

Promoting the High-quality Development of Taekwondo in Universities with "Club" Thinking

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Abstract: Yiquan Dao has become a favorite sport for students in universities, and Yiquan Dao club activities are an important way for universities to organize Yiquan Dao activities. The teaching mode of Yiquan Road Club can help students to participate in training and study in their spare time, cultivate strong will and sportsmanship, and stimulate students' training enthusiasm. Many universities in China have offered Taekwondo courses, which are widely responded and loved by college students. However, with the continuous advancement of physical education reform in Chinese universities and the increasing demand of college students for Taekwondo learning, the teaching quality of Taekwondo under the traditional teaching mode is slowly improving. Based on the analysis of some problems in Taekwondo club teaching, combined with the physical and mental characteristics of contemporary college students and Taekwondo teaching experience, this paper puts forward relevant countermeasures for the benign development of Taekwondo club teaching, aiming at perfecting and enriching the teaching content of Taekwondo club.

1. Introduction

With the vigorous development of Taekwondo in the international sports community and the determination of the official events of the Olympic Games [1]. Chinese sports circles are aware of the importance and necessity of developing Taekwondo [2]. Especially after Chen Chong won the championship in the Sydney Olympic Games, many Taekwondo associations and Taekwondo clubs appeared all over the country, which were loved by the broad masses of the society. This sport was gradually introduced into Chinese universities [3]. Its sports spirit has special educational significance for contemporary college students [4]. Through learning and training, students can cultivate strong patriotic enthusiasm, dedication to justice, patience, humility, perseverance and the virtues of tolerance and humility [5]. Taekwondo is popular among college students because of its relaxed technical movements, cheerful rhythm, easy to learn, cathartic voice and unique sportswear [6].

Modern Taekwondo technology is simple and practical, especially the leg technology is the essence and soul of all technologies. The author was popular all over the world for a time, favored by the majority of young lovers, and soon entered the physical education classroom in Universities. Physical education plays an increasingly important role in the teaching system of universities in China [7]. As a well-known and favorite sport among Chinese teenagers, Taekwondo has also been well developed in college physical education. Many universities in China have opened Taekwondo Courses, which has greatly enriched the content of college physical education courses [8]. With the continuous promotion of physical education reform in Universities, physical education teaching, including Taekwondo, has derived many teaching modes, which provides strong support for physical education teachers' teaching work. Through the study and practice of Taekwondo, we can enhance students' physique, improve their self-defense ability, and cultivate their etiquette, patience, humility and perseverance will quality and spirit in daily life. It has high exercise value. Taekwondo started late in Chinese universities, and there are many deficiencies in teaching materials, venues and professional teachers. Therefore, Taekwondo Teaching in many universities still adopts the traditional teaching mode, resulting in the low quality and slow development of Taekwondo Teaching [9].

2. Definition of club teaching mode in universities

2.1. Teaching Mode of Taekwondo Club in Universities

The teaching mode of college sports club is a new physical education teaching model jointly organized by the school and students. It organically combines extracurricular physical exercise and physical education, adopts "layered diversion" teaching, and combines "compulsory and elective" according to students' interests, hobbies Specialty voluntary selection and participation in one or more physical education and fitness clubs is physical education and training for the purpose of improving health and promoting mutual coordination and harmony. The club teaching mode is the teaching carried out by school educators in the form of "club" which is more popular in the society according to the talent training objectives of the school. The club teaching mode emphasizes the dominant position of students in teaching activities [10]. The club teaching model breaks the limitations of the traditional teaching model in terms of time, space, content and participants, gives students greater learning initiative, and pays attention to students' individual differences, which can significantly stimulate their learning interest. China has changed from passive learning to active learning, from independent learning to cooperative learning, and from one-sided learning to comprehensive learning. Integrating the modern educational theory into the physical education classroom and updating it in terms of ideology, organization, form, method and evaluation, it has changed the traditional class teaching system and advocated openness, autonomy, freedom and randomness in the class. Students' classroom learning is completely an active and positive behavior. Teachers only undertake the tasks of design, Chinese counseling and inspection, The roles of students and teachers have also changed fundamentally. The club mode of combining inside and outside class is based on the overall education view of cultivating talents in China, and puts forward the physical education teaching mode of integrating inside and outside class. It takes the thought of lifelong education as the guidance and aims to cultivate students' ability to adapt to socialization.

2.2. Necessity of Teaching Taekwondo Club in Universities

In recent years, Taekwondo has become one of the main physical education courses in many universities in China. The participation of many students has laid a solid mass foundation for the development of Taekwondo in China. The teaching of Taekwondo Club has been welcomed by many students and has become a highlight of college campus culture. Firstly, through club teaching, teaching and extracurricular physical exercise can be organically combined. Due to the differences in students' sports level and physical quality, teachers can adopt different teaching methods to meet the learning and training needs of different students through layered and shunt teaching. Through club teaching, students can play different roles in club competition, such as organization, service and referee, so as to improve students' ability of practical participation. The teaching content in the teaching mode of Taekwondo Club is very rich. It includes not only the existing Taekwondo teaching materials, but also Taekwondo amateur training, taekwondo competition, taekwondo academic research and so on. Taekwondo club teaching not only pays attention to the mastery of students' Taekwondo sports skills and the improvement of sports level, but also pays more attention to the cultivation of students' physical exercise, the formation of moral quality and the cultivation of comprehensive ability, which is very important for college students who are about to enter the society. Under the club teaching mode, the relationship between teachers and students, between students and students, and between students and the environment becomes more intuitive and close. During the study period, students' subjective initiative has been effectively cultivated and improved.

3. Construction of Teaching Mode of Taekwondo Club in Universities

3.1. Clear guiding ideology

The teaching of Taekwondo club should pay attention to the all-round development of students' physical health, mental health, mental health, emotional health and social health in the process of learning; The thought of "lifelong sports" requires that the teaching of Taekwondo club should pay

attention to the mastery of students' basic sports skills and the formation of good physical exercise habits, actively learn and practice taekwondo and constantly improve their health level. The category of various types of physical education teaching activities established in practice by designing and organizing physical education teaching is expressed in a simplified form. Pay attention to cultivating students' sports interest, developing students' personality and improving students' sports ability. Figure 1 shows the plasticity structure of motor function in the construction of Taekwondo teaching content.

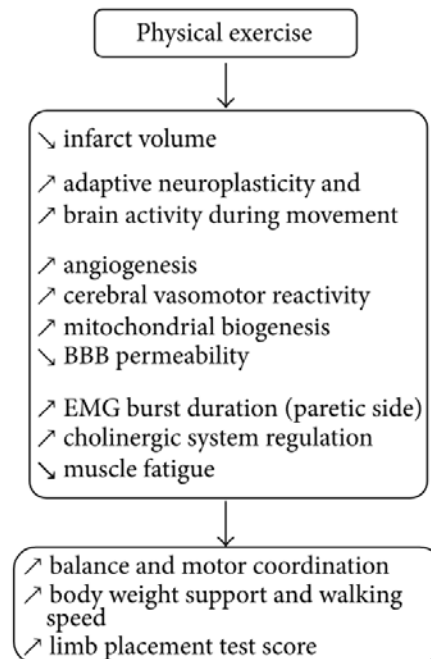


Figure 1 Plasticity structure of motor function

Students can choose teachers to attend classes according to their own interests, and selectively determine their own class time within the class time specified by the club according to their own learning arrangements. In the process of club teaching, let students feel the fun of participating in Taekwondo activities, continuously improve their understanding of sports, and cultivate students' interest in sports, sports ability and habit of lifelong physical exercise. Through learning, let students feel the typical oriental cultural color, spiritual pursuit and truth of Taekwondo. The first point is to cultivate students' strong patriotic enthusiasm and noble spirit of dedication to justice with self-cultivation as the core. Taekwondo requires practitioners to not only learn Taekwondo technology, but also pay attention to the study and compliance of Taekwondo etiquette and moral cultivation. Through learning, let students feel the typical oriental cultural color and spiritual pursuit of Taekwondo, and cultivate students' strong patriotic enthusiasm, lofty spirit of dedication to justice, strong will quality and virtue of tolerance and humility, so as to achieve the purpose of internal cultivation of spirit, temperament, external cultivation of technology and body.

3.2. Formulate teaching objectives

The teaching objectives of Taekwondo Club are closely related to the teaching guiding ideology of Taekwondo Club. Under the guidance of the teaching guiding ideology of Taekwondo Club, the teaching goal of Taekwondo Club is to train students to become talents with all-round development of morality, intelligence, physique, beauty and labor. Choose different levels of Taekwondo courses according to your physical quality and Taekwondo level. Teach students basic Taekwondo theory and technology; Intermediate courses focus on further enriching students' Taekwondo theory and further improving students' Taekwondo technology; Advanced courses focus on cultivating students' Taekwondo competitive level and cultivating competitive Taekwondo reserve talents. The teaching evaluation content under the teaching mode of Taekwondo club should include sports participation, sports technology, health level and personal development. Among them, sports

participation is the attendance rate, training and competition times of students in each semester; Sports technology is the technical level of Taekwondo that students have reached at present; Health level is the development level of students' physical health, mental health, emotional health, mental health and social health after learning in the club; Personal development is the personal value and social value realized by students through Taekwondo club teaching. Learning Taekwondo can also cultivate the spirit and temperament, cultivate the will quality that ordinary people can't achieve and the virtue of tolerance and humility. It can create a good environment for stimulating students' physical exercise, improving physical ability and developing personality. Whether students can often consciously engage in Taekwondo exercise and even adhere to it all their life depends on whether they can have interest and form habits.

4. Conclusions

Teaching reform refers to giving full play to the function and role of physical education, more effectively enhancing students' physique, improving students' health level, promoting students' all-round development, and building public physical education into a popular sports club will become an important form of physical education in the future. Taekwondo club teaching mode can cultivate students' interest in sports, enhance students' physique, cultivate students' concept of lifelong sports, help students' personality development and improve students' physical and mental health. To ensure the smooth development of Taekwondo Club model. Focus on cultivating students' interest in learning Taekwondo, and use interest to stimulate students' curiosity, understanding and competitive heart, so that students can experience the fun of Taekwondo in the learning of Taekwondo Club. In view of some problems existing in the teaching of Taekwondo Club, combined with the characteristics of Taekwondo project, find some solutions in time, which will play a positive role in the comprehensive promotion of Taekwondo club teaching reform. Establish a perfect club teaching mode, form an integrated sports training mode by meeting the needs of teachers and hardware facilities, and promote the development of Taekwondo Club mode.

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