

Research on Hidden Danger of Sanda Teaching Security and Countermeasures Based on Wushu Routine in Colleges and Universities

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Abstract: As an important part of our traditional culture, Wushu has developed from folk teaching to school teaching. Learning martial arts by students is an important embodiment of inheriting traditional culture. Sanda has a very high degree of offensive and defensive combat and antagonism. Therefore, safety has always been an important problem that puzzles Sanda teaching and training. There are similarities between Wushu and Sanda in some teaching modes. In the actual teaching process, the teaching mode of combining Wushu routines and Sanda improves students' interest in learning. In order to achieve the teaching goal, colleges and universities need to make a relatively perfect teaching plan when they carry out Wushu Sanda, and adjust the teaching plan in time according to the physical condition of the University. From the perspective of teaching, this paper expounds the hidden dangers in Sanda Teaching mode, which is integrated into Wushu routine, and then puts forward reasonable suggestions to promote Sanda Teaching in order.

1. Introduction

China has a splendid civilization of 5,000 years, and martial arts is a very important part of our traditional culture. Inheritance of classical culture and promotion of martial arts spirit have become specific requirements in martial arts teaching, which is also an important embodiment of inheriting traditional culture and promoting national spirit [1]. With the progress of the society, the improvement of people's spiritual pursuit and the invasion of western culture, the spiritual pursuit of college students for physical education is also getting higher and higher, and they prefer fashionable, free and exciting sports [2]. The development of Sanda teaching and training not only helps to promote the development of students' sensitive quality, speed quality, strength quality, flexibility quality and other aspects of physical quality, but also can effectively improve students' various sensory perception ability and reaction ability, which has important value in many aspects [3]. Sanda is very likely to be injured in the process of sports because of its strong antagonism and intensity, and also for the purpose of falling down and hitting the opponent. The injuries brought by injuries not only affect normal exercise training, but also affect physical function and exercise life. Through the study of Wushu Sanda knowledge, students' physical quality can be improved, and at the same time, students can be helped to establish correct outlook on life and values. Therefore, teachers need to formulate scientific teaching plans in teaching so as to achieve teaching objectives [4]. School Sanda teaching needs to take practical measures to solve the hidden safety problems in teaching, get the best Sanda teaching effect, and promote the personal development of students [5]. This article mainly discusses the hidden safety hazards in the Sanda teaching mode that incorporates Wushu routines from the perspective of teaching, and then puts forward reasonable suggestions based on the actual situation to promote the orderly conduct of Sanda teaching.

2. Hidden Safety Risks in Sanda Teaching

2.1. Lack of Knowledge of Sports Injuries

In China's traditional martial arts, routine and Sanda are two different forms. On the basis of a large number of investigation results, through analysis and research, it is found that there is a very serious phenomenon of simplification of Wushu routines in Wushu teaching materials in most

colleges and universities, and it almost only contains some simplified Wushu routines and few self-defense techniques. The sports injury caused by Sanda teaching depends to a large extent on the lack of certain sports injury knowledge among students and teachers, and some students and teachers lack safety awareness in this respect, and teachers often neglect to teach students safety knowledge [6]. In the process of teaching, we should focus on those folk traditional martial arts with characteristics, in order to mobilize the enthusiasm of students and increase the interest of teaching. In sanda competition, the athletes keep kicking, hitting, falling and other fierce attack and defense fighting within two minutes, and their muscles are suffering from high impact. If the athletes can not recover in time and effectively in the state of continuous tension, it will directly affect the muscle movement of athletes. We can combine the traditional Wushu routine with Sanda Teaching, further enhance the practicability and interest of Wushu routine, so that students' enthusiasm to learn Wushu routine can be improved, and promote the development of Wushu routine teaching.

2.2. Unreasonable Exercise Schedule

Most colleges and universities do not provide corresponding teaching materials for students when carrying out Wushu Sanda courses. The content of classroom teaching is random, so students cannot master Sanda skills and are prone to problems in the classroom. In the teaching activities, it will bring strong sports load to the students, so if the teaching design is not reasonable, the local load will exceed the body limit, resulting in body strain. Many students feel that martial arts teaching is too boring, repetitive, lack of new ideas, which is not conducive to memory, and the lack of interaction between teachers and students, students in martial arts class, resulting in students' lack of concentration in learning. Many Wushu Sanda teachers have poor professional quality. They cannot give students more learning skills in class. Wushu Sanda classes are relatively boring. Students gradually lose interest in learning in such classes for a long time, which eventually affects the teaching quality.

2.3. Unscientific Teaching and Training Methods

When organizing Sanda teaching and training activities, if the arrangement of teaching and training is not reasonable, it will often become the direct or indirect cause of safety problems. Sanda teaching should not only pay attention to the amount of application, but also scientifically arrange the training content. Athletes of both sides are engaged in violent contact attack, defense and counterattack. If they are careless, they will be knocked down or injured. Athletes are required to be highly focused and mentally tense. Some teachers do not realize scientific arrangement of teaching content, so it will affect students' psychological state and reduce students' self-confidence. The organization method of teaching and training does not comply with the principles of teaching and training or the organization method is wrong, which is the common cause of safety problems in Sanda Teaching and training.

3. Measures to Solve Sanda Teaching Safety Problems

3.1. Set up Correct Teaching Objectives

The purpose of Sanda teaching in schools is to improve students' physical fitness, strengthen their body constitution, master Sanda knowledge and skills, and improve their sports level. Sanda has a strong offensive and defensive role. In actual combat, both sides always try to hit their opponents but not be hit by them. Learners always train under such conditions. In the process of teaching, by combining Wushu with Sanda and choosing some simple routines from traditional Wushu to join Sanda training, the connotation of Sanda can be enriched and students can remember Wushu routines more easily. Integrating Sanda teaching into Wushu routine teaching in ordinary colleges and universities is not only the external demand of students for Wushu, but also the internal demand of Wushu routine itself, and also the demand of modern college students' sports concept [7]. In the process of teaching, schools should always adhere to the principle of "safety

first", carry out Sanda teaching scientifically and efficiently, and pay attention to the selection of teaching contents and methods.

Although the injury rate of Sanda athletes in the training ground is greater than that in the competition field, the training time of Sanda athletes in the training field is much longer than the competition time in the competition field in a certain training period. The beneficial structure of motor function plasticity is shown in Figure 1.

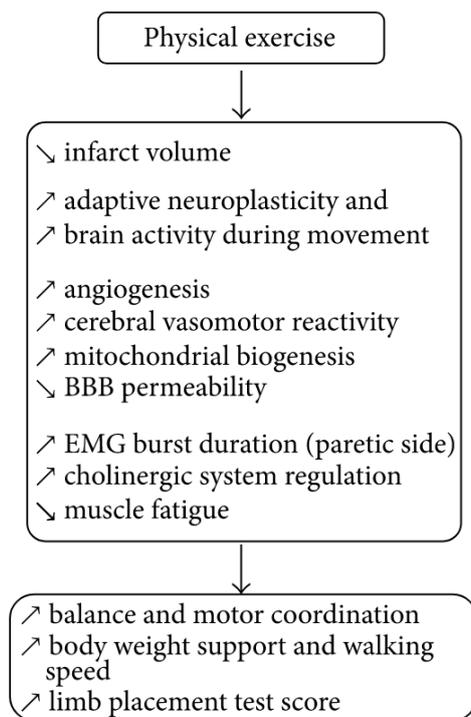


Figure 1 Beneficial structure of motor function plasticity

3.2. Reasonable Organization of Teaching Content

In order to guide students to learn more knowledge, help them master martial arts Sanda skills and meet the learning needs of different students. The basic skills of Sanda can be integrated into the teaching of Wushu routine in the way of semi integration. At the same time, we should select the classic easy to learn simple actions with the significance of attack and defense from the traditional Wushu routine to enrich the basic technical actions of Sanda. Teachers need to choose basic techniques and footwork according to the students' physical and mental development and needs, to carry out offensive, defensive and counterattack exercises, and to choose some practical techniques [8]. In order to improve the professional quality of Wushu Sanda teachers, we must first improve the teaching ability of teachers, adopt rich teaching forms to enhance students' interest in learning, so that students can fully feel the charm of Wushu Sanda.

3.3. Reasonable Arrangement of Sanda Teaching

Teachers need to have an in-depth understanding of the teaching content, strengthen their awareness of defense against hidden dangers of teaching safety, and formulate systematic and scientific training plans according to the learning requirements of students. When carrying out Sanda teaching and training, scientific and reasonable arrangements should be made for teaching and training on the basis of full consideration of the particularity of Sanda teaching and students' physical and mental conditions. In the teaching and explanation, teachers must make a comprehensive and detailed explanation of various Sanda techniques and training methods, so as to effectively avoid the sports injury caused by students' misunderstanding. The teacher's accurate grasp of the athletes' main events can ensure the obvious training effect and make the students full of confidence in the future development. And then stimulate the athletes' long-term and stable

training motivation to achieve the effect of eliminating psychological fatigue.

4. Conclusions

In Sanda teaching in schools, safety accidents have always been a difficult problem in teaching. Therefore, it is necessary to face up to this problem, effectively solve it, and promote the development and popularization of Sanda in schools. Sanda as a popular form of fitness in recent years, the combination of Sanda and martial arts teaching mode not only improves students' interest in learning, but also enriches the content of martial arts teaching and enhances students' interaction. However, Sanda is an offensive and defensive actual combat and very confrontational sport, and the occurrence rate of safety problems is relatively high in the process of teaching and training. Teachers should also constantly learn professional knowledge of Wushu Sanda, adjust teaching programs in combination with the learning needs of college students, and meet the learning needs of different students. If teachers can deeply analyze the causes of common safety problems in Sanda Teaching and training, and take targeted countermeasures based on the analysis of the causes, it will obviously reduce the possibility of safety problems in Sanda Teaching and training. In order to create a good learning environment for students, teachers should actively change their teaching ideas and make scientific teaching methods.

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