

# Research on the Promotion Pattern of Traditional Health-preserving Sports among Colleges and Universities in Gansu Province

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**Abstract--**In order to deeply study the promotion pattern of traditional health-preserving sports among colleges and universities in Gansu Province, this paper investigates ten universities in Gansu province by means of literature, questionnaire, interview and mathematical statistics. First of all, literature study was carried out on the traditional health-preserving sports in universities, and then by the questionnaire survey, students' understanding of the traditional health-preserving sports were acquainted and tallied, after that the activity status and pattern of traditional health-preserving sports were presented by the mathematical statistics. And then through the interview method, we further understood the students' views on traditional health-preserving and their understanding of the traditional health-preserving sports as well as what they know about the promotion pattern. Finally, the results of various survey methods were summarized and analyzed, and the conclusion was drawn. Through the above experiments, we came to the conclusion that the influence of traditional health-preserving sports on the college students in Gansu province is mainly concentrated on the physical education courses offered by the school, and the students' understanding of the traditional health-preserving is also basically originated from this. The promotion pattern of the traditional health-preserving sports in Gansu province is relatively simple, which basically achieves the purpose of making students learn traditional health-preserving sports by the pattern of physical education class.

**Index Terms--**traditional health-preserving sports; colleges and universities in Gansu province; promotion pattern; physical education class

## I. INTRODUCTION

Traditional health-preserving sports is a branch of traditional Chinese health, which is the crystallization of Chinese traditional culture. It mainly includes health-preserving work, health care work, Taijiquan, Taiji sword, youth boxing, Tai Chi Kung Fu Fan and other traditional Chinese health-preserving methods. Although these regimens are effective, many young college students lose their willingness to learn this kind of knowledge because of their multi-steps and long-term requirements. In 2016, China promulgated the "Health China 2030" outline, pointing out that it is necessary to support the promotion of traditional folk sports such as Taijiquan. Since we must strengthen the promotion of traditional health-preserving sports, the young students must be the main force of

promotion. So, what are the main patterns and ways for the promotion of such sports for young college students?

According to incomplete statistics, nearly 85% of the existence pattern of traditional health-preserving sports in Gansu province among major colleges and universities is physical education classes offered by school, which provide students with basic knowledge of traditional health-preserving sports. The promotion pattern of traditional health-preserving sports in Gansu province is relatively simple, which basically achieves the purpose of making students learn traditional health-preserving sports by the pattern of physical education class. However, according to the previous survey results, the researchers found that the traditional health-preserving sports have a very positive impact on the mental and physical health, which is of great significance to Chinese college students. Therefore, it makes sense not only to increase the cultural knowledge of college students, but also to improve their physical and mental health.

At present, the traditional health-preserving physical education curriculum has basically been popularized in various colleges and universities. According to the researchers' investigation, it is generally open as a public basic course in Colleges and universities. However, in the physical education courses offered by universities, the traditional health-preserving curriculum still occupies a small part, and there are not many kind of courses, which are generally limited to Taijiquan courses. To carry forward this kind of traditional culture, we must diversify the promotion patterns of these traditional sports culture and increase their interest appropriately. Through the literature, questionnaire, interview and mathematical statistics, the researchers carried out investigation and research on the universities in Gansu Province, in order to explore the promotion pattern of traditional health-preserving sports in various universities and colleges in Gansu province.

## II. RESEARCH OBJECTS AND METHODS

### A. Research object

In order to investigate the promotion pattern of the traditional health-preserving sports in Gansu Province, the researchers randomly selected ten colleges and universities in Gansu province including Lanzhou University of Technology, Lanzhou University, Lanzhou

JiaoTong University, Gansu Agricultural University, Northwest Normal University, Lanzhou University of Finance and Economics, GanSu University Of Traditional Chinese Medicine, Northwest Minzu University, Gansu Political Science And Law Institute, Lanzhou City University. First of all, the researchers investigated the literature of the ten colleges and universities, and tallied the current pattern of traditional health-preservation in various colleges and universities. Secondly, they issued five hundred questionnaires and learned students' understanding of the traditional health-preserving sports in Gansu province from the general statistics; and then according to the questionnaire survey and interview, data were sorted and analyzed by mathematical statistics. Therefore, the objects of this survey are more than 500 college students randomly selected from ten universities in Gansu province.

#### B. Research methods:

1)Literature and material method: provide practical methods and theoretical basis for the study mainly by looking up a large amount of materials to find statistical methods and principles. The literature and material mainly come from the Gansu provincial library, the libraries of ten universities in Gansu Province, CNKI and the Internet.

2)Questionnaire survey method: in order to ensure the related research on the promotion pattern of the traditional health-preserving sports in Gansu Province more practically and reliably, the researchers get a large number

of data through the questionnaire issued to five hundred students in Gansu province. At the same time, in order to make the data more convincing and scientific, the researchers specially made interviews with some students and college teachers to research more deeply and provide reliable data.

3)Interview method: in order to improve the accuracy of interview survey, the researchers visited the relevant experts and scholars who had done this kind of research, and consulted them on scientific investigation methods and research ideas. In addition, the researchers also visited some teachers in various colleges and universities, which laid a scientific theoretical basis for further understanding the promotion pattern of traditional health-preserving in Gansu Province, and ensured the scientificity and objectivity of the research.

4)Mathematical statistics method: final analysis results are obtained by using Excel for data sorting, data comparison and material analysis, and the results are applied to the analysis of the conclusion, providing a scientific and effective theoretical basis for the experimental results. The chi square distribution is used in statistics, and the statistical table is as follows TABLE I:

### III. RESULTS AND ANALYSIS:

A. *The survey results of Gansu college students' understanding and participation in traditional health-preserving sports are as follows:*

TABLE I  
CHI-SQUARE DISTRIBUTION QUESTIONNAIRE

Statistic	Freedom	value	probability
Chi square	1	6.4777	0.0109(significant)
likelihood ratio	1	7.3101	0.0069
Continuous correction card	1	5.2868	0.0215
Mantel-Haenszel Card Party	1	6.4203	0.0113
Phi coefficient		-0.2394	
Contingency coefficient		0.2328	
V of Cramer		-0.2394	

According to the above statistics, the researchers found that the understanding and participation level of Gansu college students in traditional health-preserving sports is generally low. About 6% of the students have a high degree understanding about traditional health-preserving sports, nearly 43% of the students' understanding about it is low, and 15% of the students know nothing about traditional health-preserving sports.

This shows that the dissemination condition of the traditional health-preserving sports among contemporary college students are not optimistic. In the ordinary study and life, no matter the school or the individual are lack of the corresponding way of understanding, which contributes to low participation and understanding of knowledge to the traditional health-preserving sports among most of the students.

B. *college students' understanding of traditional health-preserving sports and their learning degree "Fig. 1":*



The survey is based on the interest of college students in traditional health-preserving sports. The specific results

are as follows:

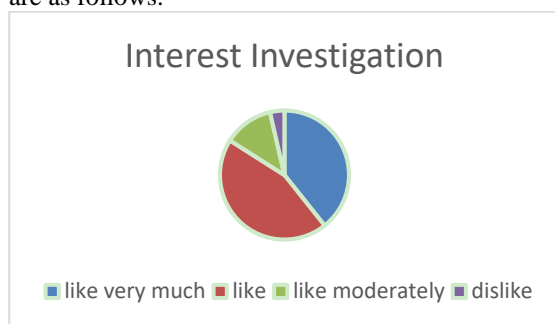


Figure 2. Interest investigation

Figure 1. Understanding investigation

In the survey results, the researchers found that students' interest in traditional health-preserving sports exceeded the expected results in the ten colleges. 39.3% of the students are very fond of traditional health-preserving sports; students who like traditional health-preserving sports account for 44.7%, 12.4% of students like moderately, and 3.6% of the students dislike it. The number of people who liked it increased by 3% over the previous year, and the number of people who disliked it was relatively small. This shows that college students are interested in traditional health-preserving sports.

In addition, through questionnaires and interviews, researchers found that traditional health-preserving sports are not common among college students. College Students' understanding of this kind of sports activities is

almost confined to physical education classes and club activities. In the area of exercise, students rarely spend daily time regularly practicing traditional health-preserving sports, even about 15% of the students think it is a waste of time and it is not helpful to their studies. The more important reason is the situation and importance of traditional health-preserving sports in colleges and universities. Among them, the results of traditional health-preserving courses offered by universities are as follows "Fig. 3":

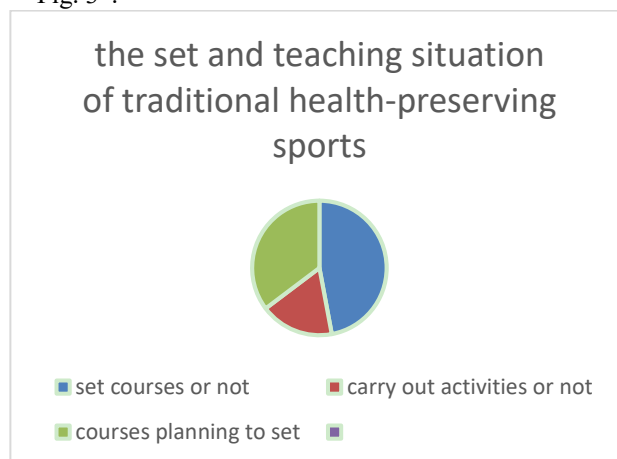


Figure 3. The set and teaching situation of traditional health-preserving sports

In addition, the activities and curriculum surveys conducted by colleges and universities are as follows TABLE II:

TABLE II  
ACTIVITIES AND COURSE SURVEYS CONDUCTED BY VARIOUS UNIVERSITIES

	Traditional health-preserving PE class	Public basic class	Traditional health-preserving sports	Traditional health-preserving preaching	health-knowledge	others
Lanzhou University of Technology	55%	25%	10%	9%		1%
Lanzhou University	56%	27%	7%	9%		1%
LanZhou JiaoTong University	60%	20%	6%	2%		2%
Gansu Agricultural University	55%	25%	10%	9%		1%
Northwest Normal University	50%	35%	9%	5%		1%
LanZhou University of Finance and Economics	55%	25%	10%	9%		1%
GanSu University Of Traditional Chinese Medicine	56%	27%	7%	9%		1%
Northwest Minzu University	60%	20%	6%	2%		2%
Gansu Political Science And Law Institute	63%	27%	6%	3%		1%
Lanzhou City University	55%	25%	10%	9%		1%

Through the above results, we know that the knowledge of traditional health-preserving sports mainly

concentrates on the course of physical education and public basic courses, and the knowledge explanation of

this kind of activities only occupies a few parts. Besides, researchers found that there are few types of physical education and public basic courses in Universities in Gansu province.

This shows that some colleges and universities do not attach importance to the traditional health-preserving sports curriculum. Traditional health-preserving sports is a kind of traditional cultural course, and maybe most students think it can not improve their physical quality effectively in the short term. It is not suitable for the physical fitness test which requires speed and strength in the university, which directly leads to its unpopularity in the university curriculum.

#### *C. The results of the objects' attitude to the traditional health-preserving sports:*

First, in the investigation of the attitude of the universities and their students to the traditional health-preserving sports, researchers found that most of the students were not aware of the traditional health-preserving sports, and they thought it needed a long time to practice, and it was not suitable for the fast-paced modern university life. Some students even thought that traditional health-preserving sports had little influence on physical fitness. In the study process, colleges and universities considered that traditional health-preserving sports take a long time and have many steps, which are not suitable for university teaching that takes class period teaching as the main part.

Through questionnaires and interviews on university students conducted by researchers, more and more people realized the benefits of traditional health-preserving sports. Colleges and universities indicated that they should open more traditional health-preserving sports courses and increase their categories and promotion patterns. Students have shown great interest in learning traditional health-preserving sports, and began to take the initiative to accept traditional culture classes, especially traditional health-preserving courses and knowledge preaching.

D, in-depth analysis of the promotion pattern of traditional health-preserving sports in Gansu colleges and Universities:

Through this investigation, researchers found that the traditional health-preserving sports have a very positive impact on college students' physical and mental health, but this positive impact must be established in a long and regular exercise, otherwise the effect is very small. In present college sports test, students are required to have both speed and strength, which is not suitable for traditional health-preserving sports' training. On the other hand, in the contemporary era that all the colleges and universities follow the pace of the times, the degree of attention to traditional culture has been reduced year by year. On the contrary, some science and technology courses have been gradually increased, which directly leads to the lack of traditional cultural knowledge in contemporary college students, so that the traditional health-preserving sports fall into a state of unpopularity, and the traditional health-preserving sports have appeared in a single promotion pattern in various colleges and universities.

To sum up, if traditional health-preserving sports have obviously positive impact on college students' learning and life, they must carry out long and regular exercise. Long and regular traditional health-preserving sports activities have a positive impact on the physical and mental health of college students in Gansu province. This requires colleges and universities to pay more attention to traditional culture education, especially the promotion of traditional health-preservation, constantly enrich its promotion pattern, extension and breadth, and constantly improve students' interest and enthusiasm for traditional health-preservation.

#### IV. CONCLUSION

By means of questionnaires, interviews and experimental comparison, combined with mathematical statistics, this study can draw the following conclusions:

1. Colleges and universities do not pay much attention to the promotion of traditional culture, especially the traditional health-preserving sports. The promotion pattern of traditional health-preserving sports is relatively simple, which is limited to the courses of physical education and public basic courses offered by colleges and universities. The knowledge preaching and other interesting activities in this respect are too few.
2. College students have little knowledge about traditional health-preserving sports, and their participation is not satisfactory. Their understanding of traditional health-preserving sports is limited to school's courses and activities, and they have little enthusiasm for the autonomous traditional health-preserving activities. Before a thorough understanding of traditional health-preserving sports, a considerable number of students think that traditional health-preserving exercises need long-time practice, which is not suitable for fast-paced modern life.
3. Taijiquan and youth boxing are mostly promoted in the traditional health-preserving sports class and extracurricular activities in most colleges and universities, but the health-preserving work, health care work, Tai Chi sword, Tai Chi Fan and other sports forms are rarely involved. The main reasons are that the traditional health-preserving sports are time-consuming, multistep and have complicated props, which are not suitable for university teaching that takes class period teaching as the main part.
4. After a preliminary understanding of traditional health-preserving sports, nearly 85% of students have a positive attitude towards its development. Through systematic analysis of various data, researchers found that most students showed great interest in learning traditional health-preserving sports. Colleges and universities are also planning to further enrich the promotion pattern of traditional health-preserving sports, and then create some new patterns to attract students' interest, so as to promote the development of traditional culture, especially traditional health-preserving sports.

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