

Study on the Introduction of the Advantageous Physical Education Courses of Confucius Institutes in Countries along “Belt and Road”

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Abstract. As an important part of cultural soft power, sport plays an important role in enhancing the comprehensive national strength and expanding the influence in the world. The Confucius Institute is a platform for cultural communication. The spread of sports culture at the Confucius Institute is an integral part of Chinese traditional culture spreading. This paper analyzes the feasibility of the introduction of China's advantageous sports projects at the Confucius Institutes in countries along “Belt and Road” with the literature research method, and studies the current situation of the Confucius Institute's physical education courses by applying the "teaching practice method" to "the light of electricity"(the name of the table tennis training camp). The intention of the paper is to provide reasonable suggestions for China's advantageous sports projects to go out and accomplish the goal of making China's dominant sports culture get spread in countries along “Belt and Road”.

Introduction

In recent years, *the Plan for the Revitalization of the Cultural Industry, the Decision of the Central Committee on Several Major Issues concerning Deepening the Reform of the Cultural System and Promoting the Great Development and Prosperity of Socialist Culture*, and the speech of President Xi Jinping at the third plenary session of the 18th central Committee have all clearly emphasized to carry forward the excellent traditional Chinese culture and to expand the opening up and publicity of the cultural field". During the 12th collective study of The Political Bureau of the Central Committee of the Communist Party of China, Xi Jinping addressed to strengthen the socialist cultural power and to strive to improve the soft power of the national culture" and the national strategy for cultural development has been promoted(Web, 1987).With the development of China's economy and the increasingly extensive international exchanges, Confucius Institute has become a comprehensive cultural exchange platform that transcends all ideologies and connects the world. It has been widely praised as “China's most marvellous and wonderful export product so far” by foreign mainstream media such as The New York Times, Time, the British Economist , France's Le Monde, etc(Ma Xiujie, Duan Yuming, 2016:88-89).

Objects

The advantageous physical education courses of the Confucius Institute of Arazza University in Indonesia, the Confucius Institute of Tehran University in Western Asia and the Tashkent Confucius Institute in Uzbekistan in Central Asia were taken as research objects.

Methods

Literature Research Method

Through CNKI database resources, the basic situation of overseas introduction of China's advantageous sports events is known, and 6 articles are selected as reference documents for this study to determine the research direction of this article.

Teaching Practice

Based on the teaching of Chinese and traditional culture in Confucius Institute, the advantageous sports events are modularized. The advantageous sports teaching plans and strategies are drawn up according to the Chinese level, emotional intelligence and personal characteristics of different teaching objects. During the 4-month teaching practice of "Light Table Tennis Event of Electric Power", the teaching contents and methods get timely changed in the process of contact and understanding with students, teaching study and daily communication. In this way, the teaching level of advantageous sports events gets proceeded by constantly summarizing experience from teaching and learning lessons.

Analysis of Advantageous Sports Introduction

ASEAN (The Association of Southeast Asian Nations)

Take the Confucius Institute organized by Arazza University, located in Jakarta, as an example. This Confucius Institute cooperate with Fujian Normal University. Since its establishment, the Confucius Institute of Arazza has successfully held various cultural exchange activities, giving full play to its role as a bridge, making positive contributions to the educational and cultural exchanges between China and Indonesia and to the friendship and peace between the two peoples. The teaching object is mainly the students who are interested in martial arts in the Confucius Institute. Since the Confucius Institute has held many activities about Chinese martial arts from time to time, the students have a certain understanding of Chinese martial arts, so they aspire to learn more about Chinese culture through systematic martial arts learning.

West Asia

Take the Confucius Institute of Tehran University in Iran as an example, which closely cooperates with Yunnan University. Commissioned by the National Hanban equaled to Confucius Institute Headquarters, Tehran University is jointly established by Yunnan University, a key university in China, and Tehran University in Iran. According to a survey, wrestling is extremely popular in Iran and weightlifting is very dominant. It's can be assumed that martial arts sports are relatively easy to spread and get accepted here. Therefore, it is envisaged to set up Taijiquan courses to spread Chinese traditional culture.

Central Asia

Take Tashkent Confucius Institute in Uzbekistan organized by Tashkent State Oriental College as an example, which has a close cooperation with Lanzhou University. Through the network survey of the activities of Tashkent Confucius Institute over the years, it can be observed that some interesting lectures on table tennis, Taijiquan, ethnic dance, Chinese culture and other courses are offered to non-professional students without a regular basis. Therefore, table tennis, martial arts and other sports can be spread, which can not only strengthen students' bodies, but also cultivate their interest in learning Chinese culture from a fresh perspective.

Advantageous Sports Introduction Program -- Taking Table Tennis as an Example

Teaching Objectives

Enhancing Students' Spirit and Aesthetic Consciousness. Table tennis is a sport in line with human science. The basic purpose of the course is to make students improve the coordination of the body, enhance lung capacity and improve endurance and explosive power. What's more, the training of table tennis emphasizes "spirit and soul". By focusing on controlling the ball, students become energetic and improve their personal temperament. Second, table tennis gives consideration to both competition and art, which can deepen students' understanding of table tennis aesthetics after practice and enable them to pursue beauty and kindness at the same time.

Enhancing Students' Understanding of Chinese National Football Culture. Sport is culture, table tennis movement contains China's extensive and profound traditional culture. Under different hitting points, hitting heights and bending degrees of the player's body, the racket bounces on the table after rubbing and colliding with the ball, creating distinct curves, which reflects the Chinese concept of moderation, harmony between nature and man.

In table tennis, the movement transformation is infinite, which contains advances and regression, and includes the attacks and defends. Each name of the movement is associated with gesture. In the practice process if the students forget the ping-pang techniques, as long as they remember the corresponding movement's name, and master the word's meaning, they may awake their muscle to finish the action.

During the consolidation of the actions, with the help of the coaches' demonstration and students' training, the students can acknowledge more on what spirits of learning table tennis should be cultivated which are related to perseverance, hard work as well as cooperating in team, and then the students can better learn Chinese and traditional culture.

Improving Students' Communication Skills in Chinese. At Confucius institute, most students are learning Chinese in class. When the table tennis courses get established, students have more opportunities to communicate with Chinese coaches. Chinese learning is no longer limited to textbooks, but in the situated learning atmosphere, in the process of communication training. The students gradually form Chinese thought mode to express their ideas, and to understand the jargons of table tennis related to the vocabularies of Chinese culture. At the same time, they get accustomed in the situation so they have the courage to speak Chinese, correct pronunciation mistakes in grammar consciously, and develop their own Chinese expression habits, make table tennis interactive and the process between teaching and learning become more and more smooth and greatly improve the teaching efficiency (Wang Yujing,2017:20-24).

Teaching Design

Carry out experiential teaching according to local conditions. Experiential teaching requires teachers and students to participate and grow together, instead of the traditional mode known as "giving and receiving". It requires both sides to jointly create a harmonious atmosphere which is suitable for teaching and learning. This model has well supplemented the defects of previous physical education, and is approachable to improve the students' sports attitudes and arouse their sports enthusiasm, which enhances the students' integration awareness, truly achieve the goals of courses teaching, increase participation awareness, sports skills, physical and mental health, and stimulate students' integration into society and introduction of China's excellent sports.

Experience Teaching Design. Decomposed teaching --- situated guidance. The teaching design inclines to considering students' levels and cognitive characteristics aiming at making the teaching content consistent with students' levels. The difficult technical movements to be learned are decomposed into simple gestures in advance. Through situated guidance and encouraging teaching, students' sense of achievement is stimulated, thus deepening their understanding and experience of the courses.

Collaboration between groups --- competing with each other. This measure can enhance the understanding of table tennis terminologies, improve the accuracy of actual operation, train students from the side to know themselves, experience themselves, increase the quality to integrate into the a team, improve on-the-spot contingency ability, thus improving communication ability and proceeding the construction of interpersonal network.

Perceive Process to master firm skills. The arranged courses is situated, reasonable and challenging. It can stimulate students' intrinsic motivation and release their consciousness, thus improving learning efficiency and mastering skills more firmly.

Accumulate experience to improving ability. Practice opportunities in class, students' internal learning motivation, learning attitude, skills demonstration practice, skills transformation, etc. can be applied into practice to improve students' ability in the training process.

Summarize feedback to gather ideas. At the end of the courses, students are encouraged to discuss with each other to gain feedback and conclusion and further to create secondary learning opportunities for students with weak abilities and to change their learning concepts (Wang Yujing, 2017:20-24).

Experiential Teaching Practice Design. Students who have been trained for more than one year will prepare for regular friendly matches between China and foreign countries to measure the learning effect. The achievement of the competition will stimulate the students' sense of mission and realize the high standard requirements for the experiential courses. Another practical link in experiential teaching is the establishment of table tennis training camps, each lasting 4 months. Through new media technologies such as camera shooting and photographing, recording special situations and sharing communication in a timely manner, correcting wrong exerting force phrases to achieve the goal of consolidating and clarifying what has been learned.

Conclusion

The Promotion of Advantageous Sports Events can Enhance the Country's Cultural Soft Power. Spreading table tennis, martial arts and other advantageous sports in Confucius Institute in Belt and Road Initiative contributes to improving the popularity, recognition and participation of sports and can effectively expand the appeal of sports culture, realize the international spreading of sports culture and improve the soft power of national sports culture and the social influence of sports culture, and is conducive to the promotion of national comprehensive strength and international status(Wang Yujing,2017:20-24).

Promoting the Development of China's Economy through the Improvement of Advantageous Sports Events. NBA is one of the four major professional sports leagues in North America and a successful model of the sports industry. NBA sports brands have high international influence, awareness and recognition, thus driving the development of sports industry chain (Li Jing, 2018:2-3). The spread of advantageous sports in Belt and Road Initiative can promote the sports brands of table tennis, such as Double Happiness and Double Fish, to promote the development of China's sports industry and to bring new growth poles for China's economic development (Ling Yue, 2017:3-4).

Advantageous Sports Provide New Opportunities for the Development Of Sports "Intangible Cultural Heritage". China's sports "intangible cultural heritage" is adequate in resource which is the essence of China's national traditional sports. Confucius institute in Belt and Road Initiative has provided a new platform for the introduction of China's sports "intangible cultural heritage". The countries along Belt and Road Initiative are mostly developing ones and have a relatively close geographical relationship with China, which has created favorable conditions for the international introduction of China's advantageous sports "intangible cultural heritage" (Wang Hongtao, 2018:3-5).

Advantageous Sports Promote Sports Cooperation and Exchange. Sports cooperation and exchange can promote mutual understanding between China and the countries along the line and contribute to the improvement of relations between bilingual sides. In the construction of "Belt and Road Initiative", China's advantageous sports go abroad, respect other special sports, seek common ground while reserving differences, inject fresh water into the sports undertakings and cultural industries of the countries along the line, and add vitality to China's all-round and multi-domain development.

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