

The Ence of Martial Arts Teaching on Students' Comprehensive Quality

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Abstract: As a traditional sport, martial arts has always been considered to have a positive impact on the improvement of students' comprehensive quality. Through in-depth research and analysis of the influence of wushu teaching in students' physical and mental health, self-discipline, teamwork consciousness and other aspects, the paper aims to reveal the importance and value of wushu teaching in improving students' comprehensive quality. Through the discussion, we hope to provide theoretical support and practical guidance for educational practice, and promote the all-round development and healthy growth of students.

Keywords: Martial arts teaching; Comprehensive quality; Promotion strategy

Introduce:

As a traditional sport, martial arts is not only a sports skill, but also a comprehensive discipline covering philosophy, culture and health. In today's society, with people's pursuit of a healthy lifestyle and their attention to the comprehensive quality, martial arts teaching, as a special way of physical education, has an important influence on the improvement of students' comprehensive quality. By analyzing and exploring the influence of martial arts teaching on the improvement of students' comprehensive quality, so as to reveal the role of martial arts teaching in promoting students' physical and mental health, shaping students' character and improving students' comprehensive ability.

1. Advantages and existing problems of college martial arts teaching in quality education

There are many advantages of martial arts teaching in quality education. As a traditional sport, Wushu can not only exercise the physical quality of college students, but also cultivate students' will quality and team spirit. Secondly, martial arts pays attention to both internal and external training, which not only requires students to master all kinds of moves and techniques, but also requires them to practice their internal skills and cultivate their inner peace and tenacity. This comprehensive training helps students to develop in an all-round way and improve their comprehensive quality.

Wushu teaching can also promote the healthy development of students' body and mind. In the process of learning martial arts, students need to constantly practice their movements and improve their skills, which not only exercises their body, but also enhances their endurance and body. At the same time, martial arts can also let students learn to control their emotions, keep calm, improve their ability to deal with challenges, help to relieve the study pressure of life and life pressure, and maintain physical and mental health.

1.1 Problems existing in martial arts teaching in colleges and universities

This phenomenon is more common in some martial arts professional courses. The schools often take competitive technology as the focus of teaching, while ignoring the inheritance of martial arts culture and the cultivation of inner spirit. This emphasis on competitive technology may have some negative effects.

Excessive pursuit of the cultivation of competitive skills may lead to students' misunderstanding the essence and connotation of martial arts. As a traditional cultural heritage, Wushu is not only a sports sport, but also its contained philosophical thoughts, moral norms and physical and mental cultivation. If the teaching objectives are too heavy on technical training, students may excessively pursue the performance of competition results and skills, while ignoring the cultural connotation behind the martial arts.

The martial arts teaching in many universities often adopts traditional teaching methods, such as face to face of teachers and students teaching technical movements. This form of teaching lacks enough diversity, and students may feel boring and lack of

passion. The presentation of the teaching content is also relatively simple, mainly focusing on the training of basic movements and routines, and lack of innovation and practicality. This single teaching form is easy to lead students to lose interest in martial arts and affect their learning effect.

There are also some problems in the learning atmosphere of martial arts teaching in colleges and universities. Due to the single teaching form, students' participation is not high, lack of interaction and communication. Students may feel a lack of challenge and motivation to stimulate enthusiasm for learning. The lack of diversified teaching forms will also limit the development space of students, unable to comprehensively improve their martial arts level and comprehensive ability.

Traditional teaching methods are often one of the main reasons for the boring teaching content. In many college martial arts courses, teachers may overemphasize basic skills and routine exercises, rather than making students feel the charm and fun of martial arts. This single teaching method may lead students to lose interest in the course and feel learning boring.

2. Strategies of improving students' comprehensive quality in martial arts teaching

2.1 Renew teaching concepts and adjust teaching objectives

Renewal of teaching concept is one of the keys to improve students' comprehensive quality. Traditional martial arts teaching often focuses on the training of technical movements, but ignores the cultivation of students' psychological quality, moral cultivation and teamwork ability. Therefore, teachers need to change their ideas and realize that martial arts teaching is not only the teaching of technology, but also should pay attention to the all-round development of students. Through the introduction of mental health education, team training and other content, can help students to get more comprehensive improvement in martial arts training.

Adjusting the teaching objectives is also an important measure to improve the students' comprehensive quality. In addition to focusing on the improvement of students' technical level, the teaching objectives should also include cultivating students' self-discipline consciousness, teamwork ability and moral quality. By setting up a diversified evaluation system, it can not only stimulate the enthusiasm of students to learn, but also promote the comprehensive development of students in all aspects. At the same time, teachers should also pay attention to the personalized guidance for students, and make corresponding teaching plans according to their characteristics and needs to help them better improve their comprehensive quality.

2.2 Adopt various teaching forms to improve students' interest in learning

Through diversified teaching methods, teachers can stimulate students' enthusiasm for learning, help them better understand and master martial arts skills, and cultivate their character and quality.

A variety of teaching forms can meet the learning needs and learning styles of different students. Some students may prefer a visual approach to understanding movements and skills by watching demonstrations and videos, while some students may prefer practical learning to improve their skills through imitation and practice. Therefore, the combination of explanation, demonstration, practice and other teaching forms, can better meet the diverse needs of students, so that each student can find their own learning methods.

2.3 Enrich the teaching content setting

For students with higher sports level, more advanced and complex martial arts movements and skills can be set up. Such students may already have a certain physical fitness and sensitivity, so they can stimulate their interest in learning and improve their skills through more challenging movements. At the same time, personalized guidance and guidance are provided to these students to help them master the skills faster and reach a higher level.

For students with low sports level, they can start from the foundation and gradually guide them to master the basic movements and skills of martial arts. Through the phased and step-by-step teaching method, we help these students to build up their interest and confidence in martial arts, and slowly improve their sports level. Pay attention to the training of basic movements, cultivate students' patience and perseverance, so that they can gradually improve their skills in continuous practice.

2.4 Adopt scientific and reasonable comprehensive assessment and evaluation

Scientific and reasonable comprehensive assessment and evaluation should include various elements, such as technical level, physical quality, moral quality and team cooperation ability. Through the comprehensive assessment of these aspects, students' performance and progress in martial arts teaching can be comprehensively evaluated, so as to better guide their learning and improvement. Comprehensive assessment and evaluation should pay attention to objectivity and impartiality. The evaluation criteria should be clear and clear to avoid subjective assumption and one-sided evaluation. Only through objective and fair evaluation, can we truly reflect the actual level of students, help them better understand their own advantages and disadvantages, and then targeted

improvement and promotion.

2.5 Strengthen the training for martial arts teachers

Strengthening the training of martial arts teachers can improve the teachers' professional level and teaching ability. Wushu teachers need to have solid Wushu skills and rich teaching experience to effectively teach Wushu skills and Wushu spirit to students. Through systematic training, teachers can constantly improve their skills level, enhance the diversity of teaching methods, so as to better stimulate students' interest in learning and improve the teaching effect.

3. The influence of martial arts teaching on the improvement of students' comprehensive quality

By participating in martial arts teaching, students can get a comprehensive improvement in their physical quality, including strength, sensitivity, endurance, coordination and other aspects. Martial arts teaching has a remarkable effect on the promotion of students' strength. In the process of learning martial arts, students need to practice a variety of movements and postures, which often need greater strength to support. Through repeated practice, the students' muscle strength is enhanced, not only can improve the students' physical quality level, but also can enhance the students' confidence and perseverance.

Martial arts teaching can improve students' sensitivity and coordination. Wushu movements often require the coordination of all parts of the body, requiring students to have high flexibility and coordination. Through the continuous practice of martial arts movements, students can improve their physical flexibility and coordination ability, and improve the coordination of all parts of the body, so as to improve students' response speed and flexibility in sports and daily life.

Martial arts teaching can also improve students' endurance and physical fitness level. In martial arts training, students need long-term practice and training, and need patience and perseverance to train unrelentingly. Through persistent training, students' endurance and physical fitness level can be improved, enabling them to be more tenacious and durable in the face of various challenges.

4. Conclusion

To sum up, in martial arts teaching, students are not only learning technology, but also cultivating their moral character, will and physical and mental quality. Through the research, it is found that the martial arts teaching has a significant influence on the improvement of students' comprehensive quality. This is not only reflected in the improvement of the physical quality, but also reflected in the students' self-discipline, teamwork ability and psychological quality. Wushu teaching is not only a kind of physical education course, but also a way of developing students in an all-round way. It is hoped that further in-depth research can be conducted to explore more influence mechanisms of wushu teaching on the improvement of students' comprehensive quality, so as to provide more useful reference for education and teaching.

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