



The Choice of the Path for the Development of Traditional National Physical Education Courses in Colleges and Universities from the Perspective of "Three-Wide Education"

Yang Li^{1,*}, Ting Yuan¹, and Jiayao Luo²

¹Department of Physical Education, Guangzhou Xinhua University

²President's Office, Guangzhou Xinhua University

Corresponding author's Emails: 276907460@qq.com

ABSTRACT. In the new era, ideological and political education in colleges and universities is becoming more and more important. It is the ideological guarantee that the whole education and teaching can successfully achieve the goal, and it is also an important part of physical education teaching in colleges and universities. The proposal of "three-wide education" provides new ideas for the smooth development of ideological education and teaching activities in colleges and universities, and also provides a strong ideological guidance for the smooth development of education and teaching. The development of traditional national physical education courses in colleges and universities will also focus on the "three-wide education". And will also provide a variety of path choices for the development of traditional national physical education courses in colleges and universities.

Keywords: three-wide education; traditional national physical education courses in colleges and universities; path selection

1 INTROCDUCTION

The Central Committee of the Communist Party of China and the State Council issued the Opinions on Strengthening and Improving the Ideological and Political Work of Colleges and Universities under the New Situation, which pointed out that the basic principles for strengthening and improving the ideological and political work of colleges and universities are: (1) Adhere to the Party's leadership over colleges and universities. (2) Adhere to the socialist direction of running a school. (3) Adhere to the all-round education of the whole process. (4) Adhere to the law of education, the law of ideological and political work, and the law of student growth. (5) Adhere to reform and innovation. One of the important basic principles is to adhere to the all-round education of the whole staff, that is, the "three-wide education" [1].

© The Author(s) 2024

H. Li and Z. Nie (eds.), *Proceedings of the 2023 2nd International Conference on Sport Science, Education and Social Development (SSESD 2023)*, Advances in Social Science, Education and Humanities Research 781, https://doi.org/10.2991/978-2-38476-122-7_19

In the work of colleges and universities, we should always take "cultivating people with morality" as the fundamental task, "Three-wide education" will play an ideological leading role in the future teaching of colleges and universities, providing a strong ideological guarantee for the construction and development of high-quality teaching in colleges and universities [2].

2 The Current Situation of the Development of Traditional National Physical Education Courses in Colleges and Universities

2.1 Colleges and universities mainly offer basketball, table tennis, badminton and other courses, supplemented by traditional national sports courses

The establishment of physical education courses in colleges and universities is mainly based on competitive sports, especially basketball, table tennis, badminton, football, etc., which has constituted an important part of college physical education course resources, while traditional national physical education courses are supplemented by Taijiquan, Baduanjin and other courses [3]. Compared with the rapid development of competitive sports in China, the development of national traditional sports is relatively lagging behind; although it has our native soil, it is affected by its own culture and inheritance characteristics, and its development is relatively slow compared with competitive sports.

2.2 Traditional national sports courses are mainly based on fitness and health care, supplemented by a variety of other characteristic items

The establishment of traditional national sports courses is mainly based on competition, fitness and health care, supplemented by other recreational traditional national sports. The main ethnic traditional sports offered by colleges and universities are listed in Table 1. For example, Changquan, Taijiquan, Baduanjin, Taiji Sword, etc. are available in most colleges and universities. Its main characteristics are easy to learn, and at the same time, it also has the effect of fitness and health maintenance, which is suitable for people of all ages. Therefore, the opening of such programs in colleges and universities is also very popular with students, and the opening of other traditional national sports projects is also different according to regional cultural characteristics. For example, some universities with rich water resources in the south offer dragon boat courses, and some universities in the north offer Northeast Yangge.

Table 1. The main traditional national sports programs offered by colleges and universities.

Project category	Project name
Competitive category	Northern boxing, Taiji Sword, Knife skills, Cudgel play, Gunmanship, Shuttlecock
Fitness and Health care	T'ai chi, Baduanjin, Five-Animal exercises, Wild goose Qigong
Entertainment category	Dragon dance, Lion dance, Northeast Yangge

3 Analysis of the value of the three-wide education concept for the development of traditional national sports courses in colleges and universities

3.1 Providing strong ideological guidance for the development of traditional national physical education courses in colleges and universities

The "three-wide education" provides a strong ideological guidance for the development of traditional national physical education courses, which is the prerequisite for all education and teaching work to be carried out. It emphasizes that the whole staff, the whole process and all-round education provide a clear practical path for education and teaching. When carrying out education and teaching in colleges and universities, we should deeply learn the connotation of the thought of "three-wide education", constantly innovate the education and teaching model in the development of traditional national physical education courses, and constantly promote the practice of education and teaching [4].

3.2 Providing new development ideas for the development of traditional physical education courses in colleges and universities

"Three-wide education" advocates educating all staff, educating people in the whole process, and educating people in an all-round way. It clearly points out the specific implementation path of talent training in colleges and universities, thus providing a new path for the development of traditional physical education courses. Therefore, in the process of the development of traditional national physical education courses in colleges and universities, we should also think about how to integrate the whole staff, the whole process and in an all-round way. For example, use more college teacher resources to provide course teaching services for students, so that students can have more choices in the whole process of learning. In the whole teaching process, we should pay attention to students' physical education course learning. Teachers should pay attention to the whole teaching process and find problems in time, and help students to correct

the problems, so as to ensure the high-quality realization of teaching goals. We will serve the growth of students in all aspects of the classroom and off-class, on-campus and off-campus, online and offline. This will be a new path for the future development of traditional national physical education courses [5].

4 Analysis of the path of the development of traditional national sports in colleges and universities from the perspective of "three-wide education"

4.1 Teachers led by ethics, do a good job in ideological guidance work, and ensure that students grow into talents

The 18th National Congress of the Communist Party of China put forward the fundamental task of "cultivating people with morality" as the fundamental task of education, which is the essential requirement for cultivating socialist builders and successors with all-round moral, intellectual and physical development. The proposal of "three-wide education" provides a strong ideological guarantee for the physical education teaching work of our colleges and universities. On the road of cultivating high-quality talents in the new era, we should always do a good job in ideological education. In the new era and new era, we should raise the construction of ideological education to the forefront of college education, so that the talents we cultivate will not forget their original aspiration and mission, better grow into talents, and contribute to the realization of the great Chinese dream. Quantity [6].

4.2 Create high-quality resources of traditional national physical education courses to serve the development of physical education courses in colleges and universities

At present, there are many high-quality courses in the traditional national physical education courses of colleges and universities, such as Taijiquan, Baduanjin, etc. These courses have long been deeply cultivated in the physical education curriculum resources of colleges and universities. National traditional sports come from the excellent traditional cultural resources of the Chinese nation, which has the cultural heritage and connotation that Western competitive sports do not have [7]. We should follow the development trend of the times and strive to cultivate more high-quality traditional national sports curriculum resources, so that excellent traditional cultural resources can be better developed and inherited in colleges and universities.

4.3 Discover excellent traditional national sports projects for college physical education curriculum practice

At present, there is also a place in national traditional sports in college sports courses, but in order to better develop excellent Chinese traditional culture, and even spread traditional culture around the world, we have the responsibility to continue to explore

excellent national traditional sports cultural resources, and finally serve the development of physical education courses in colleges and universities through appropriate transformation. Exhibition [8]. This excavation process may be long, and the transformation process should also keep pace with the times, so that the traditional sports resources can be better integrated with the times, truly integrate into the real physical education teaching work, and give full play to its unique physical education teaching functions and goals [9].

4.4 Protect outstanding inheritors of traditional national sports to serve the construction and exchange of traditional national sports courses in colleges and universities

Excellent inheritors of traditional national sports also urgently need our protection, because they can make excellent traditional sports cultural resources shine. Because some of the national traditional sports culture has conservative ideological keys, which is not conducive to the inheritance and development of traditional national sports; or because the inheritor's cultural level is low, there is no opportunity to serve the curriculum construction of colleges and universities; all these hinder the excellent inheritors of traditional national sports to serve the national transmission of colleges and universities. Therefore, in practice, we should be able to jump out, first of all, give them a good inheritance environment, and secondly, we can take the form of college exchange and learning, and invite these excellent inheritors to teach and exchange in colleges and universities [10]. In short, we should do our best to create a good inheritance environment for them, so that they can safely serve the inheritance and development of traditional national sports culture.

5 Conclusion

"Three-wide education" provides ideological guidance for the development of traditional national physical education courses in colleges and universities. "Three-wide education" provides ideological guidance for the development of traditional national physical education courses in colleges and universities, and provides new development ideas for the development of traditional national physical education courses in colleges and universities. In the process of the development of traditional national sports courses in colleges and universities, we should do a good job in ideological guidance to ensure that students grow into talents; create high-quality resources of traditional national sports courses to serve the development of college sports courses; explore excellent traditional national sports projects for the practice of college sports courses; protect the excellent inheritors of traditional national sports. Construction and exchange of traditional national physical education courses in colleges and universities.

REFERENCES

1. The Central Committee of the Communist Party of China and the State Council (2011) <the Opinions on Strengthening and Improving Ideological and Political Work in the New Era> [N]. People's Daily, 2021-07-13(001).
2. Tianyi Shao. (2017) The educational value of school sports in the context of "establishing morality and cultivating people" [J]. Journal of Physical Education, 2017, 24(4): 63-67.
3. Hui Zhang. (2011) Research on the Current Situation and Countermeasures of Traditional Ethnic Physical Education Courses in General Colleges and Universities in Sichuan Province [D]. Master's thesis of Sichuan Normal University, 2011
4. Huina Cheng, Xiao Guo. (2021) Practical exploration of ideological and political construction of sports courses in colleges and universities under the background of "three-wide education" [J]. Education and Teaching Forum, 2021(13):107-110.
5. Ping Zhu. (2019) The construction of the coordination and long-term mechanism of the "three-wide education" system in colleges and universities - an investigation centered on the education of all staff [J]. Ideological and theoretical education, 2019(2): 96-101.
6. Xiang Zhang. (2022) The academic foundation and practice path of ideological and political construction of university sports club courses from the perspective of "three all-round education" [J]. Journal of Physical Education, 2022,29(1):118-123.
7. Dawei Liang. (2022) The path and countermeasures of the "three-wide education" of college student sports clubs [J]. Journal of Physical Education, 2022,29(4):98-103.
8. Xianzhi Zhang. (2020) Exploration of the practical path of the comprehensive reform of "three-wide education" in colleges and universities [J]. Ideological and theoretical education, 2020(7):97-101.
9. Ping Fang, Feng Li. (2022) Research on the reconstruction of physical education teaching values in ordinary colleges and universities in ethnic areas from the perspective of "three-wide education" [J]. Contemporary sports science and technology, 2022,12(26):153-156,173.
10. Qingwei Wang, Sha Ji. (2021) The application status and analysis of the integrated teaching model of sports under the background of "three-wide education" [J]. Heilongjiang Science, 2021,12(5):58-59.

Open Access This chapter is licensed under the terms of the Creative Commons Attribution-NonCommercial 4.0 International License (<http://creativecommons.org/licenses/by-nc/4.0/>), which permits any noncommercial use, sharing, adaptation, distribution and reproduction in any medium or format, as long as you give appropriate credit to the original author(s) and the source, provide a link to the Creative Commons license and indicate if changes were made.

The images or other third party material in this chapter are included in the chapter's Creative Commons license, unless indicated otherwise in a credit line to the material. If material is not included in the chapter's Creative Commons license and your intended use is not permitted by statutory regulation or exceeds the permitted use, you will need to obtain permission directly from the copyright holder.

