central city (Central China). There are 82 colleges and universities in Wuhan. Due to its unique geographical conditions and humanistic foundation, it has made remarkable achievements in the development of dragon boat sports in recent years. In the series of dragon boat races held in Hubei Province in recent years, college dragon boats occupy a dominant position. They have obvious advantages over the local city dragon boat team and have achieved relatively high results. Along with the improvement of the athletic ability of the college dragon boat team, the sports culture life of college students has been enriched, and the students have been cultivated. At the same time, the race has strong publicity effect to school, and makes its influence continues to expand. More students are deeply attracted, so they actively participate in this sport. There are more than 10 colleges and universities in Wuhan carrying out dragon boat sports. However, due to the degree of emphasis of colleges and universities, the strength of teachers, the mobility of students, and the investment of funds, the sustainable development of the dragon boat sports in colleges and universities has been greatly restricted. The gap between college team and the professional team in the China Dragon Boat Race and the China Dragon Boat Open is becoming more and more obvious. Therefore, this paper takes 10 universities in Wuhan as the survey object. Among the 10 colleges and universities, there are traditional colleges and universities dragon boat base: Jiangnan University and Wuhan Business School, 985 universities of Wuhan University and Huazhong University of Science and Technology, military academy Naval Engineering University, key universities of Yangtze University and Hubei University of Economics, and private second batch universities of Hubei University of Commerce and Commerce, Huaxia Institute of Technology and Wuhan Institute of Business and Technology. Through the investigation in 10 different types of college dragon boat sports, this paper explores the current situation and existing problems of the dragon boat sports in colleges and universities, and tries to put forward corresponding countermeasures, intending to provide a reference for the health and sustainable development of the Chinese dragon boat sports.

II. THE STATUS QUO OF DRAGON BOAT SPORTS IN COLLEGES AND UNIVERSITIES

A. *Colleges and Universities Pay Insufficient Attention to the Dragon Boat Sports*

Most of the leaders at all levels of the university have certain prejudice against the development of the dragon boat in colleges and universities. They have a low positioning for the dragon boat sports, which is limited to enriching college sports. The attention paid to students' training and competition is insufficient. The goal is the national youth dragon boat competition or the college dragon boat competition and the training time and logistics supply are not guaranteed. The lack of professional guidance and systematic training makes the level of competition of the dragon boat team after training not high enough, and the gap with the professional team is more and more obvious. Ten colleges and universities in Wuhan have successively established their own dragon boat teams, and actively participated in various dragon boat races in and outside Hubei Province, which effectively promoted the development of the dragon boat sports in Hubei Province, but it becomes harder and harder to enter the top six in the China Dragon Boat Race and the China Dragon Boat Open professional group competition. Jiangnan University won the third place in the professional group of China Dragon Boat Race in 2014. In recent years, it only participated in the youth group competition. Wuhan University and Huazhong University of Science and Technology only pay attention to the "Two Stars of the city" Dragon Boat Friendship Competition held by the two universities each year and participate in other competitions only for the purpose of training the team; the other 7 colleges and universities have limited training conditions and face a series of difficulties. The dragon boat sport cannot get the attention of the school. They can only strive for the best places in the provincial dragon boat competition every year. It can be seen from the above that the lack of attention to the dragon boat sports in colleges and universities seriously affects the development of college dragon boat sports.

B. *The Lack of Training Places*

Training water area is a prerequisite for the dragon boat sports team. In order to carry out the dragon boat sport, it is necessary to fully consider the water factor. According to the survey results, 80% of the colleges that carry out the dragon boat sports have their own training water areas. The dragon boat sports must rely on the school's water environment to carry out smoothly. If the school does not have its own training water area, it will not only affect the scientific and systematic training of the dragon boat players, but also bring a lot of financial pressure to the colleges that carry out the dragon boat sports, hindering the improvement of level of dragon boat sports. Therefore, more colleges and universities have given up the dragon boat sports. For example, the Hubei Business College established the Dragon Boat Team in 2012. Because there is no dragon boat training waters, the players can only train physical fitness and paddle on land for a long time. Only one month before the game, professional venues are rented for water training. Although the players'

training is very hard, because of the short training time on the water, it is difficult to find a good paddle effect, and the results have been difficult to improve.

C. *Players Have Greater Mobility*

The college dragon boat team is composed of ordinary students who do not have sports specialties, so the physical strength of the players is general. With the high academic pressure, the loss of players is serious. When many members just entered the university, they felt that the dragon boat project was quite novel and joined the dragon boat team with a mentality of trying. After a year of hard training, the physical quality has improved significantly. After participating in some competitions representing the school, they will have some ideas. Some think that the gap between the college student team and the professional team is too big and they can't see hope even if they keep practicing. Some people think that in the university, study is still the most important thing, and they want to devote themselves to learning. Some players feel that the dragon boat training is too bitter. It's not easy to stick to a year, so they chose to give up. For these reasons, the college dragon boat team is basically updating the team members every year. Every year, they must start from the basics. Without continuity, it is difficult to improve their performance.

D. *Insufficient Funding Support*

The expenses of the college dragon boat team are mainly used for team training, training research and study, participating competitions, purchasing equipment, training base maintenance, etc. It takes a large investment for a university to train a high-level dragon boat team. The dragon boat is a collective sports sport with more players. The expenses for accommodation, travel expenses, etc. when participating competition in other places are large, and the requirements for equipment are higher, which is more expensive. In addition, there are many sports items in colleges and universities. Therefore, many colleges and universities do not pay enough attention to the dragon boat project, and the financial support is not enough, which leads to problems such as lack of nutrition for the players, poor training conditions, backward paddling skills, and limited number of competitions per year, seriously affecting the improvement of the level of college dragon boat.

III. THE DEVELOPMENT OF DRAGON BOAT SPORTS IN COLLEGES AND UNIVERSITIES

A. *High Standard, High Positioning, and Strict Requirements*

The college dragon boat team should develop in the direction of standardization and specialization, and give full play to the advantages of college students with good endurance and plasticity. It is necessary to expand the number of training for college dragon boat coaches, improve the quality of college dragon boat coaches, and let coaches go professional; the positioning should be high, not limited to competitions between college students. They should also dare to participate in the Chinese Dragon Boat Race

professional group competition, and give policy support; it is possible to select outstanding players to represent the country to participate in international competitions, and accumulate experience through large-scale competitions and continuously improve.

B. Joint Establishment of Training Base

Regarding the lack of training bases, some colleges and universities cannot establish training bases due to the restriction of their conditions. They can jointly build base with several colleges and universities, to effectively alleviate the current situation of lack of dragon boat training bases. Training venues and equipment can be shared and managed in a unified manner. At the same time, they can communicate with each other, conduct teaching competitions, promote each other, and learn from each other. The training base can also provide schools with dragon boat electives to enable more students to gain an in-depth understanding of the dragon boat sport.

C. Doing a Good Job in the Selection and Management of Dragon Boat Players

The training of dragon boat team is hard and very boring. It is not easy for the players to stick to it. How can the team members fall in love with the dragon boat sport and stick to it? First of all, in the selection of players, we should try our best to select students who can work hard and have a sense of collective honor. In the management process, we should pay attention to fostering the spirit of teamwork and hard work. Secondly, it is necessary to communicate with the school parties and strive for some preferential policies for the team members. For example, they don't need to take some courses, the difficulty of passing the course is appropriately reduced, the award of competition can be used in the evaluation results and the students with outstanding performance can have postgraduate recommendation. What's more important is to carry out more collective activities, let the team members unite as one, let each team member integrate into the group, and feel that they are indispensable members of the team, so that they will be reluctant to leave.

D. Raising Funds from Multiple Parties

The college dragon boat sports cannot be satisfied simply by the school's special dragon boat sports funds. For their own survival and development, the college dragon boat team can make up for the shortcomings of insufficient funds by participating in the commercial dragon boat race and the sponsorship of the activity enterprises. Some well-developed companies urgently need to demonstrate their corporate culture and brand appeal through a healthy, up-and-coming and dynamic expression to expand their social impact and brand value. In addition, universities should strengthen cooperation with the government. At present, local governments pay more and more attention to traditional folk sports such as dragon boats. They often hold related major sports events and obtain the government's financial support, to promote the common development of colleges and local government sports.

IV. CONCLUSION

The college dragon boat sport has been accepted by university leaders and college students, and has begun international and standardized development. It has promoted the spread of national traditional culture and the promotion of dragon boat projects. This year, although the level of college dragon boat sports is constantly improving, there are certain problems in the development process, such as: the gap with the professional team, the training of coaches, the training of athletes, the restrictions on the venue, the support of funds, etc., which should cause the attention of the competent authorities of dragon boat sports. The college dragon boat sports competition is still in the development stage, and the promotion is not enough. The media promotion should be strengthened to expand the influence of the college dragon boat sports.

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