

Research on the Reform of College Martial Arts Teaching Based on the Core Quality of Sports

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Abstract: In today's society, the promotion of teenagers' physical health and sports literacy has become the focus of national attention. As a traditional sports event of the Chinese nation, Wushu not only has the function of strengthening the body, but also contains profound cultural heritage and unique sports spirit. With the increasing attention of the state to the physical health and sports literacy of young people, the status of martial arts as a traditional sports item in college education has gradually improved. In college teaching, the fundamental teaching task of cultivating morality and cultivating people should be actively implemented. It is not only necessary to pay attention to the improvement of students' professional knowledge and ability, but also to promote the development of students' physical quality through physical education. From the perspective of sports core literacy, this paper analyzes the reform measures of martial arts teaching in colleges and universities, and builds a good martial arts learning environment for students by strengthening the emphasis on martial arts teaching, implementing the goal of talent training, and constructing martial arts teaching courses centered on core literacy.

Keywords: Sports core accomplishment; Colleges and universities; Wushu teaching

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Wushu, as a kind of traditional sports, is an important intangible cultural heritage in China, which has strong practice. It is of great significance to promote and popularize wushu teaching in college education for cultivating students' sports core accomplishment and inheriting traditional Chinese culture. At present, there are still some problems in wushu teaching. Colleges and universities have failed to establish a perfect curriculum system and teaching system, resulting in the application of teaching methods and the design of teaching content failing to meet the actual learning needs of students. Therefore, teaching reform should be actively carried out to focus on the development of students' core qualities. To promote the development of students' sports ability, healthy behavior, sports character and sports cognition and application ability.

1. The unique value of Wushu as a traditional sport in college education

As a traditional Chinese sport, Wushu has multiple unique values in college education, which are mainly reflected in the following aspects: First, it can enhance students' physique and promote their healthy development. Wushu is an efficient way of physical exercise, which can realize the comprehensive development of students' physical quality. Students' strength, speed, endurance and flexibility can be developed in a high quality manner. The second is to inherit traditional culture. As an important part of traditional culture, martial arts contains rich historical and philosophical contents. As the main position of traditional culture inheritance, colleges and universities can personally experience and learn traditional culture in classroom learning, which is of great significance for developing students' national pride and cultural identity^[1]. The third is to promote the reform of teaching, the introduction of martial arts into college physical education courses, can enrich the content of physical education, improve the diversity and interest of physical

education courses, martial arts teaching emphasizes the combination of theory and practice, pay attention to students' subjectivity and participation, help promote the reform and innovation of college physical education.

2. Reform strategy of martial arts teaching in colleges and universities

Combined with the actual situation of wushu teaching in colleges and universities at the present stage, teachers should deeply analyze the four dimensions of sports core literacy, grasp the needs of students in wushu learning, optimize the teaching process design, and promote the reform and innovation of wushu teaching.

2.1 Innovative teaching concepts

The martial arts teaching reform based on the development of students' physical education core literacy needs to innovate the teaching concept, and colleges and teachers should be aware of the significance of martial arts teaching in promoting the development of students' core literacy, so as to ensure that the design of teaching activities can better meet the actual needs of students' all-round development. First, in the process of actual teaching, teachers need to establish a comprehensive outlook on development, correctly understand that martial arts teaching is not only the teaching of technical movements, but also the training process of students' core physical literacy, and take the overall development of students as the main goal of teaching. The teaching of martial arts is linked with the strengthening of students' physical quality, healthy behavior and physical morality. Second, in the process of cultivating students' core qualities, teachers should emphasize the cultural education value of martial arts courses, excavate the cultural connotation and philosophical thoughts in martial arts, and realize the spread of traditional martial arts culture while strengthening students' physical quality^[2]. Thirdly, in the process of teaching reform, teachers should pay attention to the individual differences of students, as there are great differences in students' physical ability and martial arts foundation, and unified teaching mode may not meet the learning needs of each student. Therefore, teachers should actively carry out personalized teaching, teach students according to their aptitude, and formulate teaching methods suitable for students' learning conditions based on their individual differences. So as to further strengthen the practical effect of martial arts talent training.

2.2 Optimize the curriculum system

In order to ensure the effective implementation of martial arts teaching, colleges and universities need to explore and analyze the curriculum system based on the four dimensions of sports core literacy, sports ability, health behavior, sports morality, and sports cognition and application, establish a complete curriculum system content, focus on building three classes, and promote the development of students' core literacy. To make good use of the first class to teach martial arts knowledge and skills, colleges and universities need to establish a public physical education module, requiring students to master at least two sports skills during college, martial arts and other sports can be combined as the content of physical education curriculum. First, the classroom is based on teaching in class. Teachers should teach students physical fitness, sports skills, martial arts and other knowledge content in the teaching design. Traditional martial arts items such as Tai Chi can be taken as the focus of classroom teaching, requiring students to master basic martial arts skills and be able to perform martial arts movements. So that students can have a deeper understanding of the martial arts movement^[3]. The second classroom refers to providing more opportunities for students to do martial arts sports under the campus sports culture. Colleges and universities need to vigorously support the construction of martial arts associations, stimulate the sports vitality on campus, regularly organize performances and competitions with martial arts as the main body, and encourage students to actively participate in community activities based on their own interests. So as to realize the development of students' sports ability, healthy behavior and other qualities. The third class is to make full use of the information-based teaching platform to improve the online martial arts curriculum system. Colleges and universities can establish cooperative relations with platforms such as MOOCs to provide students with online martial arts learning courses, and students can choose the martial arts knowledge content they are interested in by elective means. In daily martial arts teaching, teachers can also use online platforms to conduct live teaching. To guide students in martial arts learning problems, through improving the course system, to expand students' learning channels.

2.3 Innovative teaching methods

For martial arts teaching and the development of students' core qualities, teachers should promote the reform and innovation of teaching methods according to students' learning situation. The first is the application of situational teaching method to create specific scenes related to martial arts teaching content, so that students can learn and experience martial arts skills in a simulated situation. For example, when teaching Taijiquan, you can choose a time period with good outdoor air quality, combine with soothing music, guide students to imagine themselves in nature, and feel the combination of Taijiquan's static and strong and soft. Students can deeply understand the connotation of Taijiquan^[4]. The second is the application of cooperative teaching mode, based on the martial arts teaching content, students are divided into multiple groups, set up collective exercises, technical movement display and other activities,

so that students can complete the learning task in the way of teamwork, this teaching mode can fully exercise students' teamwork ability, communication ability and competitive consciousness. The third is to further strengthen students' core sports quality through practical teaching. For example, with the support of colleges and universities, teachers organize practice activities of "Traditional Culture and Aesthetics of Life", invite professional martial arts athletes or coaches to carry out special practical teaching of "Chinese martial Arts", and explain the origin and historical development of Chinese martial arts. Different schools of boxing, weapons, etc. are displayed on the spot, so that students can feel the charm of Chinese martial arts at close range. In practical teaching, students can not only master more martial arts skills and knowledge, but also understand the current development status of Chinese martial arts culture, deepen students' understanding of Chinese traditional culture, and learn from traditional culture to find beauty, feel beauty, and create beauty. Establish cultural self-confidence and realize the development of core qualities.

Conclusion:

Martial arts is an important part of the excellent traditional culture of the Chinese nation and an important teaching content in modern physical education. Under the background of education reform, colleges and universities need to attach great importance to martial arts teaching, take the development of students' core physical education as the main goal of teaching, and pay attention to the development of students' ability and accomplishment in martial arts learning. In the process of reform, colleges and teachers need to clarify the importance of martial arts teaching to the development of students' sports skills, physical quality and cultural literacy, and innovate the teaching methods to strengthen the teaching effect, so as to promote the development of students' martial arts skills and sports core literacy.

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