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The Comparative Study of the Olympics between the West and East

Wang Qiang

Xichang University, China

*Correspondence: E-mail: 727231584@qq.com

ABSTRACT

This paper employs a comparative analysis to explore the different manifestations of the Olympic movement within Chinese and Western cultures and the cultural factors behind them. It begins by reviewing the historical origins of the Olympic movement, emphasizing its role as an international sporting event that showcases not only athletic competition but also cultural exchange. The paper then focuses on the embodiment of the Olympic spirit within Western culture, contrasting it with an in-depth discussion of China's acceptance and localization of the Olympic movement. In China, the Olympics are not only a display of athletic competition but also a representation of national image and cultural soft power. Furthermore, the paper discusses the different modes of participation and attitudes towards the Olympic movement in Chinese and Western societies and how these differences affect the global development of the Olympic movement. Western societies tend to view the Olympics as a symbol of individual achievement and national pride, while China places greater emphasis on collective honour and national pride. Finally, the paper suggests ways to better integrate Chinese and Western cultures to promote the diverse development of the Olympic movement and to maintain and pass on the Olympic spirit in the context of globalization.

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1. INTRODUCTION

The Olympic Games, as one of the world's most grand sporting events, not only bear the glory and dreams of competitive sports but also serve as an essential platform for international cultural exchange and integration. Since the first modern Olympic Games were held in Athens in 1896, the Olympic spirit—"Faster, Higher, Stronger"—has become a symbol that inspires athletes around the globe to pursue excellence (Ren, 2001). However, the understanding and practice of the Olympic spirit vary under different cultural backgrounds, with particularly significant differences between the East and the West. China, as a representative of Eastern civilization, has a sports culture deeply influenced by traditional cultures such as Confucianism and Taoism, emphasizing collectivism, harmony, and inner cultivation. In contrast, the West, especially Europe, reflects a sports culture that embodies individualism, competitive spirit, and the desire for victory. These cultural differences are not only evident in the training methods and competitive strategies of athletes but also reflected in the expectations and understandings of audiences regarding sports events.

With the deepening development of globalization, exchanges in the field of sports between the East and the West are becoming increasingly frequent, and the Olympic Games have become an important bridge to promote such exchanges. By comparing the different performances and practices in the Olympic movement between the East and the West, we can gain a deeper understanding of how cultural differences affect the interpretation and dissemination of the sports spirit, and how to promote the exchange and integration of global sports culture based on respecting cultural diversity (Yi & Wu, 2002). Moreover, the Olympic Games are also a showcase for national soft power. The performance of the East and the West on the Olympic stage is not only related to the success or failure of sports competitions but also the shaping of national image and the enhancement of international status (Shi, 2003). Therefore, studying the Olympic movement from a Sino-Western comparative perspective has significant practical importance for understanding the relationship between sports national identity, and international politics (Ding, Zhang, Ma, & Ma, 2004).

In the wave of globalization, the Olympic Games, as a sports event with extensive international influence, not only demonstrate the highest level of sports competition but also serve as an important platform for the exchange and mutual learning of different cultures, values, and social development models. The study of the Olympics from a Sino-Western comparative perspective has profound research significance. By comparing the different performances of the East and the West in the Olympic movement, we can enhance the understanding of each other's cultural characteristics and values, promoting mutual respect and learning among people from different cultural backgrounds. This plays an important role in building a harmonious and diverse international community.

The Olympic spirit is the commonwealth of all mankind. Comparative research between the East and the West helps to refine and promote the universal values of the Olympic spirit while identifying and respecting the unique interpretations of the Olympic spirit in different cultures and promoting its global dissemination and practice. Sports are closely linked to social development. The differences between the East and the West in sports development models, policy formulation, and social participation reflect their respective social structures and stages of development. An in-depth study of these differences helps us to better understand the role and impact of sports in social development. In addition, on the international stage, sports achievements are often closely related to national image and soft power. Comparative research between the East and the West can provide references for the formulation and implementation of national sports policies, helping to enhance the competitiveness and influence of countries on the international sports stage. Finally, with the

continuous deepening of sports globalization, how to achieve global popularization of sports while maintaining cultural diversity has become an important issue. Comparative research between the East and the West can provide unique perspectives and solutions for exploring this issue.

2. METHODS

This study employed a qualitative, comparative historical approach to explore the cultural evolution, values, and global dissemination of the Olympic Movement in China and Western countries. The research primarily relied on document analysis and literature review of academic sources, historical records, and official Olympic publications. Key sources included peer-reviewed journal articles, books, and Chinese-language scholarly databases such as CNKI, enabling a culturally grounded understanding of the Chinese perspective alongside Western narratives.

3. RESULTS AND DISCUSSION

1. The History and Development of the Olympic Movement

1.1 *The Origins of the Olympic Movement*

The Olympic Games, recognized as the largest and most influential sporting event globally, trace their origins back to ancient Greece. In the 8th century BC, the ancient Olympic Games were held in Olympia as a religious festival in honour of the god Zeus and served as an occasion for city-states to showcase their strength and glory through athletic competition. The inception of the ancient Olympic Games was deeply intertwined with the religious beliefs, social structures, and cultural traditions of ancient Greece. Initially, these Games were part of religious ceremonies, with athletes undergoing purification rituals to pay respects to the gods before the competition. Over time, the Olympic Games evolved into a significant socio-cultural event, encompassing not only athletic contests but also cultural presentations such as poetry, music, and theatrical performances. The ancient Olympic Games were held every four years, a period known as an "Olympiad." The earliest records indicate that the first organized Olympic Games took place in 776 BC, featuring only one event—sprint racing. As time progressed, the Games expanded to include a variety of competitions such as long-distance running, long jump, javelin throw, wrestling, boxing, and equestrian events. The organization of the ancient Olympic Games not only fostered peace and exchange among city-states but also profoundly impacted ancient Greek society. It reinforced civic identity and national consciousness and propelled the development of athletic training methods and competitive rules. However, with the rise of the Roman Empire and the spread of Christianity, the ancient Olympic Games were banned in the 4th century AD, interrupting this tradition for nearly 1500 years. It wasn't until the late 19th century that the French educator Pierre de Coubertin proposed the idea of reviving the Olympic Games. The modern Olympic movement he advocated emphasized international friendship, fair competition, and individual excellence, inherently linked to the spirit of the ancient Olympic Games (Yang, 2006). In 1896, the first modern Olympic Games were successfully held in Athens, marking the revival of the Olympic movement. The modern Olympic Games have inherited and developed the traditions of ancient Greece while incorporating new elements such as the torch relay, and opening and closing ceremonies, making it a grand gathering for global sports and cultural exchange. Overall, the origin and development of the Olympic movement represent a millennia-spanning historical process that not only reflects the religious beliefs and cultural values of ancient Greek society but also embodies the unrelenting human pursuit of peace, friendship,

and excellence (Ding, Zhang, Ma, & Ma, 2004). A thorough study of the origins of the Olympic movement allows us to better understand the historical significance and modern value of this global sporting event.

2.2 The Globalization Process of the Olympic Movement

The globalization of the Olympic Movement represents a complex and profound historical phenomenon. It signifies not only the internationalization of sports events but also serves as a vital reflection of cultural exchange, political interaction, and economic development. From the revival of the first modern Olympic Games in Athens in 1896 to the current global sports events, the Olympic Movement has become a bridge connecting different nations and cultures. At the end of the 19th century, under the initiative of Pierre de Coubertin, the ideals of the Olympic Movement began to spread worldwide. Coubertin believed that sports competitions could promote peace and understanding between nations, and the revival of the Olympic Games was based on this ideal. Following the successful hosting of the first modern Olympics, the Olympic Movement started to attract participation from more countries, gradually forming a global sports event (Yang, 2006). In the early 20th century, with the development of transportation and communication technologies, the international influence of the Olympic Movement continued to expand. The organization of the first Winter Olympic Games in 1924 marked a further extension of the Olympic Movement. Since then, the Olympic Games have been regularly held in various countries and cities, attracting athletes and spectators from around the world, and becoming a platform for showcasing the cultural and sports achievements of different nations. After World War II, with the establishment of the United Nations and the onset of the Cold War, the political significance of the Olympic Movement became increasingly prominent. The Olympics became a stage for displaying national image and soft power and also part of international political struggles. During this period, the Olympic Movement also faced challenges such as racial segregation and political boycotts, but it also promoted the concepts of racial equality and international cooperation (Duan, 2011). Entering the 21st century, with the deepening development of globalization, the global characteristics of the Olympic Movement have become more evident. On the one hand, the host cities of the Olympic Games have become more diversified, including developing countries and emerging economies. On the other hand, the organization and operation of the Olympic Games have become more internationalized, involving sponsorships from multinational corporations, international media coverage, and global audience attention. Additionally, the development of information technology has made the dissemination of the Olympic Games more extensive, allowing viewers to follow the competition dynamics in real time through the internet and social media. However, the globalization of the Olympic Movement has also brought a series of issues and challenges, such as commercialization, environmental impact, and urban transformation. These issues require the international community to face and resolve together to ensure the sustainable development of the Olympic Movement (Niu, 2014). In summary, the globalization process of the Olympic Movement is a process full of challenges and opportunities. It has not only promoted exchanges and cooperation between different countries and regions but also driven the global development of sports, culture, and economy. Through the study of the globalization process of the Olympic Movement, we can better understand the historical evolution and current significance of this global sports event, providing references and insights for the future development of the Olympic Movement (Zhang, Guan, & Han, 2022).

2.3 Historical Review of the Olympic Movement in China and the West

2.3.1 Historical Review of the Western Olympic Movement

The historical development of the Olympic Movement in the West reflects the understanding and implementation of sports competition within a distinct cultural context, marked by the ideals of individualism and competitiveness. The revival of the Western Olympic Movement is closely linked to the emergence of modern sports during the late 19th century. In the context of industrialization and the rise of nation-states, sports were increasingly viewed as an essential means of fostering civic identity and national pride. The re-establishment of the Olympic Games in 1896 signified Western society's growing emphasis on athletic competition and physical excellence (Jiao, Zhang, & Jiao, 2022).

In Western societies, athletic performance has often served as a symbol of national strength and cultural prestige, particularly throughout the 20th century. Sports in the West have traditionally emphasized individualism, where personal achievement, autonomy, and competitive spirit are central values. Athletes are encouraged to strive for personal victory and excellence, with training and development frequently influenced by market-driven mechanisms rather than centralized systems (Yang & Jiang, 2008). The Western model of sports development underscores meritocracy, where success is seen as the product of individual effort, talent, and perseverance.

2.3.2 Historical Review of the Chinese Olympic Movement

In contrast, China's engagement with the Olympic Movement began later but experienced rapid progress, especially in the post-reform era. China's first participation in the Olympic Games was in 1932, yet significant achievements were not realized until the 1984 Los Angeles Olympics, where the Chinese delegation made a notable impact on the medal tally. Following the national reform and opening-up policies, the Chinese government increased investments in elite sports, leading to substantial improvements in Olympic performance (Xiong & Chen, 2007).

China's success on the Olympic stage has not only elevated its international status but also ignited strong national pride and patriotic sentiment. Unlike the Western model, China's approach to sports development is rooted in collectivist values, where the state plays a central role in talent identification, training, and resource allocation. This system has enabled rapid athletic progress but has also triggered debates concerning the long-term sustainability of such a centralized approach and the well-being of athletes within it (Yang & Jiang, 2008). As China has emerged as a dominant force in international sports, Western nations have shown increased interest in the Chinese model. Concurrently, China has begun incorporating elements of Western sports science and training methodologies, fostering a bilateral flow of ideas. This mutual learning has contributed to the globalization of the Olympic Movement and enriched the discourse on sports development across different cultural paradigms (Zhang, Guan, & Han, 2022).

3. Cultural Differences between China and the West and the Olympic Spirit

3.1 The Connotation of the Olympic Spirit

The Olympic Spirit serves as the philosophical cornerstone of the Olympic Games, encompassing ideals that transcend athletic competition. It reflects universal human values such as the pursuit of excellence, friendship, respect, and unity. These values not only inspire athletes to achieve peak performance but also resonate with global audiences by highlighting the deeper humanistic dimensions of sport.

The Olympic Spirit first emphasizes individual excellence, where athletes strive to surpass their physical and mental limits through relentless training and dedication. This aspiration fosters a culture of admiration and respect among spectators for the athletes' discipline and accomplishments. Secondly, the principle of fair play is central to the Olympic ethos. Athletes from diverse national and cultural backgrounds compete under equal conditions and standardized rules, symbolizing justice and transparency in international sports (Zhang, Guan, & Han, 2022).

Furthermore, the Olympics promote friendship and global unity. The Games serve not only as competitive platforms but also as spaces for intercultural dialogue and mutual understanding. They foster interpersonal connections that bridge national boundaries, thereby contributing to international peace and cooperation (Jiao, Zhang, & Jiao, 2022). The Olympic Spirit also embodies values of respect and inclusivity. Regardless of race, gender, religion, or socioeconomic status, all athletes are entitled to equal respect and opportunity. This inclusiveness helps dismantle prejudice and fosters a more harmonious and diverse society (Yang & Jiang, 2008).

Lastly, in recent years, the Olympic Movement has increasingly incorporated principles of sustainability. Organizing the Games now involves considerations of environmental stewardship, social responsibility, and economic balance to ensure long-term benefits for host communities and the global population (Zhang, Guan, & Han, 2022). Thus, the Olympic Spirit reflects a multidimensional commitment to excellence, equity, and future generations.

3.2.2 The Concept of Collectivism

In contrast to Western individualism, collectivist values are deeply rooted in Chinese cultural traditions, which emphasize familial and societal harmony as well as the individual's role within the collective. Within the Olympic Movement, Chinese athletes' achievements are frequently perceived as symbols of national pride and collective success, rather than personal glory. Their training and participation are often driven by the pursuit of national dignity and ethnic representation. This collectivist ethos is evident in China's centralized sports system, where state-led talent identification, systematic training, and institutional support aim to maximize national performance on the global stage (Yang & Jiang, 2008; Xiong & Chen, 2007). Such an approach not only highlights a sense of shared mission and teamwork but also reflects the broader sociopolitical framework of socialist values embedded in Chinese sports development (Zhang, Guan & Han, 2022).

3.2.3 Attitudes Toward Competition

Cultural attitudes toward competition also differ significantly between China and the West. In Western societies, competition is generally viewed as a natural and essential mechanism for personal advancement and social mobility. Western athletes are often motivated by the prospect of personal recognition, with performance outcomes and rankings serving as measures of individual merit (Niu, 2014). By contrast, traditional Chinese thought—deeply influenced by Confucian ideals—places greater emphasis on harmony and balance. Although modern Chinese sports have increasingly embraced competitive paradigms, the emphasis remains on sportsmanship, respect for opponents, and the cultivation of moral character (Jiao, Zhang & Jiao, 2022). For many Chinese athletes, Olympic participation represents not just a contest for victory, but an opportunity for moral growth and mutual respect.

3.2.4 Concepts of Talent Cultivation

The divergence in values also manifests in the systems used to train and select athletes. In the West, talent cultivation is typically governed by market-oriented mechanisms, where athletes progress through clubs, schools, and professional institutions based on merit and self-driven aspirations. This decentralized model aligns with individualistic values that prioritize autonomy and entrepreneurial spirit (Niu, 2014). In China, however, athlete development is orchestrated through a state-dominated sports system that emphasizes early selection, specialized training, and collective goals (Yang & Jiang, 2008). This contrast not only illustrates differing understandings of athlete development but also reflects each society's broader educational and governance philosophies.

3.3 Different Interpretations of the Olympic Spirit in Chinese and Western Cultures

3.3.1 The Olympic Spirit and Ancient Greek Philosophical Thought

Western interpretations of the Olympic Spirit are closely tied to ancient Greek philosophical traditions, particularly the rationalism and idealism of Plato and Aristotle. The Games are perceived as a platform for individuals to achieve self-transcendence through personal discipline, excellence, and heroic competition. Physical prowess is celebrated alongside mental fortitude, forming a holistic ideal of human potential (Jiao, Zhang & Jiao, 2022). Athletes' performances are often quantified through medals and records, reinforcing a performance-oriented ethos. Furthermore, principles such as respect for rules and ethical conduct in competition reflect the rational and democratic foundations of Western culture (Xiong & Chen, 2007).

3.3.2 The Olympic Spirit and Traditional Chinese Philosophy

In contrast, the Chinese interpretation of the Olympic Spirit is heavily influenced by Confucianism and Taoism, where moral self-cultivation, harmony, and social responsibility are emphasized. Chinese athletes are expected to exhibit not only physical excellence but also humility, respect, and collective loyalty (Zhang, Guan & Han, 2022). The Olympic Spirit in this context transcends individual ambition and is associated with contributing to the nation's honor and global image. As a result, sportsmanship in China includes conduct beyond the field, encompassing moral behaviour and public responsibility. Furthermore, physical education in China often integrates physical training with character education, reflecting a balance between mind and body rooted in Eastern philosophy (Kong et al., 2005).

4. The Impact of the Olympic Movement on Sino-Western Societies

4.1 The Influence of the Olympic Movement on Sino-Western Social Values

The Olympic Movement exerts a profound influence on the social values of both Chinese and Western societies, shaping perceptions of sport while reinforcing core cultural ideals. In Western societies, the Olympic Games reinforce values such as individualism, personal achievement, and competitive spirit. Performances at the Games are seen as personal triumphs and expressions of self-realization, inspiring others to pursue success based on merit and effort (Yang & Jiang, 2008; Niu, 2014).

In contrast, Chinese traditional values emphasize collectivism, harmony, and moral cultivation. The Olympic Movement has aligned with and modernized these values by

promoting national pride, unity, and international participation. Chinese athletes are often celebrated not solely as individuals but as symbols of national glory and collective progress (Yi & Wu, 2002; Zhang, Guan, & Han, 2022). This blending of Olympic ideals with Chinese cultural foundations has contributed to the development of a more globally integrated value system while reinforcing internal social cohesion.

The Olympic Movement has also influenced education systems. In the West, physical education emphasizes skill-building and competition, while in China, there has been a gradual shift from collective callisthenics toward fostering individual athletic development—a trend partly driven by the Olympic legacy (Ding, Zhang, Ma, & Ma, 2004; Kong et al., 2005).

Moreover, the Olympic Games promote healthier lifestyles and awareness of physical well-being in both regions. Hosting the Olympics often boosts public interest in fitness and encourages long-term investment in health infrastructure and programs (Yang & Jiang, 2008). However, challenges such as excessive commercialization and politicization threaten the integrity of Olympic values. Thus, it remains essential for both China and Western nations to preserve the core spirit of the Olympics—fairness, respect, and global unity—while addressing these ongoing issues (Shi, 2003; Zhang et al., 2022).

4.2 The Olympic Movement and National Image Shaping

The Olympic Movement plays a vital role in shaping national image by offering countries a global platform to present their cultural values, technological progress, and social development. In Western nations, the Olympics are used strategically to project soft power and cultural influence. Successful hosting and strong athletic performance are often framed as evidence of societal openness, diversity, and innovation (Yang & Jiang, 2008). These displays of national capability contribute to a more favourable international reputation.

In China, the Olympic Movement has served as a powerful tool for national branding. The 2008 Beijing Olympics marked a turning point, symbolizing China's emergence as a modern, capable, and globally engaged nation (Yi & Wu, 2002; Zhang, Guan, & Han, 2022). Through this event, China conveyed not only its athletic prowess but also its cultural richness and readiness to cooperate on international platforms, challenging longstanding stereotypes.

For developing countries, the Olympics offer similar opportunities—to display progress, foster national pride, and participate in global dialogue. Nonetheless, concerns about the politicization and commercialization of the Games can complicate these efforts. Hosting responsibilities also demand careful planning to prevent negative impacts on local communities and the environment.

To shape a constructive national image through the Olympics, countries should uphold core Olympic principles, prioritize cultural exchange, and invest in sustainable development practices (Zhang et al., 2022). These efforts ensure that the Olympic legacy contributes to long-term national advancement rather than a short-lived spectacle.

4.3 The Olympic Movement and Socio-Economic Development

Beyond sport, the Olympic Movement significantly contributes to socio-economic development. Hosting the Olympics stimulates infrastructure growth, job creation, and tourism. Sectors such as construction, transportation, and hospitality typically experience a boost during Olympic preparations and events (Ding, Zhang, Ma, & Ma, 2004). The visibility and media attention also enhance foreign investment and global engagement.

However, economic burdens can accompany these benefits. Cost overruns, underutilized venues, and long-term debt are common concerns, especially when planning lacks

sustainability. The experience of several Olympic host cities shows that without integrated urban and economic planning, the legacy of the Games may falter (Kong et al., 2005).

On a broader scale, the Olympic Movement promotes technology innovation and workforce development. Environmental technology, digital systems, and construction standards often receive a push due to the complex demands of hosting. These advancements can drive long-term socio-economic transformation (Zhang et al., 2022).

Equally important is the Movement's role in promoting social equity and inclusion. The Olympic platform encourages gender equality, multicultural participation, and the normalization of diverse identities in sports. Through accessible sports education and widespread public health campaigns, the Olympics contribute to societal well-being and community cohesion (Shi, 2003).

To maximize these outcomes, nations should embrace the Olympic spirit of fairness and solidarity, implement sustainable planning, and ensure that benefits reach a wide population. Balancing economic ambition with ethical and social goals is key to preserving the positive legacy of the Olympic Movement.

5. Sino-Western Olympic Sports Exchange and Cooperation

5.1 Historical Sino-Western Sports Exchange

The historical exchange of sports between China and the West is a dynamic and evolving process that reflects the broader interactions between the two civilizations. In ancient times, sports exchanges took place through trade routes such as the Silk Road, where Chinese martial arts and archery spread westward, while Western forms of athletic competition began to influence traditional Chinese sports practices (Liang & Hong, 2003). These early exchanges, although limited in scope, laid a cultural foundation for future collaborations.

In the modern era, particularly since the late 19th century, Sino-Western sports exchange has become more structured and institutionalized. With China's initial participation in the Olympic Games in the early 20th century, the country began to engage actively in international sporting events. This period marked the beginning of bilateral learning between Chinese and Western athletes, coaches, and administrators (Xu, 2008).

After the mid-20th century and the founding of the People's Republic of China, sports exchanges gained political and diplomatic significance. China sought to modernize its sports system by learning from the West, while also showcasing its unique sporting identity. These exchanges often involved joint training sessions, academic collaborations, and technical cooperation in sports science and management (Hong, 2006).

Nevertheless, cultural differences, political tensions, and divergent economic interests have occasionally hindered the depth and continuity of these exchanges. To overcome these barriers, a commitment to mutual respect and shared benefits is essential. When conducted with sincerity and inclusivity, Sino-Western sports exchange fosters not only athletic development but also cultural diplomacy and peaceful cooperation.

5.2 Contributions of Sino-Western Sports Exchange to the Olympic Movement

5.2.1 Learning and Integration

One of the most visible outcomes of Sino-Western sports exchange is the mutual enrichment of training methods, sports technologies, and management philosophies. Western nations have introduced advanced systems of sports science, athlete conditioning,

and competition organization to China. In return, China has brought traditional disciplines such as wushu and table tennis into the international arena, contributing to the diversification of Olympic events and narratives (Tan, 2015).

5.2.2 Understanding and Recognition

Through sustained interaction, Sino-Western sports exchange has also deepened mutual appreciation of Olympic values. By participating in international competitions and joint programs, athletes and spectators from different backgrounds have engaged with values such as respect, excellence, and friendship. These encounters help bridge ideological divides and nurture a shared commitment to global harmony (Xu, 2008).

The inclusion of diverse cultural elements, including those from the East, has expanded the inclusivity of the Olympic Movement. The participation of non-Western sports and athletes in the Games reflects a shift toward a more pluralistic and globally representative Olympic identity (Hong, 2006).

5.2.3 Promotion and Development

Sino-Western sports cooperation also contributes to broader developmental goals. Politically, sports serve as a neutral ground for dialogue and conflict resolution. Economically, they stimulate industries such as tourism, infrastructure, and merchandise. Socially, they promote health, education, and inclusion. Despite these benefits, recurring challenges—such as cultural misunderstandings or politicized interpretations—can limit the long-term impact of these exchanges. Addressing these issues requires a continuous commitment to collaboration rooted in equality and openness.

4. CONCLUSION

In an increasingly globalized world, the Olympic Games have become a powerful symbol of cross-cultural connection, particularly between China and the West. This paper has examined the evolution and impact of the Olympic Movement from historical, cultural, political, and socio-economic perspectives, with a special focus on Sino-Western relations.

The historical roots of the Olympic ideal in ancient Greece and its transformation into a global event illustrate how cultural values—whether rooted in individualism or collectivism—shape the practice and perception of sport. In both China and the West, the Olympics have helped promote national pride, health awareness, and values such as equity, inclusion, and respect.

Furthermore, the paper highlighted how the Olympic Movement shapes national image and fosters socio-economic development. Countries like China have utilized the Games not only to display athletic excellence but also to signal technological progress, cultural richness, and political stability on the global stage.

Sino-Western sports exchange, as a microcosm of broader cultural diplomacy, exemplifies how mutual understanding through sport can lead to shared growth. Although challenges remain, continued cooperation grounded in Olympic ideals offers a promising path forward for fostering global peace and progress through sport.

5. AUTHOR'S NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. The authors confirmed that the paper was free of plagiarism.

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