

Discussion on the Relationship Between Wushu Teaching and Students' Physical and Mental Health

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Abstract: In today's society, more and more people begin to realize the importance of physical and mental health. As a traditional cultural heritage, Wushu plays an important role in shaping students' physical and mental health. The paper aims to explore the relationship between Wushu teaching and students' physical and mental health, and analyze the influence of Wushu on students' physical quality, psychological quality and comprehensive quality. Through the study of martial arts teaching, we can better understand the promoting effect of martial arts on students' physical and mental health, and provide theoretical support and reference for education and teaching practice. Through the research, we hope to provide certain reference and inspiration for improving students' physical and mental health level.

Keywords: University; Martial arts teaching; Physical and mental health

As a traditional form of sports, martial arts has long been considered as possible not only to exercise the body, but also to cultivate students' willpower, endurance and self-discipline. With the acceleration of the pace of social life and the increase of students' learning pressure, more and more people begin to pay attention to the relationship between martial arts teaching and students' physical and mental health.

1. The basic characteristics and significance of martial arts

1.1 Basic characteristics of martial arts sports

As an ancient and far-reaching form of sports, Wushu has a wide influence and great significance in the world. Its basic characteristics include many contents, from technical elements to cultural connotation, which all reflect the unique charm of martial arts.

One of the basic characteristics of martial arts sports is their diversity and richness. Martial arts include a variety of different styles and genres, such as Chinese Taijiquan, Shaolin Kung Fu, Japanese Aikido, Kendo, Korean taekwondo and so on. Each form of martial arts has its own unique technical movements, ideas and philosophy, which makes the martial arts movement become colorful and diverse.

Martial arts sports emphasizes the combination of technology and internal work. In martial arts, the accuracy of technical movements and the application of power are very important, and the cultivation of internal work is also indispensable. Wushu pays attention to the coordination and balance of body and mind. Practicing martial arts can improve the physical quality, enhance the body, but also contribute to the inner calm and concentration.

Wushu movement emphasizes etiquette and spiritual cultivation. Many martial arts schools pay attention to the tradition of inheriting and respecting teachers and apprentices, and emphasize etiquette norms and moral cultivation. By learning martial arts, people can cultivate qualities such as humility, tenacity, self-discipline and so on, and improve their own self-cultivation and quality.

Wushu is also of great significance in cultural inheritance and historical accumulation. Many martial arts schools have a long history and carry rich historical and cultural deposits. Through learning and inheriting martial arts, it can help people to better understand and inherit their own national cultural traditions, and promote cultural diversity and communication.

1.2 The significance of martial arts sports

The significance of martial arts is not only reflected at the individual level, but also has a profound impact on the society and

culture. First, martial arts can help to maintain your physical and mental health. By practicing martial arts, people can enhance their physique, improve their immunity and prevent diseases. At the same time, martial arts can also help people release pressure and stay happy. Wushu movement is helpful to inherit and carry forward the traditional culture. As an important part of Chinese traditional culture, martial arts carries rich historical and cultural connotations. By practicing martial arts, people can understand and inherit the traditional culture, and protect and spread the excellent traditions of the Chinese nation. Martial arts also helps to cultivate people's willpower and self-discipline. In the long-term martial arts training, the practitioners need to persevere, overcome the difficulties, and develop a strong willpower and self-discipline ability. This spiritual quality is of great significance for individual growth and development.

2. The main influence of college martial arts teaching on students' physical and mental health

2.1 Martial arts helps students to vent their bad emotions

Martial arts is a form of movement that requires high concentration and concentration. In the process of learning martial arts, students need to constantly practice movements, posture and skills. This training of concentration helps them get rid of distractions and anxiety in daily life and focus on their current movements. Through this kind of concentration training, students can relax their body and mind and forget the external pressure and trouble, thus helping to vent the accumulated bad emotions.

2.2 Wushu is helpful to cultivate students' will and quality

As a traditional sport, martial arts can not only exercise the body, but also cultivate students' will quality. Wushu emphasizes the spirit of perseverance and requires students to persevere in the face of difficulties and challenges. Through repeated practice of various movements and skills, students need to have patience and perseverance, which helps to cultivate their willpower and let them learn not to give up easily in the face of difficulties and stick to it. The cultivation of this willpower is not only reflected in the martial arts practice, but also permeates into the students' study and life, making them have more perseverance and determination to pursue their own goals.

Martial arts teaching focuses on self-discipline and self-control. During the practice of martial arts, students need to strictly observe the rules and disciplines and control their emotions and behaviors. The cultivation of such self-discipline helps students to develop good living habits and behavior norms, and improve their self-management ability. Through the training of martial arts, students learn how to control their emotions and behaviors, and develop the ability of self-discipline and self-control, which has a positive impact on their growth and development.

2.3 Martial arts helps to enhance students' sense of responsibility

As a traditional sport, martial arts can not only exercise students' physical quality, but also cultivate students' will quality and sense of responsibility. By learning martial arts, students need to follow strict rules and disciplines. In martial arts training, students need to respect their teachers and abide by the regulations, which helps to cultivate students' discipline and sense of responsibility. Students must take part in training on time and treat every movement and practice seriously. This strict requirements help improve students' sense of responsibility, making them understand that only efforts can achieve achievements.

In addition, martial arts teaching also focuses on the spirit of teamwork and mutual assistance. In martial arts training, students usually need to practice with other students to assist and encourage each other. Through teamwork, students learn to respect others and listen to others, and this spirit of cooperation is also a sense of responsibility. Students understand that only by getting along harmoniously with others can they better achieve the common goal.

2.4 Martial arts helps to improve students' interpersonal relationships

As a strong team sport, Wushu requires students to cooperate with and encourage each other during the practice. By practicing martial arts movements together, students can build a sense of teamwork and collaboration to enhance trust and understanding between each other. This spirit of teamwork can not only be reflected in the martial arts class, but also extend to the students' daily life, promoting a more harmonious relationship between them and others.

Martial arts teaching focuses on the interaction and communication between teachers and students. In martial arts classes, students need to interact with their coaches and classmates to learn and master various martial arts skills. This interaction can not only enhance the emotional connection between teachers and students, but also promote the formation of a closer connection between students. By facing challenges and overcoming difficulties together, students build an emotional bond to grow together to deepen their friendship and trust.

3. An effective way to develop students' physical and mental health based on martial arts teaching

3.1 Vigorously promote the charm and efficacy of martial arts and its various aspects

The charm of martial arts lies in its unique rhythmic beauty and skill. The beauty and fluency of martial arts movements attracts many people, especially young students. By learning martial arts, students can improve their physical coordination and flexibility, and develop a beautiful sense of movement, thus enhancing their self-confidence and self-image.

Martial arts also helps to improve students' concentration and self-control. In the process of learning martial arts, students need to pay close attention and master various technical movements, which helps to improve students' concentration and learning efficiency. At the same time, Wushu emphasizes etiquette and self-discipline, cultivate students' self-management ability and self-control ability, and make them more self-disciplined and organized in daily life.

3.2 Strengthen the integration of martial arts teaching and physical and mental health education

The integration of martial arts teaching and physical and mental health education can achieve a win-win situation in education and provide a more comprehensive growth environment for students. Strengthening martial arts teaching can effectively promote students' physical health. By learning martial arts, students can exercise the muscles of various parts of the body and improve their coordination and flexibility. In addition, martial arts can also enhance students' endurance and physical ability, improve immunity, and prevent the occurrence of diseases. Therefore, integrating Wushu teaching into students' daily life will help them to develop good sports habits and improve their overall physical quality.

3.3 Improve the physical and mental health education ability of martial arts teachers

Improving the physical and mental health education ability of martial arts teachers can help teachers to better understand and use the connotation of martial arts. Wushu is not only a pile of technical movements, but more importantly, to cultivate our morality and strengthen the body. Only when the teachers themselves have a higher level of physical and mental health, can they better teach the essence of martial arts and guide the students to understand the true meaning of martial arts in practice.

3.4 Promote the combination of traditional culture and martial arts teaching

The combination of traditional culture and martial arts teaching helps to cultivate students' self-discipline and perseverance. Wushu emphasizes endurance, perseverance and self-discipline, qualities that are crucial in the development of students. By learning martial arts, students can develop perseverance and improve their self-control ability, so as to better cope with the challenges in life.

In conclusion, in the study of the relationship between martial arts teaching and students' physical and mental health, the positive impact of Wushu on students' physical and mental health can be deeply realized. Through the discussion, it can be seen that martial arts teaching is not only a kind of technical teaching, but also an important way to promote the all-round development of students.

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