

Research on Wushu curriculum construction in colleges and universities

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Abstract: As one of the most iconic traditional national sports activities in China, wushu contains rich and profound history and culture and strong national spirit. With the passage of time, more and more colleges and universities began to incorporate martial arts into physical education compulsory or optional courses, its importance needs no elaboration. In spite of this, there are still some problems in the existing teaching practice. Therefore, this study aims to analyze the importance of establishing martial arts courses in colleges and universities and related aspects (such as building publicity platforms, setting up multi-textbook content, etc.) to identify and solve these problems, so as to provide valuable guidance for the effective implementation and scientific management of martial arts courses in colleges and universities.

Key words: Colleges and universities; Martial arts course; path

As one of the excellent traditional sports activities in China, martial arts has been widely loved by people since ancient times, combining many aspects such as strengthening physique, defense skills, exercising perseverance and cultivating body and mind. Its profound cultural connotation has long been deeply rooted in people's hearts, and has been promoted to a national spiritual symbol. With the passing of time, martial arts experts and scholars have made great efforts to make martial arts courses widely set up on campus. However, faced with the competition of modern sports activities and the influence of traditional sports concepts and values, there are still some problems, which hinder the progress and innovation of college wushu curriculum construction. Therefore, the optimization strategy of martial arts curriculum construction will promote the healthy, faster and more scientific development of martial arts.

1. The problems existing in the process of wushu teaching in colleges and universities

1.1 The development of competitive martial arts and mass martial arts has different degrees of confusion and fusion

Colleges and universities are the main places to spread martial arts, and its key position needs no elaboration. However, the practice results show that because the teaching methods and strategies of competitive martial arts have not been improved or promoted in the classroom teaching, students have some problems in the learning process, and may cause them to dislike what they have learned. This situation is very bad for the wide publicity of martial arts. From the point of view of the school, there is no clear definition of the differences and boundaries between the teaching contents, which also determines the direction of college martial arts tend to competitive martial arts. Although competitive martial arts occupies a place at the top of the pyramid of martial arts education, it is not suitable for college martial arts programs with a large number of students. Because the learning time of competitive martial arts is long, the training is monotonous and uninteresting and the challenge is high, these problems have always troubled the enthusiasm of students. In order to make college wushu better progress and fulfill the duty of inheriting national culture, the competitive element must be removed first; Then, keep pace with The Times, maintain innovation, in order to meet the needs of students' physical characteristics and cultural inheritance, develop new teaching content to meet the needs of The Times.

1.2 The loss of traditional cultural connotation in wushu teaching has become a normal state

Wushu is regarded as a core part of Chinese national culture, which contains the essence of Chinese tradition. However, in the modern educational environment, this core value that should exist is gradually fading, in stark contrast to the growing influence of the Korean sport of Taekwondo, both domestically and internationally. The fundamental reason lies in the fact that teachers pay too much attention to the skills in the competition in the way of martial arts education, rather than regard it as a profound cultural heritage to pass on to future generations. The development of wushu culture directly affects the prosperity of national culture. Therefore, how to realize the true inheritance of wushu culture has become an urgent problem to be solved. Based on the above background, teachers should make full use of the opportunity of national support for the development of martial arts and create a martial arts teaching model that can reflect the Chinese culture, which can not only interest students, but also be easy to understand and master. In this way, it is possible to alleviate the current predicament of martial arts education.

2. College wushu curriculum optimization path

2.1 Set up a diversified publicity platform to strengthen the awareness of relevant personnel to martial arts

At present, based on the situation of martial arts teaching in colleges and universities, with the passing of time, school administrators and students have gradually formed a certain understanding of martial arts exercise, no longer regard it as a remote type of activity, and actively participate in it. However, the leadership of some universities has not paid enough attention to this field due to a lack of in-depth understanding of martial arts education. Therefore, teachers need to create multiple ways to promote and popularize wushu courses, such as increasing the number of electives related to wushu; Creating martial arts societies, clubs and interest groups on campus; Formation of martial arts teams to compete at all levels and perform at school celebrations; Set up a special martial arts course wechat public account so that people can get relevant information at any time; Build school sports and community sports network, promote martial arts classroom to

society and so on. Teachers can also establish interaction and communication between students and teachers through the network platform. Through online discussion, question and answer, homework submission and other ways, teachers can timely understand students' confusion and problems in the learning process, and give guidance and solutions. At the same time, students can also conduct independent learning and self-improvement through online resources to broaden their horizons and knowledge. This kind of Internet + martial arts teaching mode can greatly improve the learning effect and teaching quality of students.

The goal of martial arts classroom teaching is to create more high-quality platforms both offline and online, and comprehensively enhance the influence of martial arts courses, so that students understand that martial arts is not only a cultural heritage with national characteristics, but also a healthy lifestyle that is widely welcomed by the public. The implementation of these measures can help improve students' physical health, but also strengthen their sense of national identity and the awareness of inheriting excellent culture, which is an important part of college physical education and deserves full support.

2.2 The curriculum of martial arts pays attention to the diversified characteristics and effectively enhances the attraction

For physical education in colleges and universities, teachers should design content and implement teaching work according to the actual needs of students. Teachers should dig deeply into the historical background and the essence of culture, not only pay attention to the practical value of education, but also take into account local characteristics, such as a variety of unique fighting skills and other elements into it, in order to enrich the martial arts classroom materials, so as to make it more colorful and full of change. In this way, it can not only build the brand image of the school, but also improve students' learning interest and enthusiasm for this subject, and further stimulate their spiritual motivation for self-exploration. Moreover, these new knowledge points can effectively strengthen students' cognitive ability to inherit the excellent traditional concepts of the Chinese nation.

2.3 Optimize a variety of teaching models, strengthen the construction of martial arts curriculum

With the development of martial arts education and the continuous progress of scientific and technological innovation, some advanced educational concepts and strategies have gradually surfaced, such as "video teaching", "review - new professor - strengthening", "Internet + martial arts" and so on. Therefore, teachers must improve and perfect those teaching modes and techniques which cannot adapt to the needs of teachers and students, and the effect is not obvious. In the teaching process, in addition to the traditional lecture example method, modern scientific and technological tools and platforms should also be combined with modern scientific and technological factors suitable for the psychological demands and learning habits of current college students, such as images, animation, martial arts textbooks, flipped classrooms and other ways to transfer martial arts knowledge, so as to make it more hierarchical, interesting and targeted. Compared with the traditional learning mode, after upgrading and completing a variety of new teaching methods, college students can freely conduct self-learning and training on the Internet, which is conducive to their rapid understanding and proficiency in the content of martial arts courses.

2.4 Strengthen the construction of teachers and perfect the structure of wushu curriculum

Professional martial arts teachers have a deep foundation of martial arts and rich knowledge and skills, which is crucial to the construction of excellent martial arts courses. In the process of implementing martial arts courses, teachers should not only impart martial arts skills to students, but also lead them to deeply understand and grasp the spiritual core and cultural values contained in the national traditional movement. This requires teachers of wushu courses to be proficient in both wushu practice and its theoretical system. Therefore, in order to meet this demand, the following strategies should be adopted: First, the relevant departments of universities should establish reasonable and scientific recruitment policies to attract more high-quality teachers with martial arts expertise to join; Secondly, it is also necessary to continuously strengthen the educational ability and professional knowledge accumulation of existing martial arts teachers, improve their professional standards and comprehensive qualities by arranging them to participate in various training programs or further learning opportunities involving martial arts courses, so as to encourage them to actively innovate and design scientific, practical and effective martial arts curriculum development plans that meet the actual needs of the school. Promote the development and progress of martial arts courses. Finally, colleges and universities can also establish a sound system of martial arts textbooks and teaching resources to provide teachers with rich teaching materials and tools. These teaching materials should contain a comprehensive and systematic knowledge of martial arts theory and technology, while focusing on the penetration and inheritance of traditional culture. Through these textbooks and resources, teachers can better guide students' learning and lead them to a deeper understanding of the rich connotation and historical background of Chinese martial arts.

2.5 Construct a multi-dimensional curriculum evaluation model

To construct a reasonable evaluation system based on scientific principles is very important for colleges and universities to offer regular physical education classes, that is, traditional Chinese martial arts courses. However, the long-term educational practice shows that teachers pay too much attention to whether students can skillfully use skills and reach the expected physical level; However, it neglects the spiritual connotation of a discipline and the importance of its historical value and inheritance significance. As a result, teachers cannot fully mobilize students' enthusiasm and initiative in the teaching process, nor can they effectively stimulate their enthusiasm for the motherland or their profound understanding of Chinese culture. Therefore, great attention must be paid to this issue! Good evaluation methods will directly promote the overall development of individuals, and will improve the mental health of individuals. Therefore, it is suggested to re-examine the existing scoring system and improve it. For example, teachers can formulate a diversified assessment program according to the unique characteristics of martial arts teaching to facilitate all-round investigation. Including but not limited to the degree of technical performance, basic principles of cognitive ability, physical health, emotional changes and many other aspects of the factors, so that martial arts teacher teaching more in-depth, more targeted and more effective. The construction of multi-dimensional wushu course evaluation model can

effectively stimulate students' learning enthusiasm, objectively present the teaching effect of wushu course, and highlight the value of wushu course education.

3. Closing remarks

To sum up, with the passage of time and the continuous development of society, the teaching of martial arts in colleges and universities has also undergone profound changes. Martial arts, which carries the transmission of traditional culture, shoulders important historical missions and responsibilities. The content of college martial arts is from single to multiple, from paying attention to techniques and routines to physical and mental unity, both inside and outside cultivation. At present, there are still many problems in college martial arts teaching, such as the development of competitive martial arts and mass martial arts there are different degrees of confusion and integration, and the loss of traditional cultural connotation in college martial arts teaching has become a normal problem. Based on this, the evolution of the connotation of martial arts reflects the understanding of martial arts, and then affects the direction and content of martial arts teaching in colleges and universities. It has become a top priority to create a group of teaching contents that can arouse students' desire for knowledge and benefit their physical and mental health. At the same time, traditional culture is integrated into the entire martial arts teaching process in the teaching content. According to the actual situation, the upgrading of teachers will become an important task in the reform of college martial arts.

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