

# Analysis on the Development Strategy of Minority Sports Teaching in Colleges

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**Abstract:** Analysis on the development strategy of minority sports teaching in colleges is the focus of this manuscript. Interdisciplinary learning in physical education and health courses is to use certain physical education learning situations or real problems, so that students can use the knowledge of multiple disciplines to recognize, understand and solve problems in physical education learning and understand real life. Sports is a kind of the body language with a low ideological component, which is convenient for the general international exchange and communication of a nation-state. This paper gives the combination to propose the novel ideas.

**Keywords:** Colleges; development strategy; minority sports teaching; theoretical analysis

## 1. INTRODUCTION

In physical education teaching, teachers should build different thinking modes, let students think actively, cultivate students' different thinking abilities, establish multi-level thinking, and also make students think more broadly and then think more actively. In recent years, with the encouragement of national policies, many schools have begun to attach the importance to sports work. The rate of students' physical fitness and health compliance has shown an upward trend, and students' physical fitness has improved significantly.

Based on the review, the study focus should be laid to the 2 core aspects, namely the following ones.

(1) Teaching physical education knowledge and skills is often accompanied by a variety of different links and processes, and teachers need to effectively highlight the main parts and key links of teaching so that students can identify the most central content to focus on. Therefore, teachers should highlight the key points in the teaching arrangement and adopt appropriate methods, so that the students can more easily master the most core parts and obtain the most effective knowledge and skills improvement.

(2) Higher sports colleges and universities should strengthen the emphasis on the cultivation of undergraduate professionals, not only to ensure the basic conditions of venues and facilities required for teaching practice, but also to continuously expand the channels for resource introduction and optimize the path of the resource integration, especially to then strengthen the digital teaching resources use.

Interdisciplinary learning in physical education and health courses not only focuses on the learning of interdisciplinary curriculum content, such as the learning content of various interdisciplinary themes in physical education courses, for students to learn and experience interdisciplinary, but also a kind of in-depth exploration and cooperation.

Learning methods, such as using interdisciplinary learning to deeply understand and solve a certain problem in order to explore a certain problem will be essential, and in the special analysis, this paper will be then focused on the study of the

development strategy of minority sports teaching in colleges, and in the figure 1, the sample is shown.



Figure. 1 The Minority Sports (Image source: [16])

## 2. THE PROPOSED METHODOLOGY

### 2.1 The Basic Discussion on Minority Sports

The nation-state is the basic organizational form of a modern state, and also the construction of a modern state takes the construction of a nation-state as its basic object and main task. Hence, the related sport issues should be focused.

Sports is a kind of the body language with a low ideological component, which is convenient for the general international exchange and communication of a nation-state.

Therefore, modern people's intuitive impression and also the preliminary understanding of a core nation-state mostly comes from the spread of its national traditional sports culture and international competitive sports horizontal display. Based on this, under the guidance of the concept of integration of sports and education, discuss the inheritance of traditional national sports campuses, relying on the technical, institutional and also spiritual dimensions of traditional national sports campus inheritance, study feasibility, difficulties and implementation strategies of national traditional sports campus inheritance.

This has direct guiding significance for then accelerating the development of traditional national sports in our country, implementing the "going out" development strategy,

enhancing the international influence of the Chinese sports culture in the equal dialogue and interactive exchanges of world sports culture, and enhancing the socialism with the Chinese characteristics. The image of national civilization has great practical significance.

Generally speaking, the traditional humanistic ideology of traditional Chinese national sports is still strong, and also the "multi-ethnic" characteristics of the nation-state" is more attractive with the progress and development of the times.

## 2.2 The Suggestions for the Sports Teaching in Colleges

Relevant research is mostly based on actual effect evaluation, focusing on the construction of undergraduate education, postgraduate education quality evaluation system, the quality evaluation model and guarantee system in ordinary colleges and universities. As a compulsory course in modern quality education, physical education plays an important role in the daily teaching process of colleges and universities.

The research on interdisciplinary learning in the process of physical education curriculum reform and implementation has not been fully valued, and existing research has only proposed it as a trend.

The relationship between interdisciplinary learning and knowledge diversity, future student life, and physical education curriculum issues such as connotation, requirements and implementation procedures of interdisciplinary learning have not been clarified and analyzed. As the earliest and largest undergraduate major in physical education colleges and universities, physical education major is aimed at cultivating high-quality talents engaged in physical education teaching.

## 3. CONCLUSION

Analysis on the development strategy of the minority sports teaching in colleges is the focus of this manuscript. In the physical education and health course, students not only learn sports skills, but also learn a lot of comprehensive knowledge related to body, society, and health, and explore topics related to the sports. This paper discusses the background and also propose the novel suggestions.

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