

Study on the Strategies of Hybrid Teaching Integration into Wushu Teaching in Colleges and Universities

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Keywords: Hybrid Teaching, College Wushu Teaching, Strategies

Abstract: With the continuous improvement of our education level, many schools pay more and more attention to martial arts courses. As a martial arts project, martial arts education in colleges and universities can cultivate students' martial arts literacy and professional ability. Students can gain physical and mental improvement through martial arts courses, so that they can have good adaptability to step into society in the future. Through the research and analysis of the mixed teaching methods in Wushu teaching in colleges and universities, this paper puts forward the strategies to improve students' own literacy and professional ability for reference.

1. Introduction

In the traditional concept, martial arts is only a lesson to relax students' body and mind and improve their physical quality. In fact, in the modern educational concept, martial arts is also a course to cultivate students' comprehensive literacy. In colleges and universities, it is necessary to carry out the basic task of creating people by virtue and the first guidance of health, so as to promote the healthy and all-round development of students. In the course of Wushu teaching in colleges and universities [1]. Martial arts classes should play the role of cultivating students' martial arts literacy and professional ability, through the development of corresponding teaching activities, so that students can gain relevant knowledge in it, learn due quality, become the outstanding applied talents needed by the society.

2. The Positive Effect of Wushu Learning in Colleges and Universities

Martial arts spirit is a kind of cultural consciousness, contains the human positive spirit. In martial arts, its spirit is the core part. People can form good competition behavior and professional accomplishment in martial arts competition [2] carry forward good quality. Every martial arts lover is closely related to the spirit of martial arts. Through competition and cooperation in martial arts, people reject prejudice against each other [2]. It is the unique charm of martial arts spirit. There are many forms of martial arts, which can reflect the unique spirit of martial arts. For example, competitive sports need to match each other between opponents and team-mates, such competitive, teamwork and technical are the embodiment of martial arts spirit. In addition, the persistence of such sports can hone one's willpower. The connotation of Wushu spirit mainly includes the following aspects:



Figure 1 Wushu performance

2.1. Modalities of Free And Equal Participation

Modern martial arts have the spirit of freedom and equality, and anyone can participate. It is precisely for this spirit that martial arts can develop rapidly. The spirit of freedom and equality can stimulate the interest of people to participate in martial arts activities, give people the joy of martial arts, so that more and more people can take the initiative to participate in it [3].

2.2. Fair Competition Spirit

Fairness is the most important part of martial arts activities. The spirit of fair competition is the soul of martial arts spirit [3]. Without such a spirit, martial arts activities will be difficult. The current social progress is fast, the pressure of life and work is more heavy for people, the spirit of fair competition helps people to see hope in work and life, enhance their self-confidence, firm willpower, not afraid of difficulties, brave forward.

2.3. Self-transcendence

The spirit of surpassing oneself is the spirit of constantly improving oneself in martial arts activities and striving for higher and higher goals in body and spirit. Martial arts activities are a great test for participants' physical quality, psychological accomplishment and willpower [4]. In the martial arts activities, people will unconsciously move towards higher goals, thereby enhancing their ability to reflect their own value. In martial arts activities, people will constantly overcome difficulties, improve themselves, have the driving force of continuous progress, have a long-term vitality. To find the meaning of self-existence in advance, to hone willpower in frustration, and to transcend the spirit of self have a positive guiding and promoting role in people's work and life.



Figure 2 Chinese Wushu

2.4. Sportsmanship

Sportsman spirit refers to the athletes in the pursuit of achievements but also need to have a sound personality and quality only have the spirit of sportsman, athletes can have tolerance in the competition, human side. Martial arts activities often have a slogan [5]. Friendship first, competition second. This is reflected in the spirit of the sportsman, win or lose is not only the only purpose in martial arts, more harvest should be in the whole process of martial arts activities. Through the understanding of the spirit of the sportsman, people can relax their mentality in their work life, not easy to be hit, and treat people and things with a positive and tolerant attitude to face.

3. Problems in Wushu Teaching in Colleges and Universities

With the development of the diversity of martial arts, it has become a purposeful, organized training means and competitive way. Martial arts is the basic means of physical training activities, but in the training of the body but also in the training of people's psychological literacy and psychological tolerance, in order to maximize the potential of people, hone a kind of martial arts spirit quality that is not easily abandoned. The influence of spiritual quality on people is enormous, and the promotion effect of martial arts spirit on people is obvious. Wushu spirit can hone people's willpower, control people's emotions, and teach people self-discipline. For college students, Wushu spirit and professional accomplishment are closely related. As a martial arts student must first have good physical accomplishment, then must have the perseverance spirit and the willpower, this is in the work must have the spirit quality, also is the own accomplishment embodiment. And these qualities can be found in the spirit of martial arts. Through the spirit of martial arts brought to the training of college students, can promote the cultivation of their own literacy, enhance comprehensive literacy and comprehensive strength.

3.1. Lack of Martial Arts Literacy

At present, many colleges and universities martial arts teaching is too formal, only to complete the teaching objectives of the curriculum [1] examination goals, but lack of the cultivation of students martial arts literacy. This kind of teaching method lacks the soul, only lets the student passively accept the knowledge without the martial arts accomplishment cultivation. If the students lack the training and teaching in this area, it is difficult for them to have interest in learning martial arts lessons, and the efficiency of teaching is greatly reduced [6].

3.2. Lack of Professional Development

Wushu teaching is not only the need of curriculum, but also the need of cultivating professional ability. Wushu teaching can help students to exercise physical quality and improve their own willpower, which is an important factor for the development of students' work. Therefore, in the process of carrying out and teaching, college schools should take full account of the cultivation of students' professional ability by teaching methods, so as to meet the needs of teaching through the combination of teaching objectives and professional ability training. The influence of curriculum on students' future career development can not be taken into account in making martial arts teaching plan.



Figure 3 Wushu performance

4. Hybrid Teaching Method for Wushu Teaching in Colleges

4.1. Changing Teaching Concepts

With the economic development and social progress, the demand for talents in the market is becoming higher and higher, especially the applied talents. For colleges and universities, teaching should also be in line with the times, pay attention to the cultivation of students' comprehensive literacy and professional ability. Wushu courses should also be consistent with teaching objectives. This needs to change the teaching concept in the process of martial arts teaching. First of all, in the teaching goal, we should take the university martial arts teaching and the martial arts accomplishment and the professional ability cultivation as the goal, strengthens the student related aspect study. In the teaching arrangement, the school can appropriately increase the class hours of the martial arts class to help the martial arts teaching achieve the teaching goal. For the quality of teachers, schools need to invest funds to conduct regular personal knowledge literacy training for martial arts teachers. Schools should also take the cultivation of martial arts literacy and professional ability as the assessment standard of teachers, and promote the importance of martial arts teachers to the curriculum. For students, it is necessary for teachers to guide their interest in learning and to conduct martial arts supervision exercises so that students can achieve the expected harvest in martial arts courses.

4.2. Change of Teaching Content

At the same time, the education industry is changing with each passing day. At present, colleges and universities clearly put forward that Wushu courses should have the teaching contents of cultivating students' Wushu literacy and professional ability. Therefore, Wushu teachers need to change and innovate the teaching contents according to the actual situation. For example, teachers can introduce some popular martial arts programs at this stage [3]. so as to improve students' interest in martial arts learning and improve teaching quality. In the process of changing the teaching content, teachers should flexibly change the teaching content according to the actual needs of each major for martial arts classes, so that the relevance of martial arts teaching and other subjects teaching becomes stronger, so as to achieve the purpose of cultivating students' comprehensive literacy and professional ability.

4.3. Transformation of Teaching Forms

The traditional teaching form of Wushu course is relatively single, so it is difficult for students to be interested in the study of Wushu course, and it is not possible to achieve the purpose of cultivating their Wushu literacy and professional ability. Therefore, the current teaching of martial arts in colleges and universities needs to change the teaching form, so that students' concept and attitude to martial arts classes can also be changed. In the process of teaching, teachers can use the way of guidance to enable students to exercise martial arts independently. In the process of guidance, we should inculcate new knowledge ideas for students, so that students can be interested in and practice through these ideas, but also combine the martial arts activities after class and in class. Schools need to organize more competitive martial arts activities, so that students can participate in more, more experience the fun of martial arts, so as to gain martial arts literacy in learning practice, improve the ability of school industry.

5. Summary

Martial arts is a kind of sports which contains the traditional culture. Because the teaching hours of martial arts in colleges and universities are relatively small, the use of mixed teaching methods in the teaching process can ensure the balance between students' theoretical level and practical level, pay attention to strengthening the teaching part of practice, and give students more opportunities to participate. Colleges and universities can also hold martial arts activities to mobilize more students to participate in order to achieve better teaching results.

Acknowledgements

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