

# **A Study on the Influence of Cultural Introduction on the Reform Practice of Material Arts Course in Colleges and Universities**

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**Keywords:** cultural introduction, colleges and universities, material arts course, reform practice, influence

**Abstract:** As an important base for cultivating talents, colleges and universities set up material arts course not only to improve the physical quality of students, but also to inherit and develop national culture and spirit. Thanks to the continuous reform of education system, it is feasible to introduce culture into the reform of material arts course, which is conducive to further improving and optimizing the structure and system of material arts course in colleges and universities, and facilitating students' understanding and learning. This paper explains the influence of culture introduction on the reform practice of material arts course, and puts forward effective reform countermeasures. The main purpose of this study is to analyze the influence of cultural introduction on the reform practice of material arts course, so as to effectively improve the overall level of material arts course reform in colleges and universities.

## **1. Introduction**

As we all know, the physical education course in the past was mainly to publicize and promote national culture and spirit. For our country, martial arts culture has a long history. In order to further inherit Chinese martial arts culture, it is essential to improve and perfect martial arts course in colleges and universities. However, under the influence of different thoughts and values, from the current situation, the effect of introducing the martial arts culture into martial arts course is not ideal. In those colleges and universities that have already set up martial arts course, taekwondo and karate are usually replaced by martial arts course. Too much attention has been paid to the training of basic skills, but the teaching of fighting characteristics has been ignored. Therefore, it is necessary to systematically think and analyze the influence of cultural introduction on the reform practice of martial arts course in colleges and universities, which is of certain research significance and practical value.

## **2. Influence of Cultural Introduction on the Reform Practice of Martial Arts Course in Colleges and Universities**

### **2.1 Help the Healthy Growth of College Students**

The introduction of martial arts culture into the reform of martial arts course in colleges and universities is conducive to the healthy growth of students. Specifically speaking, firstly, martial arts itself belongs to a traditional culture, with obvious fitness value. Through systematic understanding and control of various moves and skills, students are able to further enhance the overall quality of body, balance the functions of body and maintain the health of body <sup>[1]</sup>. Secondly, martial arts is also a kind of cultural type which has a spiritual sustenance. It has the function of purifying and educating people's mind. Through the practice of martial arts, it is conducive to improving students' character and quality, and forming a scientific guidance for students, so that their moral quality can be enhanced. Obviously, because martial arts training requires strong perseverance, it is very beneficial to cultivate students' perseverance. Thirdly, as a kind of social culture, martial arts also has significant social benefits. No matter there are different cultural concepts such as respecting teachers or acting bravely, they effectively restrict the behavior of

contemporary students and play a good role.

## **2.2 Improve the Subject Status of Martial Arts Course in Colleges and Universities**

Compared with other physical education courses, martial arts course differs greatly, which have the characteristics of physical education and cultural education. By introducing martial arts culture into martial arts course, on the one hand, martial arts knowledge and skills of students will be supplemented and enhanced. On the other hand, it is conducive to further promoting the reform process of martial arts course and corresponding discipline status. In general, students spend a long time on mastering martial arts culture and knowledge systematically. It is obviously impossible to achieve the goal simply by relying on martial arts classroom teaching, which will form a certain contradiction. Therefore, scientific reform and optimization of martial arts course is very necessary<sup>[2]</sup>. At the same time, in the process of the development of colleges and universities, there are more diversified choices for both the teaching contents and related teaching facilities. Teachers and teaching facilities are gradually improved, which is conducive to the smooth development of martial arts teaching. In addition, in the process of the reform of martial arts course, the way of culture introduction has been adopted all the time, which is beneficial to the continuous popularization and promotion of Chinese traditional martial arts culture.

## **2.3 Enhance National Identity**

Generally speaking, national spirit is the spiritual force for any nation to obtain long-term development, which symbolizes a national culture and is conducive to the continuous inheritance and continuation of different national spirit and culture. By introducing martial arts culture into the reform of martial arts course in colleges and universities, it will help to enhance national identity and reflect a certain degree of cohesion. As far as China is concerned, Chinese martial arts has a long history, covering martial arts moves, skills and culture. Martial arts culture contains profound connotation, which is conducive to bringing good guidance to the reform of martial arts course<sup>[3]</sup>. In addition, in Chinese martial arts culture, the obvious patriotic spirit and national identity is conducive to the cultivation of correct ideological values of college students.

## **3. Effective Reform Countermeasures of Martial Arts Course in Colleges and Universities Based on the Introduction of Martial Arts Culture**

### **3.1 Ensure the Rationality of Content Selection of Martial Arts Course in Colleges and Universities**

On the one hand, martial arts teachers in colleges and universities are required to establish a correct sense of teaching. They should not only pay attention to martial arts moves and skills, but also to constantly improve their own moral quality and enhance their adaptability<sup>[4]</sup>. On the other hand, in the process of martial arts teaching, after the teaching of moves and skills, it is also necessary to introduce the relevant culture and introduce corresponding martial arts spirit, so as to enhance students' interest in learning martial arts. Especially in the teaching process of martial arts practice simulation, students are required to continue to practice martial arts movements, cultivate their perseverance and character, and be guided by teachers in time to achieve the established teaching objectives.

### **3.2 Reform the Teaching Objectives of Martial Arts Course**

The national spirit and culture embodied in the Chinese martial arts culture is very significant. Therefore, martial arts course not only includes sports and health, but also contains culture, which makes the value of martial arts teaching higher. By carrying out the teaching of martial arts, we can not only achieve the purpose of physical training and enhancing physical skills, but also cover different aspects of Chinese culture and national spirit, which contains obvious military morality and national spirit. For example, in the process of martial arts competition, the principle of "stopping when it is enough" shows a distinct spirit of martial arts. Under the influence of foreign culture, it is required to do a good job in the reform of teaching objectives, so as to keep Chinese martial arts

culture and spirit, and make more contemporary students form a strong sense of national pride, and be responsible for the effective inheritance and development of Chinese martial arts culture and spirit<sup>[5]</sup>.

It can be seen that in the process of reform of teaching objectives of martial arts course in colleges and universities, it is necessary to take enriching the martial arts culture, spirit and skills of college students as the main objective contents, and to infiltrate the Chinese martial arts culture and spirit into the daily teaching work, so as to achieve the education objective of cultivating all-round talents.

### **3.3 Continuously Improve the Evaluation Mode of Martial Arts Teaching**

As one of the indispensable courses in colleges and universities, martial arts course has been a compulsory one, which is quite different from the traditional physical education course. Generally speaking, the requirements of martial arts course on students are very strict. The reason lies in that martial arts course usually takes the form of combination, which requires students to cooperate effectively from the aspects of strength, direction and flexibility. Therefore, when the teaching work of martial arts course is carried out, if students are absent from classes, they will feel hard to catch up with progress. So they are required to make up for the missed martial arts knowledge<sup>[6]</sup>. Therefore, when carrying out the specific teaching evaluation of martial arts course, it is essential to constantly improve and perfect the corresponding teaching evaluation mode, closely combine the characteristics of different students, deeply grasp the learning situation and daily classroom performance of students, and make clear record and reservation of students' martial arts movements with the help of scientific image tools, so that students are able to effectively express themselves. For those students whose basic skills are weak and their test scores are not ideal, teachers are advised to give affirmation and encouragement timely in order to stimulate students' interest and enthusiasm in learning martial arts course. Relying on scientific and feasible evaluation methods, it is possible to score for each student's martial arts course assessment, and encourage them to make continuous progress, which is conducive to the physical and mental health of students.

### **3.4 Strengthen the Reform of Martial Arts Teaching Mode in Colleges and Universities**

For the teaching work of martial arts course in colleges and universities, in order to improve teaching effect, it is required to strengthen the reform of teaching method. In the specific teaching process of martial arts course, teachers should not only explain the relevant knowledge and skills, but also carefully teach the culture and national spirit, so as to make more and more college students attach importance to the martial arts culture of the Chinese nation, further enhance the ability of thinking and analyzing problems of college students<sup>[7]</sup>. For example, in the process of simulated teaching and training of martial arts course, college teachers not only tell students about martial arts moves in detail and correct students' wrong actions, but also require different students to conduct mutual confrontation training, enhance students' practical ability, and deepen their understanding and mastery of martial arts moves.

Generally speaking, from the aspect of martial arts action combination, because they are all continuous attack and defense action combinations, in the process of specific martial arts teaching, teachers, as the leading role, can get good results by using the method of initiating teaching. At the same time, by using more vivid and specific prompt action teaching language, teachers are able to give students corresponding reminders, help students firmly remember the relevant martial arts movements in the way of pithy formula, let students learn to imitate and firmly remember as well as systematically and deeply grasp the corresponding martial arts combination principle, eliminate students' fear of learning martial arts course, gradually strengthen their confidence and improve their interest and enthusiasm in learning martial arts course.

## **4. Conclusion**

From the elaboration and analysis of this paper, it can be known that systematic analysis and thinking about the influence of cultural introduction on the reform practice of martial arts course in

colleges and universities is very important, which is of great research significance and implementation value. This paper explains the influence of culture introduction on the reform practice of martial arts course in colleges and universities. In addition, effective reform countermeasures based on martial arts culture introduction are put forward, such as ensuring the rationality of content selection of martial arts course, doing a good job in the reform of martial arts course teaching objectives, constantly improving the evaluation mode of martial arts course teaching, and strengthening the reform of martial arts course teaching methods in colleges and universities. It is hoped that the contents and results of this research and analysis can get the attention of teachers of martial arts course in colleges and universities, and provide corresponding reference and help for them, so as to enhance the effect of cultural introduction on the reform practice of martial arts, and further promote the continuous development and progress of martial arts education in colleges and universities in China.

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