

Research on the "Belt and Road" Initiative and Sports Culture Construction*

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Abstract—As we all know, an important part of the "Belt and Road" initiative culture construction is sports culture construction. At present, China is actively changing its development concept, responding to domestic challenges in a timely manner to the maximum extent, so as to avoid international risks and adhere to the path of socialism with Chinese characteristics, to seize historical opportunities as the era changes. Currently as the world economy being more and more integrated, the "Belt and Road" initiative is responding substantively to unfair phenomena in globalization. The sharing and win-win concept of this initiative has been closely linked with other countries and a big stage for economic development has been set up, promoting the long-term development of China's sports culture toward the direction of sustainable development. This paper analyzes the "Belt and Road" initiative and sports culture construction for reference.

Keywords—the "Belt and Road" initiative; teaching mode; sports culture

I. INTRODUCTION

In the context of rapid growth of social economy, China put forward the great "Belt and Road" initiative in order to realize international cooperation. This initiative aims to well improve the realization of the common development goals of all countries and allow civilizations to achieve the greatest communication and exchange. Taking "political mutual trust and economic integration" as the main principle, it can make a community of shared benefits, responsibility and future to the maximum extent so as to promote sustainable economic development of all countries. Currently China is unceasingly implementing the "Belt and Road" development strategy, disseminating China's excellent traditional culture and the Chinese civilization so as to strengthen its influence. In this way China is setting up the great stage for its peaceful rise and making culture a driving force for the great rejuvenation of the Chinese nation. And now China is putting more and more emphasis on the sports culture construction, which contributes to a better image of the country and better physique of its people.

II. OVERVIEW OF THE "BELT AND ROAD" INITIATIVE

The economic belt of the Silk Road is the "Belt and

Road", which is also the abbreviation of the 21st century maritime Silk Road. China is carrying out this initiative to close its relation to relevant countries and use this initiative as a platform for better regional cooperation with bilateral and multilateral mechanism, which itself makes the platform more effective. The "Belt and Road" initiative which mainly follows the basic principles of political mutual trust and economic integration aims to finally achieve the cultural inclusion and realizes the strategic goal of building a community of shared responsibilities and future, so as to maximize the realization of a responsibility body for mutual benefit in the context of economic globalization. In addition, the implementation of this strategy contributes to the goal of sharing the high quality capacity of other countries, holding joint discussion on related projects, co-building infrastructure and sharing the final cooperation results to the largest extent.

Moreover, the implementation of the "Belt and Road" development strategy can enable China to give full play to its advantages in production capacity, relevant technical, and capital and mode experience to the maximum extent, to gradually realize the transformation of market cooperation, which is a major innovation of China's all-round opening. At present, China gradually realizes cooperation and dialogue with other countries, so that the corresponding global relations can achieve balanced development and lay a solid foundation for China's influence in the international arena. Furthermore, the implementation of the "Belt and Road" development strategy can gradually extend China's high-quality resources to countries along the routes so as to narrow the gap between the rich and the poor in various regions, and gradually build a more prosperous and harmonious world. The reform and opening up implemented by China is the most significant innovation method in the world at present. Under the strategy of "Belt and Road", regional cooperation, globalization, innovative economy and other development concepts are gradually maximized to better serve international cooperation [1].

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III. THE CURRENT SITUATION OF THE INTERNATIONALIZATION OF CHINESE SPORTS CULTURE

A. *The Teaching Mode Lacks Innovation and the Teaching Idea Is Not Advanced Enough*

Generally speaking, China's traditional sports culture is relatively backward. Many PE teachers pay too much attention to the current situation and lack initiative in teaching. This causes our country physical education quality to keep declining, which affects the development of physical education quality. At present, in physical education, the teaching mode is too simple with physical education being carried out according to the way of professional sports training. The purpose of teaching is only to promote students to master basic physical skills, while ignoring the influence of the spirit of innovation on the teaching effect. At the same time, with the accelerating pace of social development, the renewal of sports quality education curriculum is also gradually improving, changing the overall level of sports culture knowledge system and thought. This has a great impact on the thoughts of sports culture and education. The traditional ideas of sports education cannot keep up with the pace of the time, which directly leads to the unmet needs of students in physical education.

B. *The Teaching Method Is Not Perfect with Insufficient Attention to Student's Comprehensive Development*

In the process of carrying out physical education, due to the low level of international teaching, the teaching concept used by physical education teachers cannot meet the needs of the time. In the daily teaching, the flaw in the guiding ideology of PE teachers leads to the simple content of the teaching. At the same time, teachers pay less attention to students' psychology and task quality than to their mastery of sports skills. And in the selection of teaching contents, they mostly follow their own will, lacking in the teaching concept of quality education. As a result, the overall physical quality of students is low [2].

C. *Emphasis on Skills over Teaching Instruction*

Compared with some western developed countries, China's sports culture education started relatively late. Not only is its theoretical system of sports knowledge imperfect, but it also attaches importance to the mastery of motor skills, while ignoring the role of teaching guidance in the sports cultural education. Moreover, in the process of sports culture education, skills teaching and theoretical teaching are not combined, so that students can only master sports skills in traditional sports culture education. Teachers pay too much attention to the students' mastery of sports skills and neglect their comprehensive mastery of both. In addition, many teachers mainly adopt the method of in the giving lectures in process of sports culture quality education to cultivate students' self-learning ability, innovation ability, etc., which often fail to culture students' ability. This is actually to teach skills in the form of quality-oriented education.

D. *The Teaching Model Does Not Conform to the Actual Situation*

At present, in the process of carrying out sports culture education, many physical education teachers have insufficient understanding of quality education and neglect students' main body status, thus reducing students' enthusiasm for sports culture learning. Students themselves have a strong ability to accept external concepts. However, due to the influence of traditional teaching concepts, many teaching concepts cannot meet the needs of students in teaching. As a result, in the process of learning sports culture education, students detest the imparting of theoretical knowledge of daily sports culture education due to the derailment of teaching mode and practice. Nowadays, many teachers attach great importance to students' mastery of sports skills, but ignore the impact of all-round development on students. The use of traditional infusion-type teaching mode requires students to master the standard actions in the teaching content. As time goes by, the ability of students to learn independently is constantly reduced, and their innovation ability is also gradually missing. The effect of teachers' mastery and application of multimedia resources is not satisfying. They cannot apply these resources to sports culture teaching, so the usual teaching cannot meet students' need and as a result, it's hard for students to gain all-round development.

IV. THE SIGNIFICANCE OF THE "BELT AND ROAD" STRATEGY TO CHINA'S SPORTS CULTURE CONSTRUCTION

It is well known that under the "Belt and Road" strategy, the communication and trust between teachers and students are the core of the implementation of teaching tasks and the center of changing the traditional teaching mode in the construction of sports culture. It makes the relevant physical education class more interesting. By establishing a good teaching environment, the ideological unity can be achieved between students and teachers. Through mutual understanding and communication, the implementation of effective teaching methods can improve students' learning efficiency, and ensure that students can get scientific and reasonable sports education. The current college students are mainly those born in the 1990s, who have a certain ability to appreciate the education characteristics of sports culture. Therefore by using effective teaching methods, teachers can improve students' enthusiasm for sports culture and education learning, and promote their active and independent exploration in sports programs. The implementation of "Belt and Road" strategy can promote the improvement of students' teaching strength in sports culture teaching in China. However, in China, due to the influence of the traditional teaching mode on teaching, many physical education teachers still adopt the traditional teaching method. As a result, the initiative of students to study independently cannot be improved. The teaching communication is the main mode in physical education teaching. In the process of constantly improving students' independent learning ability, students' enthusiasm and creativity can be cultivated. The traditional cramming teaching mode will not only increase students' learning pressure, but also cause students to feel

bored in learning and gradually lose their interest in sports culture learning. However, the way of teaching communication can improve students' autonomy. When communicating with teachers and students, the relationship between them becomes closer. Also, the mode of teaching communication has a good influence on students' physical and mental development, professional course learning and future work [4].

V. EFFECTIVE STRATEGIES FOR CHINA'S SPORTS CULTURE CONSTRUCTION UNDER THE "BELT AND ROAD" STRATEGY

A. *Carrying out the "Belt and Road" National Academic Dialogue with Chinese Traditional Sports Culture as the Theme*

Teachers need to change the teaching mode of traditional physical education when they carry out physical culture education. They need to take China's traditional sports culture as the subject, and combining its essence with multimedia teaching method, to make the physical culture teaching more vivid and visual, so as to implement the "Belt and Road" national academic dialogue. In terms of teaching contents, teachers should make greater efforts in innovation in combination with sports culture and education contents and formulate teaching contents based on the differences between different students so as to meet the overall needs of students in sports courses and improve the effect of sports culture and education construction. For example, when carrying out football teaching, teachers can improve the interest in sports teaching by adding games to the course. Couple of students can be grouped when students are doing the pass exercise. Scores can be accumulated by the way of relay passing. Groups that get the least scores are required to give a performance or sing a song. Through the above teaching model, teachers can improve students' learning enthusiasm and promote their overall quality in the process of constantly cultivating students' interest in sports culture and education.

At the same time, teachers also need to constantly optimize the teaching evaluation system according to the existing problems, and develop effective evaluation principles and indicators. Under the guidance of the "Belt and Road" strategy, not only should the traditional skills evaluation standard be changed, but also the traditional performance evaluation standard should be changed according to students' personality differences. By combining the assessment results with the practical situation can students be evaluated more fairly and impartially. In the process of daily teaching, teachers should transform the traditional skills-oriented guiding ideology of sports and formulate reasonable sports culture and education contents according to students' interests, development direction and sports habits. Through continuous exploration and analysis, teachers should sort out the evaluation standard scheme suitable for current students' physical quality and physical ability, and make fair evaluation according to the different evaluation indexes. Teachers should also affirm the advantages of each student in class and adjust the strength of

sports activities according to the actual situation of students' physical quality, which will reflect the value of sports teaching.

B. *Developing Traditional Sports Culture with Chinese Characteristics Energetically and Making Innovations in the Content and Modes of Sports Cultural Exchanges*

Under the guidance of "Belt and Road" strategy, traditional sports culture with Chinese characteristics has become the main core of current teaching. So it is necessary to reform and innovate the content and mode of sports culture communication so as to inherit China's excellent traditional sports culture. Therefore, in the process of carrying out sports culture teaching, innovative teaching not only requires the communication and exchange between teachers and students, but also needs to improve the guidance of students in daily communication, so that students can actively participate in sports teaching activities and improve their grasp of sports culture education. The main role of students should be fully reflected, the theoretical knowledge base of physical education should also be skillfully mastered, so that more and more students can correctly recognize the importance of physical education teaching. The enriched physical education teaching model should be adopted to improve their interest in physical education. For example, when carrying out physical education, teachers can use the method of competition to let students master the theoretical knowledge of physical education, enhance the students' team friendship, and stimulate their interest in learning through giving the No. 1 group appropriate award. Therefore, since the traditional teaching mode no longer meets the needs in this new era, it's necessary to improve the interaction and communication between teachers and students so as to promote the teaching quality to the greatest extent and increase teachers' love for their own work when carrying out modern sports culture teaching.

C. *Building an Ecological Circle of Sports Culture to Promote the Industrialization of Sports Culture*

Under the guidance of the "Belt and Road" strategy, relevant workers should first build the sports culture ecosystem and combine theory with practice to promote the comprehensive development of students, and at the same time, optimize the development of sports culture industrialization. Therefore, when carrying out physical culture education, teachers should innovate teaching methods and integrate various teaching methods flexibly to promote the all-round development of students. Secondly, PE teachers should keep up with the pace of the era by mastering advanced teaching ideas combined with PE teaching methods, to improve the quality of using modern teaching methods, and promote the development of PE culture education and teaching. Also they may integrate the network technology, the multimedia technology with the traditional physical education to enhance students' enthusiasm in the physical education teaching. At the same time, physical education teachers should strengthen their communication with students, combining the actual situation of students and the process of teaching objectives. Through advanced

teaching ideas teachers can improve students' practical ability, and improve students' ability to solve problems encountered when culturing their independent ability and creative ability. Teachers should also develop personalized teaching situations according to students' experience to improve students' potential, so that students can achieve all-round development in the process of deepening their understanding of surrounding things [5].

VI. CONCLUSION

To sum up, under the guidance of the "Belt and Road" strategy, the development of sports culture and education has a long way to go. It can be said that in the process of physical education, the main purpose is to improve the overall physical quality of students through physical education teaching. Through this analysis, it is found that there are many problems affecting the quality of physical education in our country when carrying out modern sports culture teaching. Therefore, continuous reform and innovation is a must to promote the healthy development of the physical culture education in China.

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