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## Realistic Dilemmas and Path Recommendations for the High-Quality Development of Traditional Chinese Sports

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**Abstract:** Traditional sports culture serves as a significant driving force in the process of building a sports power in China and is a key focus in responding to strategic goals such as Healthy China, national fitness, and rural revitalization. Under the backdrop of building a sports power, how to achieve high-quality development of traditional sports is a major issue concerning the great rejuvenation of the Chinese nation. The research holds that the high-quality development path of traditional sports in our country requires the scientific guidance of the five major concepts of “innovation, coordination, green development, openness and sharing”. Correctly analyze the actual predicament faced: The impact of modern industrial civilization and evolving lifestyles, the contradiction between the weakening sense of belonging to traditional culture and the deepening identification with foreign cultures, as well as the obstacles of low internationalization and poor systematic models. Based on this, explore the necessary path for high-quality development: Relying on the rural revitalization strategy to build new villages dedicated to traditional sports culture; Fostering a strong sense of community for the

Chinese nation and enhancing identification with traditional sports culture; Keeping pace with the trend of globalization to create an international brand for traditional sports.

**Keywords:** leading sports nation; traditional sports; high-quality development; actual dilemmas; proposed pathways.

## **1. Introduction**

The report of the 20th National Congress of the Communist Party of China points out that the central task of the Communist Party of China is to unite and lead people of all ethnic groups in the country to fully build a modern socialist power, march towards the second centenary goal, and promote the great rejuvenation of the Chinese nation through Chinese-style modernization [1]. This not only sketches a grand blueprint for the development of the Communist Party of China and the country's cause, but also points out the direction for the construction of a sports power. A sports power is a term with strong Chinese characteristics and a deep Chinese sentiment, bearing a profound national imprint [2]. In the report of the 20th National Congress of the Communist Party of China, it is clearly stated that mass fitness activities should be widely carried out, youth sports work should be strengthened, the all-round development of mass sports and competitive sports should be promoted, and the building of a sports power should be

accelerated [1]. As an important branch of building a sports power, traditional sports, with its long historical context, profound cultural heritage and rich forms of presentation, may become an important driver for the implementation of the sports power strategy. At present, high-quality development is an important way to promote and pass on traditional Chinese sports [14,15,16,17]. However, under the dual squeeze of the intense social transformation and the infiltration of cultural globalization at present, traditional sports are facing a serious threat of being destroyed, assimilated or replaced [3]. Therefore, against the backdrop of building a sports power, how to correctly examine the actual predicament of the development of traditional sports, explore the necessary paths that keep pace with The Times, and endow traditional Chinese sports with new vitality is of great significance for achieving the second centenary goal of the Communist Party of China and promoting the great rejuvenation of the Chinese nation.

## **2. The Concept of High-quality Development of Traditional Sports under the Background of a Sports Power Leads the Way**

The Fifth Plenary Session of the 18th Central Committee of the Communist Party of China proposed to lead China's future development with the new development concepts of “innovation, coordination, green development, openness and sharing”. In October 2020, in the proposal for the 14th Five-Year Plan, the Central Committee of the Communist Party of China further highlighted the leading role of the new development philosophy, requiring the entire Party to incorporate this philosophy throughout the entire process and all fields of development [4]. The concept of high-quality development, based on the broad vision of achieving national rejuvenation, not only caters to the urgent needs of development in the new era but also points out a new direction for the high-quality development of traditional sports [18,19].

### **2.1 Innovation-driven: The Power Engine for the High-Quality Development of Traditional Sports**

Chinese traditional sports have a long history, with a profound historical accumulation and a long development trajectory. In the long-term process of promotion and evolution, there are inevitably shortcomings that restrict its development, such as being restricted and influenced by factors like the level of understanding, the conditions of the times and social systems. Therefore, the key to extracting the essence of China's fine traditional sports culture from

historical accumulation and endowing it with strong vitality lies in whether it can be interpreted in a timely manner and whether it can adhere to the principle of returning to its roots and opening up new ones. The dross in traditional sports should be boldly denied and criticized. As for outstanding traditional sports, they should be promoted and innovated. We should trace back to the cultural origin and conform to the historical trend from the perspective of cultural characteristics, so as to achieve the creative transformation and innovative development of traditional sports of the Chinese nation.

## **2.2 Coordinated Progress: The Intrinsic Guarantee for the High-Quality Development of Traditional Sports**

China is a multi-ethnic country with a long history. Traditional sports culture not only embodies the common characteristics of the Chinese nation but also includes the individual traits of different ethnic groups. In the process of ethnic integration and development, collisions and conflicts are prone to occur, thereby deepening the imbalance among different traditional sports or cultures. Therefore, how to coordinate the symbiotic model for the high-quality development of traditional sports and explore the common development trajectory of traditional sports is the internal guarantee for promoting its stable development. Under the guidance of Thought on Socialism with Chinese Characteristics for a New Era, traditional Chinese sports need to develop in a coordinated manner from multiple dimensions such as inheritors, regions where they are carried out, cultural connotations, and forms of expression, striving to consolidate the awareness of the Chinese nation as a community. They should be adapted to local conditions, inclusive, and achieve coordinated coexistence, mutual learning and common progress.

## **2.3 Green Development: A Long-Term Path for the High-Quality Development of Traditional Sports**

Realizing green and low-carbon development is an inevitable requirement for social development in the new era. The development of traditional Chinese sports must first handle the relationship with environmental protection properly and build an ecological civilization system featuring harmonious coexistence between humans and nature [5]. Under the background of building a sports power, it is even more necessary to adhere to a green and

healthy development model, follow a green path of sustainable development, and on the principle of harmonious coexistence between humans and nature, meet the practical needs of the people for physical fitness and contributing to a healthy China, as well as their spiritual and cultural needs for cultivating sentiments and strengthening national confidence. Meanwhile, traditional sports that are healthy, safe and environmentally friendly are closely linked to the rural revitalization strategy such as the sports industry and sports tourism. They have a strong driving force for promoting the green development of the sports industry in various regions and are a long-term path for protecting and inheriting the sustainable development of traditional sports.

#### **2.4 Openness and intercommunication: The era pattern for the high-quality development of traditional sports**

The world today is undergoing major changes unseen in a century. To keep up with The Times, traditional sports need to possess unique attributes of the era. Chinese traditional sports culture has gradually radiated to many countries and regions around the world in the form of a national treasure, becoming an important carrier for mutual communication and integration among countries and among the Chinese nation. As the construction of a sports power enters a new stage, the development of traditional sports will also reach a new level, truly implementing the era pattern of openness, cooperation and intercommunication, and adhering to the era path of combining "bringing in" with "going out". This urgently demands that traditional Chinese sports break free from the constraints of regions and concepts, keep up with The Times, conform to the new era's international communication pattern, and deeply explore and develop the domestic and international markets of traditional Chinese sports, so as to achieve a new situation of open win-win with the outside world for traditional sports.

#### **2.5 Mutual benefit and sharing: The value orientation for the high-quality development of traditional sports**

The main purpose of the high-quality development of traditional Chinese sports is to achieve sharing, thereby extending the benefits of development to people of all ethnic groups. It not only promotes the unification of the purpose and means of traditional sports development but also clarifies the value pursuit of traditional sports development. The high-quality development

of traditional Chinese sports cannot be achieved without the hard work and continuous inheritance of people of all ethnic groups across the country. Therefore, in the process of development, we should clearly recognize that any development divorced from the people is just empty talk and has an unstable foundation. We must adhere to the new concept based on sharing and the new orientation based on the principle of mutual benefit. Only by achieving mutual benefit and sharing can the dividends of the development of traditional sports be maximized. Only in this way can traditional sports not only ensure people's physical fitness and drive regional economic development, but also enable everyone to consciously become inheritors of protecting and promoting traditional Chinese sports.

### **3. The actual predicament of high-quality development of traditional sports under the background of a sports power**

#### **3.1 The Impact of modern industrial civilization and lifestyle changes**

Since ancient times, China has been a major agricultural country mainly based on traditional farming civilization. In the process of long-term engagement in relatively closed agricultural production and life, it has gradually formed a rich traditional sports culture. However, with the rapid rise of modern industrial civilization, many traditional agricultural civilizations have been forced to exit the historical stage. As a cultural product mainly based on agricultural civilization and supplemented by nomadic and coastal civilizations, traditional ethnic sports are now facing the reality of restricted development and weakened functions due to the destruction of the environment on which they rely caused by industrialization [6]. Moreover, the pace of national urbanization has accelerated, breaking the original situation of concentrated settlement in villages, and the lifestyle of the people has undergone tremendous changes. Instead, more square dancing and aerobics, which are commonly seen in communities or squares, have taken their place. Traditional sports are also facing the development predicament of becoming more difficult to pass on and having their status replaced.

#### **3.2 The contradiction between the fading sense of belonging to traditional culture and the deepening sense of identity with foreign cultures**

Traditional culture itself is inclusive. In the process of development, it needs to constantly absorb and draw on advanced foreign cultures to achieve its own innovation and improvement,

and it should constantly trace back to the origin of traditional culture. When it comes to traditional culture, we should view it with a critical perspective of “taking the essence and discarding the dross”. When it comes to foreign cultures, we should view them with a speculative perspective of “making foreign things our own and taking our own lead”. If one overly and blindly worships foreign things and weakens the sense of belonging to traditional culture, it is easy to push traditional culture into a dangerous situation of being homogenized. From a sports perspective, the contradiction between traditional sports culture and foreign sports culture is rather intense. With the deepening of the infiltration of foreign cultures and the transformation of traditional culture, most people tend to view traditional sports culture one-sidedly, lacking a high degree of cultural identity and national confidence, which leads to a gradual weakening of the sense of belonging to traditional sports culture. On the contrary, foreign sports cultures, with their rich forms of expression, elegant technical features, and compliance with modern social trends, occupy a vast sports market. People's affection, participation, and recognition of them are significantly higher than those of traditional sports cultures, pushing some traditional sports to the brink of extinction.

### **3.3 Obstacles caused by low internationalization and poor systematization model**

The fundamental task of building a sports power is to enhance people's physical fitness and safeguard their health, providing a powerful spiritual force that unites the hearts and minds for the great rejuvenation of the Chinese nation. One of the obstacles to the high-quality development of traditional sports is the low degree of internationalization. For instance, in major international events such as the Olympic Games, Western sports based on the Olympics dominate, while traditional Chinese sports have yet to enter the mainstream modern event system like the Olympic Games, and thus have always struggled to gain recognition and acceptance from the international community [7]. At the same time, the poor systematization model is another major obstacle to the development of traditional sports. For instance, many traditional sports are spontaneously formed by the people, lacking mature rules, techniques and evaluation systems. Their development models are more to meet the needs of self-sufficiency and self-entertainment, which largely restricts the international development of traditional sports and is also an important factor hindering their promotion and inheritance.

#### **4. The inevitable Path for the high-quality Development of Traditional Sports under the background of a sports power**

##### **4.1 Relying on the rural revitalization strategy, build new villages of traditional sports culture**

The rural revitalization strategy is an important link in promoting the modernization of rural areas in China. The “Opinions of the Central Committee of the Communist Party of China and the State Council on comprehensively promoting rural vitalization and accelerating the modernization of agriculture and rural areas” proposes that it is necessary to "deeply explore, inherit and innovate excellent traditional rural culture, combine protection and inheritance with development and utilization, and endow Chinese agricultural civilization with new contemporary connotations [8]. As a typical product of agricultural civilization, traditional sports have ushered in new development opportunities under the impetus of the rural revitalization strategy. Integrating cultural heritage into industrial development will be an effective path for the high-quality development of traditional sports. First of all, traditional sports culture is the essence and background color of rural cultural construction. By exploring the cultural connotations of traditional sports, highlighting their cultural symbols, and creating a cultural atmosphere, it helps to promote the construction of rural spiritual civilization. Secondly, the development of traditional sports culture requires industrial development to activate market demand and the consumption potential of the masses, drive the market economy through industries, create employment through industries, and enable the benefits of industries to be shared by the people [9]. Relying on rural revitalization, land resources will be integrated to build a number of new villages featuring traditional sports culture, and marketing models that meet the consumption needs of modern groups will be nurtured, including traditional sports experience parks, traditional sports culture industrial zones, and traditional sports characteristic towns, thereby establishing an innovative development path that is based on culture and empowered by industry.

##### **4.2 Strengthen the awareness of the Chinese nation as a community and enhance the sense of identity with traditional sports culture**



At the Fifth Central Conference on Ethnic Work, an important speech was delivered with the theme of "Promoting High-Quality Development of the Party's ethnic work in the new Era with the main line of Consolidating the consciousness of the Chinese nation as a community, emphasizing that consolidating the consciousness of the Chinese nation as a community is the program of the Party's ethnic work in the new era [10]. However, under the dual impact of the homogenization of foreign cultures and the alienation of local cultures, there is an urgent need to enhance the sense of belonging of the people to the Chinese nation and their recognition of traditional sports culture. From the perspective of traditional culture itself, we should adhere to the pattern of overall coordination and openness, continuously promote the construction of the spiritual civilization ecosystem of traditional sports, inject dynamic elements that meet the development of The Times, and form a new form of traditional sports culture with Chinese characteristics and Chinese style. From the perspective of the main body of cultural audiences, people, as the essential carrier of the inheritance of traditional sports culture of a nation, directly determine its development trajectory and destiny. On the basis of forging a strong sense of community for the Chinese nation, we should enhance the people's sense of mission and honor, consciously undertake the contemporary mission of protecting, promoting and innovating traditional sports culture of the nation, and strengthen national confidence and recognition of traditional sports culture [11,20].

#### **4.3 Keep pace with the trend of globalization and build an international brand of traditional sports**

With the waves of cultural, digital and economic globalization, traditional Chinese sports have seized the opportunity to go global. As an important branch of Chinese traditional culture, traditional sports help enrich the world pattern of diverse sports culture and release the positive energy of Chinese civilization [12]. For instance, traditional Chinese martial arts, dragon and lion dances, and other sports have been vigorously promoted by Confucius Institutes and overseas Chinese. Moreover, the "National Style · Qin Melody" brand for international cultural exchanges, including traditional sports cultures such as Xi 'an Drum music and Ansai Waist drum, has been publicized and promoted overseas, all of which have exerted a profound international influence. Therefore, from the perspective of inheritors or non-governmental

organizations, they should fully leverage channels such as self-media, the Internet, and short videos to record, share, and promote traditional sports culture around them, breaking free from geographical limitations. At the national or functional department level, efforts should be made to encourage, support, select and promote outstanding traditional sports culture, carefully shape the international brand of China's excellent national traditional sports culture, and set up Windows for the international exchange of traditional sports. By leveraging political, economic and national status, the dissemination of traditional sports culture can be driven, making contributions to promoting mutual learning and development of world cultures.

## **5. Conclusion**

As an important branch of building a sports power, traditional Chinese sports cannot achieve high-quality development without the guidance of the five major concepts of innovation, coordination, green development, openness and sharing. Under the guidance of correct concepts, we can precisely and accurately identify the actual predicaments existing in traditional sports, and then take targeted measures to keep up with the times, make up for the shortcomings in development, explore the inevitable path for the high-quality development of traditional sports in the context of a sports power, and achieve the creative transformation and innovative development of traditional sports.

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YL: Writing original draft; Writing-review and editing; Conceptualization; Data curation; Methodology.

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