



Cultural Inclusiveness in Physical Education and the Historical Role of Excellent Traditional Chinese Culture

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ABSTRACT

Under the trend of globalization, physical education (PE) as an important bridge of cultural exchange, its cultural inclusiveness is increasingly prominent. This article discusses the cultural inclusion in PE and its integration with China's excellent traditional culture. PE is not only a way of physical exercise, but also an important way of cultural inheritance and spiritual cultivation. Excellent traditional culture in China, such as "Benevolence" and "Ritual System" of Confucian culture, "Tao Follows Nature" of Taoist culture, and fitness methods and spiritual connotation of Wushu culture, provide PE with abundant resources. By tapping these cultural elements, PE can enrich the content, improve the effect and promote the all-round development of students. Facing the cultural conflict and integration challenge brought by globalization, this article puts forward some strategies, such as strengthening cultural education, optimizing resource allocation, innovating inheritance methods and reforming instructional methods. The goal is to promote the deep integration of PE and China's excellent traditional culture and cultivate compound talents with global vision and cross-cultural communication ability.

Keywords: Physical education; Cultural inclusion; Traditional culture; Cultural inheritance; Spiritual cultivation

1 INTRODUCTION

In today's wave of globalization, PE, as a bridge connecting different cultures and promoting international exchanges, is becoming increasingly important. With the deepening of exchanges between countries in the world, cultural diversity and inclusiveness have evolved into the main theme of the times ^[1]. As an important way to shape individual body and mind and cultivate social adaptability, PE should not only impart sports skills, but also undertake the heavy responsibility of cultural inheritance and innovation ^[2]. Especially in China, a country with a history of 5,000 years of civilization, how to integrate China's excellent traditional culture into PE and realize the organic combination of cultural inclusiveness and traditional essence is a subject worthy of in-depth discussion ^[3]. Sports is not only the display of physical strength, but also the embodiment of spiritual outlook and cultural concept. In China, the combination of sports and culture has a profound historical foundation ^[4]. From ancient Wushu and Tai Ji Chuan to folk dragon boat races and lion and dragon dances, these traditional sports not only exercise people's physique, but also carry rich cultural connotations and national spirit ^[5]. They are vivid carriers of China's excellent traditional culture and a bridge between the past and the future.

Under the trend of globalization, PE is facing unprecedented challenges and opportunities. On the one hand, with the increase of international communication, various emerging sports and cultural concepts have flooded into China, bringing new vitality to PE ^[6]. On the other hand, cultural diversity also challenges traditional PE. In what way, while maintaining cultural characteristics, it has become an urgent problem to absorb the beneficial elements of foreign culture and realize the modernization and internationalization of PE ^[7]. Cultural inclusion, as an important concept to meet the challenge of globalization and promote cultural exchange and integration, has opened a new horizon for PE ^[8]. It emphasizes respect for cultural diversity and advocates equal dialogue and mutual learning between different cultures. Incorporating cultural inclusion into PE can not only broaden students' cultural horizons and enhance their cross-cultural communication ability, but also promote the sublimation of sports spirit and cultivate compound talents with global competitiveness ^{[9][10]}.

As the spiritual lifeline and cultural foundation of the Chinese nation, China's excellent traditional culture, with its rich philosophical ideas, moral concepts, art forms and fitness methods, has provided valuable wealth for PE ^[11]. Integrating traditional culture into PE can enrich the teaching content and improve the teaching effect, and it will also help students better understand the essence of China culture and enhance their cultural self-confidence and national pride ^[12]. The harmonious concept, etiquette norms and indomitable spiritual quality in traditional culture are also the value goals pursued by PE. It is not easy to integrate China's excellent traditional culture into PE ^[13]. It requires educators to have profound cultural heritage and keen insight of the times, and to accurately grasp the meeting point between the essence of traditional culture and the needs of PE ^[14]. Moreover, innovative teaching strategies are needed to present traditional culture to students in a more vivid and interesting form, and to stimulate their interest and enthusiasm in learning. At the same time, it is needed to build a good campus cultural atmosphere to provide strong support and guarantee for the inheritance and innovation of traditional culture.

Whether it is the ancient Wushu training, Tai Ji Chuan teaching, or the modern physical education curriculum reform and the promotion of national traditional sports, it is inseparable from the nourishment and support of traditional culture ^[15]. These historical experiences provide valuable reference for today's exploration of cultural inclusion and traditional cultural integration in PE. With the help of continuous exploration and practice, we can find a PE road that not only meets the requirements of the times but also shows the characteristics of China ^[16]. This road will not only promote students' all-round development and improve their social adaptability, but also make positive contributions to promoting the inheritance and innovation of Chinese culture and enhancing friendship and cooperation among people all over the world.

The objective of this study is to explore in depth the cultural inclusiveness in PE and the historical role of China's excellent traditional culture, and analyze the intrinsic connection and interaction mechanism between the two. With the help of this study, we hope to provide a new perspective for the reform and innovation in the field of PE, and contribute to the inheritance and development of China's excellent traditional culture. We also hope to raise more people's attention to PE and their love for traditional Chinese culture, and contribute to building a community with a shared future for mankind and promoting world peace and development.

2 CULTURAL INCLUSION IN PE

The essence of PE is not only the teaching of physical skills, but also the cultivation and inheritance of cultural spirit. In today's globalization, cultural inclusion has become an indispensable part of PE, which not only enriches the content and form of PE, but also promotes mutual understanding among students under different cultural trends ^[17]. Cultural inclusion is the respect and acceptance of different cultures, beliefs, values and lifestyles. It emphasizes that in a multicultural environment, individuals can keep an open mind, actively learn and appreciate other people's cultures, and can also confidently show their own cultural characteristics ^[18]. In PE, the embodiment of cultural inclusiveness is particularly critical, because sports itself is a common language that crosses national boundaries, races and languages, and it connects people all over the world with its unique charm.

Cultural inclusiveness in PE is reflected in the integration of multiculturalism. Under the trend of globalization, PE is no longer limited to traditional and single sports, but gradually absorbs sports and cultural elements from all over the world ^[19]. For example, in the school physical education curriculum, we can see basketball, football, volleyball and other international popular events, as well as taekwondo, yoga, karate and other sports with distinctive regional characteristics ^[20]. The introduction of these projects not only enriches students' sports experience, but also gives them the opportunity to get close contact with and understand the sports spirit and values of different cultures, thus cultivating their cross-cultural awareness and global vision.

Cultural inclusiveness is also reflected in respect for individual differences and diversity in PE. PE faces students from different backgrounds with different interests and abilities. Traditional PE often emphasizes unified standards and requirements, which ignores the individual differences of students to some extent ^[21]. Culture-inclusive PE advocates providing diversified teaching contents and methods according to students' actual conditions and needs, so that each student can find fun and a sense of accomplishment in sports that suit him. This personalized instructional method can not only stimulate students' interest in learning, but also promote their all-round development and cultivate their self-confidence and creativity.

Cultural inclusion in PE is also reflected in the cultivation of cross-cultural communication and understanding ability. Sports is a special way of communication, which transcends language barriers. With the help of body language and emotional communication, people can intuitively feel each other's cultural characteristics and spiritual outlook ^[22]. In PE, by organizing international friendly matches and cultural exchange activities, students can experience the sports styles and competition rules of different cultures and enhance their understanding and respect for other cultures. These activities also provide students with opportunities to show their own culture, so that they can grow up in communication and become compound talents with international vision and cross-cultural communication ability.

Cultural inclusion has a profound impact on PE. First of all, it promotes the innovation and development of PE. In the multicultural blending, PE constantly absorbs new elements and ideas, which promotes the innovation of teaching content and methods ^[23]. Secondly, cultural inclusion enhances the social function of PE. PE is not only a process of physical exercise, but also a process of socialization. With the help of culturally inclusive PE, students can learn how to survive and develop in a multicultural environment, which is very important for their future social adaptability and career development. Finally, cultural inclusion also enhances the educational value of PE. In addition to imparting sports skills, PE is more important to cultivate students' morality and spirit. Culture-inclusive PE enables students to respect and appreciate different cultures, but also learn to respect themselves and others.

3 THE HISTORICAL ROLE OF CHINA'S EXCELLENT TRADITIONAL CULTURE IN PE

China's excellent traditional culture, as the spiritual lifeline and cultural foundation of the Chinese nation, is rich in philosophical thoughts, moral concepts, art forms and fitness methods, which provide valuable resources for PE^[24]. Since ancient times, sports has occupied an important position in China culture. It is not only a way of physical exercise, but also a way of cultural inheritance and spiritual cultivation. China's excellent traditional culture has a long history and is profound, covering philosophy, literature, art, science and technology and other fields^[25]. Among them, the elements closely related to PE mainly include Confucian culture, Taoist culture, Wushu culture and traditional folk sports. These cultural elements play an important role in PE.

3.1 The Historical Role of China's Excellent Traditional Culture in PE

(1) The shaping of PE by Confucian culture

Confucian culture emphasizes "Benevolence" and "Ritual System", and these ideas are fully reflected in PE. In the process of PE, Confucian culture advocates the spirit of respecting others and fair competition, which coincides with the modern sports spirit. Confucian culture also pays attention to personal cultivation and moral education, and regards sports as an important way to cultivate a gentleman's virtue. Table 1 shows the embodiment of Confucian culture in PE.

Table 1: Embodiment of Confucian Culture in Physical Education

| Confucian Concept | Manifestation in Physical Education |
|---------------------------------|--|
| Benevolence (Ren) | Respect for opponents, fair competition |
| Ritual (Li) | Adherence to game rules, emphasis on etiquette |
| Virtue of the Gentleman (Junzi) | Cultivating perseverance and self-improvement through sports |

(2) Enlightenment of Taoist culture to PE

Taoist culture advocates "Tao Follows Nature" and pursues the harmonious unity of body and mind. In PE, Taoist culture emphasizes conforming to the laws of nature and paying attention to the internal balance and coordinated development of the body. As a typical representative of Taoist culture, Tai Ji Chuan has been widely used in PE.

(3) The richness of Wushu culture in PE

Wushu culture is a treasure of traditional Chinese culture. It is not only a fitness method, but also a way of cultural inheritance and spiritual cultivation. In PE, Wushu culture provides students with rich learning content and unique exercise methods. Table 2 shows the richness of Wushu (3) culture on PE

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Table 2: Manifestation of Wushu Culture in Physical Education

| Wushu Element | Specific Application in Physical Education |
|----------------|---|
| Wushu Routines | Teaching basic techniques: punches, kicks, body movements |
| Wushu Spirit | Fostering perseverance, self-reliance, and mental strength |
| Wushu Culture | Enhancing understanding of Chinese tradition through Wushu stories, films |

(4) Folk traditional sports supplement PE.

Traditional folk sports, such as dragon boat race and lion and dragon dance, are vivid manifestations of the combination of traditional culture and sports in China (Figure 1). These projects not only have strong national characteristics and cultural heritage, but also can stimulate students' enthusiasm for participation and team spirit.



Figure 1 Folk traditional sports

3.2 Strategies for the Integration of China Excellent Traditional Culture and PE

In order to better integrate China's excellent traditional culture into PE, a series of strategies need to be adopted. First of all, we should dig deep into traditional cultural resources and find the point of convergence with PE. Secondly, we should innovate teaching strategies to improve students' interest and participation in learning. Thirdly, we should strengthen the construction of teaching staff and improve teachers' professional quality and teaching ability. Finally, we should build a good campus cultural atmosphere and a strong traditional cultural atmosphere. Table 3 shows the integration strategy of China excellent traditional culture and PE.

Table 3: Strategies for Integrating Chinese Traditional Culture into Physical Education

| Strategy Name | Specific Implementation Methods |
|--|--|
| Deep Exploration of Cultural Resources | Compile textbooks and lesson plans based on traditional cultural elements in sports |
| Innovative Teaching Methods | Employ modern instructional methods such as situational teaching, cooperative learning, multimedia |
| Strengthening Teacher Training | Organize workshops, seminars on traditional culture and physical education for teachers |
| Fostering a Cultural Campus Atmosphere | Host cultural festivals, traditional sports competitions, lectures, and exhibitions |

4 THE INTEGRATION STRATEGY OF CULTURAL INCLUSION AND TRADITIONAL CULTURE IN PE

With the deepening of globalization, cultural inclusion has become an important force to promote social progress and development. As an important way of cultural inheritance and physical and mental cultivation, PE also needs to uphold the concept of cultural inclusion and absorb and integrate various excellent cultural elements. China's excellent traditional culture, as the spiritual foundation of the Chinese nation, contains rich sports ideas and fitness methods, providing valuable resources and inspiration for PE.

4.1 Connotation and Value of Cultural Inclusion

The core of the concept of cultural inclusion lies in the respect, understanding and acceptance of different cultures, concepts and values. It emphasizes the diversity and equality of cultures, and advocates the exchange and integration between cultures [26]. In the specific field of PE, cultural inclusion shows its indispensable value [27]. It can not only urge PE practitioners to transcend the limitations of a single cultural framework, but also examine and practice PE from a broader perspective, thus absorbing rich and diverse cultural elements. With the clever integration of various cultural elements, PE can be closer to students' daily life and personal interests, effectively stimulate students' interest and participation in learning, and then significantly improve the educational effect. More far-reaching, culturally inclusive PE can also help students deeply understand and learn sports ideas and fitness methods under different cultural trends, thus cultivating their cross-cultural communication ability and global vision in a subtle way.

4.2 The Integration of Excellent Traditional Culture and PE in China

In recent years, with the emphasis on Chinese excellent traditional culture and the deepening of PE reform, the integration of China excellent traditional culture and PE has achieved remarkable results. However, there are still some problems in the process of integration, such as insufficient integration depth, single integration method and uneven integration effect. These problems restrict the full play of excellent traditional culture in PE, and also affect the innovative development and cultural inheritance function of PE. Table 4 shows the investigation on the current situation of the integration of excellent traditional culture and PE in China.

Table 4: Status of Integration between Chinese Excellent Traditional Culture and Physical Education

| Research Item | Description |
|------------------------------|--|
| Depth of Integration | Mostly superficial, lacking deep exploration and integration |
| Methods of Integration | Primarily curriculum embedding, lacking diversified integration approaches |
| Effectiveness of Integration | Varied results, with some projects highly effective and others less so |
| Student Feedback | Strong interest in excellent traditional culture but desire for more innovative and engaging integration methods |

4.3 Integration Strategies from the Perspective of Cultural Inclusion

(1) Excavate the cultural connotation

Under the guidance of cultural inclusiveness, we should carefully select those outstanding traditional cultural elements that are representative, educational and of the times value, such as "Benevolence" in Confucian culture, "Tao Follows Nature" in Taoist culture, fitness methods and cultural connotations in Wushu culture. For the selected excellent traditional cultural elements, educators need to dig deep into the cultural connotation and philosophical thoughts behind them, and combine them with the ideas and methods of PE to form a PE system with China characteristics. Table 5 shows the current situation of the integration of excellent traditional culture and PE in China.

Table 5: Exploration of Integration Points between Excellent Traditional Culture Elements and Physical Education

| Excellent Traditional Culture Element | Integration Points in Physical Education |
|---------------------------------------|---|
| Confucian "Benevolence" Idea | Cultivating unity, friendship, and mutual assistance in sportsmanship |
| Taoist "Following Nature" Philosophy | Emphasizing naturalness, harmony, and balance in physical exercise |
| Wushu Fitness Methods | Integrating into PE courses to enhance physical fitness and self-defense skills |
| Excellent Traditional Culture Element | Integration Points in Physical Education |
| Confucian "Benevolence" Idea | Cultivating unity, friendship, and mutual assistance in sportsmanship |

(2) Enriching instructional methods

In addition to the traditional way of curriculum embedding, it will be possible to try to adopt various instructional methods such as situational teaching, cooperative learning and project-based learning, so that students can feel the charm of excellent traditional culture in a relaxed and happy atmosphere. Educators can make use of virtual reality, augmented reality, artificial intelligence and other modern scientific and technological means to create an immersive physical education learning experience, and understand and experience excellent traditional culture more deeply. Table 6 shows the application of modern instructional methods in PE.

Table 6: Application Cases of Modern Teaching Tools in Physical Education

| Modern Teaching Tool | Application Case |
|------------------------------|--|
| Virtual Reality (VR) | Creating immersive Wushu training scenarios for learning routines |
| Augmented Reality (AR) | Overlaying traditional culture elements in PE classes, e.g., simulated dragon boat races viewed through AR glasses |
| Artificial Intelligence (AI) | Using AI for skill assessment and personalized training recommendations |

(3) Improve teaching ability

The training for physical education teachers should cover the knowledge of excellent traditional culture, the methods and skills of physical education teaching and the application of modern scientific and technological means, so as to enhance their comprehensive teaching ability. The education department can combine online and offline, invite experts and scholars to give lectures, organize teaching seminars, carry out teaching demonstration classes and other forms of training activities. Table 7 shows the contents and methods of physical education teacher training.

Table 7: Content and Methods of PE Teacher Training

| Training Content | Training Method |
|--|---|
| Knowledge of Excellent Traditional Culture | Online lectures, offline seminars |
| PE Teaching Methods and Techniques | Demonstration lessons, case studies |
| Application of Modern Technology | Technical training, practical exercises |
| Training Content | Training Method |

(4) Build an assessment system

Schools should combine students' self-assessment, peer assessment, teachers' assessment and parents' assessment to comprehensively evaluate students' learning achievements in the course of integration of excellent traditional culture and PE. In addition to paying attention to students' final grades, schools should also attach great importance to students' specific performance and efforts in the learning process, including their participation, learning attitude, teamwork ability and other aspects. Table 8 shows the assessment system of excellent traditional culture and PE integration course.

Table 8: Assessment System for Integrated Courses of Excellent Traditional Culture and Physical Education

| Assessment Dimension | Specific Indicators |
|----------------------|--|
| Knowledge Mastery | Understanding and grasp of excellent traditional culture knowledge |
| Skill Improvement | Enhancement of physical skills and fitness levels |
| Emotional Attitude | Interest and attitude towards excellent traditional culture and PE |
| Team Collaboration | Cooperation and contribution in team projects |
| Process Performance | Participation, effort, and other aspects during the learning process |

5 CHALLENGES AND COUNTERMEASURES

In the process of exploring the integration of cultural inclusiveness in PE and China's excellent traditional culture, we will inevitably encounter a series of challenges. These challenges come not only from the changes in the external environment, but also from the internal limitations of the education system. However, it is these challenges that urge educators to constantly reflect and innovate and find more effective integration paths.

5.1 Challenges

(1) Cultural conflict and the difficulty of integration

Under the trend of globalization, the communication and collision between different cultures are becoming more and more frequent. The PE field is no exception. The influx of western sports and ideas has some differences and even conflicts with China's traditional sports and cultural concepts ^[28]. This cultural conflict is not only reflected in the choice of sports events, but also in the educational concept, value orientation and instructional methods. It is a big challenge for PE to realize the harmonious coexistence and mutual integration of different cultures while maintaining cultural diversity. Table 9 compares the differences between Chinese and western sports cultures.

Table 9: Comparison of Western and Chinese Sports Cultures

| Dimension | Western Sports | Traditional Chinese Sports |
|----------------------|--|--|
| Philosophy | Emphasizes competition & transcendence | Emphasizes harmony & self-cultivation |
| Goal | Pursues speed & strength | Pursues internal & external balance |
| Teaching Method | Focuses on skills & rules | Focuses on artistic conception & enlightenment |
| Cultural Connotation | Reflects individualism | Embodies collectivism |

(2) Uneven distribution of educational resources

In China, due to the differences in regional, economic and social development levels, the distribution of educational resources is obviously unbalanced. In some areas, especially in remote and rural areas, PE facilities are backward and teachers are weak, so it is difficult to undertake the heavy responsibility of cultural inheritance and innovation. In urban areas, although the educational resources are relatively rich, they may be too pursuing modernization and internationalization, while ignoring the importance and promotion of traditional sports in China. This uneven distribution of resources has aggravated the cultural imbalance in PE. Table 10 compares PE resources in different regions of China.

Table 10: Comparison of Sports Education Resources in Different Regions of China

| Region | Sports Facilities Adequacy | Teacher Strength | Popularity of Traditional Sports |
|--------------|----------------------------|------------------|----------------------------------|
| Urban Areas | High | Strong | Moderate |
| Rural Areas | Low | Weak | Low |
| Remote Areas | Very Low | Very Weak | Very Low |

(3) the fault of traditional culture inheritance

With the acceleration of modernization, the younger generation's sense of identity and interest in traditional culture has gradually weakened. In the field of PE, this trend is also obvious. Many students prefer to choose fashionable and novel western sports, but lack sufficient understanding and interest in traditional sports such as Wushu and Tai Ji Chuan. This leads to the inheritance fault of traditional culture in PE, and makes some excellent traditional sports face the risk of being lost.

(4) Lack of innovation in instructional methods and means.

Traditional physical education instructional methods often pay attention to the teaching of skills and the explanation of rules, while ignoring the cultivation of students' cultural literacy and innovation ability. This single instructional method is difficult to stimulate students' learning interest and creativity, and it is not conducive to the in-depth inheritance and innovative development of traditional culture. At the same time, with the rapid development of information technology, it is also a big challenge for PE to effectively use modern technologies such as new media and big data to inherit and promote traditional culture.

5.2 Countermeasures

(1) Strengthen cultural education and guidance

To solve the problem of cultural conflict and integration difficulty, it is first needed to strengthen cultural education and guidance. Schools should offer relevant courses to introduce the backgrounds, characteristics, and values of different cultures, enhance students' cultural awareness and cross-cultural communication skills. By organizing cultural festivals, sports events, and other means, we aim to build a platform for cultural exchange, allowing students to experience the charm of different cultures in practice and enhance mutual understanding and respect. Table 11 presents recommendations for cultural and educational activities.

Table 11: Suggested Cultural Education Activities

| Activity Type | Specific Content | Objective |
|-----------------------------|--|---|
| Cultural Lectures | Invite cultural scholars to discuss cultural differences | Enhance cultural awareness & understanding |
| Sports Culture Festival | Showcase Western & Chinese sports & cultural connotations | Promote cultural exchange & integration |
| International Sports Events | Organize student participation or observation of international sports events | Broaden international perspectives & competitive experience |

(2) Optimize the allocation of educational resources

In view of the uneven distribution of educational resources, the government should increase investment in PE in rural and remote areas, improve sports facilities and improve the level of teachers. At the same time, high-quality educational resources in urban areas are encouraged to flow to rural and remote areas, and the sharing and balance of educational resources are realized by means of teaching and distance education. At the same time, it will be possible to use social forces and private capital to invest in the PE field to promote the popularization and development of traditional sports.

(3) Innovating the way of inheriting traditional culture.

In order to overcome the fault of traditional culture inheritance, we need to innovate the way of traditional culture inheritance. On the one hand, traditional sports events can be integrated into school physical education courses and extracurricular activities, and students can deeply understand and love these events with the help of systematic teaching and practice. On the other hand, new media platforms such as short videos and live broadcasts can be used to show the charm and connotation of traditional culture and attract the attention and participation of the younger generation. At the same time, it will be possible to combine with tourism and cultural industries to create traditional sports tourism projects and cultural products with local characteristics. Table 12 shows the innovative ways of inheriting traditional culture.

Table 12: Innovative Approaches for Traditional Culture Inheritance

| Approach | Specific Measures | Expected Outcomes |
|-------------------------|--|---|
| Curriculum Integration | Integrate traditional sports into school curricula | Increase student participation & interest |
| New Media Dissemination | Utilize short videos, live streams, etc. to showcase | Expand the influence of traditional culture |
| Industry Integration | Combine with tourism, cultural industries, etc. | Promote cultural inheritance & economic development |

(4) Reform instructional methods and means

Aiming at the problem of insufficient innovation in instructional methods and means, we should actively explore and practice new instructional methods and models. For example, project-based learning, inquiry-based learning and other student-centered instructional methods can be adopted to stimulate students' interest in learning and creativity. At the same time, information technology means such as virtual reality (VR) and augmented reality (AR) are used to simulate the scenes and rules of traditional sports events to improve the teaching effect and interest. At the same time, it will be possible to strengthen exchanges and cooperation with international PE institutions, introduce foreign advanced instructional concepts and methods, and promote the innovation and development of PE instructional methods.

6 CONCLUSIONS

After discussing the historical role of cultural inclusion in PE and excellent traditional culture in China, it is not difficult to find that there is a close and profound relationship between them. Cultural inclusiveness provides a broad vision and diverse development paths for PE, while China's excellent traditional culture injects deep cultural heritage and unique spiritual connotation into PE.

Under the trend of globalization, PE is facing multiple challenges, such as cultural conflict and integration, uneven distribution of educational resources, fault of traditional culture inheritance and insufficient innovation of instructional methods and means. However, it is these challenges that inspire us to think and explore the PE reform. Strengthening cultural education and guidance, optimizing the allocation of educational resources, innovating traditional cultural inheritance methods and reforming instructional methods and means have evolved into effective strategies to meet challenges and promote the development of PE.

The historical role of China's excellent traditional culture in PE can not be ignored. It not only enriches the content of physical education teaching and improves the teaching effect, but also helps students to better understand the essence of China culture and enhance their cultural self-confidence and national pride. The concept of harmony, etiquette norms and indomitable

spirit in traditional culture are also deeply rooted in PE, which has become an important resource for cultivating students' all-round development and social adaptability.

To sum up, the cultural inclusiveness in PE and the historical role of China's excellent traditional culture complement each other and jointly promote the reform and development of PE. In the future practice, we should continue to explore and innovate, push the combination of the two to a new height, and contribute to building a community of human destiny and promoting world peace and development. With unremitting efforts, it is believed that PE will become a bridge to connect different cultures and promote international exchanges, and make greater contributions to the great rejuvenation of the Chinese nation and the progress of world civilization.

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