

Responsibility and Implementation Path of Wushu Education in Colleges and Universities

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Abstract: The 19th National Congress of the Communist Party of China formally put forward the educational concept of “physical literacy”. Based on the needs of the times, it also puts forward new requirements for college physical education teaching. As an important part of public sports in Colleges and universities, Wushu Teaching bears an irreplaceable responsibility for the development of college students. Therefore, based on the background of the new era, Wushu teaching should return to the essence of the discipline, strengthen the implementation of people's comprehensive education, especially strengthen the exploration of Wushu teaching practice, so as to improve the effectiveness of education and promote the all-round development of college students.

1. Introduction

Wushu is one of the national traditional sports that entered college sports earlier. After more than ten years of development, it has achieved good results in discipline construction, teaching methods and teaching means. However, since the implementation of the routine and Sanda model teaching content standards, Wushu teaching has not only improved the discipline standards and carried out standardization, but also appeared the phenomenon of emphasizing sports skills and neglecting Wushu spirit, which makes Wushu Teaching in a disadvantageous position in the competition with modern western sports. Under the background of the new era, Wushu teaching needs to be based on the requirements of the development of the times and the trend of talent training, actively explore the implementation strategies of Wushu education results, realize the all-round development of people, and make the discipline achieve benign development and obtain greater living space.

2. The Responsibility of Wushu Education in Colleges and Universities

2.1. Promoting the Physical and Mental Health Development of College Students

2.1.1. Developing Good Exercise Habits and Promoting Physical Health

In recent years, the physical fitness report of college students shows that the most important reason for the poor physical fitness of contemporary college students is that college students did not develop a good habit of long-term adherence to sports before entering the University. College students have just entered the university campus. In the early stage, they experienced heavy academic pressure in junior high school and senior high school. As a result, most students focused on their academic scores, did not pay attention to their physical health, and never took physical exercise. After entering the university campus, the instant relaxed environment made them feel released, and hoped to release their emotions in the University, but never paid attention to physical exercise. As we all know, the physical fitness level of a country reflects the overall level of the country in the world. The improvement of national physique can be achieved by practicing Wushu. As a traditional sports event, Wushu has rich historical and cultural precipitation, and students have curiosity seeking psychology for Wushu with a long history. In addition, Wushu has many schools, rich content and diverse forms, and students can adjust the exercise intensity according to their own physical conditions. Students can choose the most suitable exercise method according to their own personality characteristics and physical quality, which can effectively stimulate college students' interest in sports and cultivate their sports habits. A strong body is the basis for all life activities.

Only when college students have a healthy body can they withstand the hardships of society and have the opportunity to become the pillars of the country and contribute to the society.

2.1.2. Regulating College Students' Emotions and Promoting Mental Health

The psychological endurance of contemporary college students is poor, and the incidence rate of psychological diseases such as anxiety and depression is increasing year by year, which is mainly related to the immature psychological quality of college students. Therefore, college students need to face the emergence of negative emotions in an appropriate way to avoid aggravating the occurrence of psychological diseases. As a sport, Wushu pays special attention to the cooperation of breathing in the process of practice. For example, Taijiquan needs to pay attention to breathing, cooperate with breathing in the process of slow moving, so that college students can get a sense of pleasure and satisfaction from it, similar to physical relaxation therapy in psychology, so that college students' anxiety and tension can be relieved (see Figure 1). In addition, Wushu has rich cultural value. College students gradually realize the value connotation of "internal and external cultivation" in the process of practicing movements, which can improve self-confidence and self-esteem, cultivate college students' indomitable, enterprising and challenging life attitude, and imperceptibly establish college students' correct ideological value orientation.



Figure 1 College Students' Taijiquan competition

2.2. Cultivating College Students' Socialist Core Values

The socialist core values embody the value orientation of the common needs of the country. The correct socialist core values have a very far-reaching significance for improving the national spirit and realizing the great Chinese dream. At present, China is in the era of "information explosion", and contemporary college students are still in a state where their life values have not been fully qualified. They are very easy to believe and cannot distinguish the authenticity of all aspects of information obtained on the Internet. If they are not properly guided, their values of life are prone to deviation and go astray. The "unity of knowledge and action" and "internal and external cultivation" in Wushu culture carry the core socialist values, which enable college students to imperceptibly "internalize" the correct values in their hearts, and apply them to real life, so as to "externalize" them in their actions, which is helpful for College Students to practice the core socialist values.

2.3. Inheriting Wushu Culture

Culture is a product with a long history and traces of time. It permanently retains and inherits human customs, customs, behavior patterns and values in the long river of history, and forms an ideology of wide dissemination and exchange in society. Colleges and universities are the cradle of cultivating compound talents in our country. Contemporary college students need not only high cultural quality, but also high sports quality to better adapt to social development and serve the society. Nowadays, there are many talents with high cultural literacy in Colleges and universities in China, but few students with high-level sports literacy at the same time. Therefore, physical education in Colleges and universities has a long way to go. Martial arts education is an important part of physical education in Colleges and universities. At present, there is a lack of Wushu professionals in China, and the development of school Wushu is inseparable from the cultivation of

Wushu talents. Therefore, it is urgent to cultivate a large number of Wushu reserve talents relying on the campus background. On the one hand, integrating Wushu culture into Wushu education will help college students have a deeper understanding of Wushu and consolidate the foundation of Wushu. On the other hand, it can inherit China's Excellent Wushu cultural tradition and realize the national rejuvenation of Wushu talents.

3. The Implementation Path of Wushu Education in Colleges and Universities under the New Situation

With the development of our society and the general improvement of people's understanding, colleges and universities pay more attention to Wushu, a traditional sports item. In this new situation, colleges and universities should take advantage of the excellent situation of educational development to improve the degree of Wushu education in Colleges and universities, speed up the construction of Wushu technical action system teaching and evaluation system, stimulate students' interest in learning wushu, and promote the development of Wushu education in Colleges and universities.

3.1. Strengthening the Combination of Theoretical Knowledge and Practical Teaching

In traditional martial arts education, colleges and universities have insufficient understanding of martial arts teaching activities, ignoring martial arts technical training, emphasizing the teaching of theoretical knowledge, or the demonstration and training of technical actions, while the teaching of martial arts theoretical knowledge is insufficient, so that students only know what it is, but do not know why. Therefore, under the current situation, in order to improve the effectiveness of Wushu teaching, colleges and universities should strengthen the organic combination of Wushu theoretical knowledge and Wushu technical actions. The theoretical knowledge of Wushu in China is extensive and profound, which contains the essence of Chinese traditional culture, such as the thought of "the unity of natural and human", "self liberation, ideological liberation and spiritual liberation", which has strong educational and practical significance. Strengthening the teaching of Wushu theory can guide students to understand the spirit of Wushu, which helps students establish a correct outlook on life and values. The teaching of technical action is the guarantee of Wushu as a skill. Standardized and systematic technical action training can improve students' technical ability and enthusiasm in learning wushu courses. Teachers should pay attention to the systematic design of theoretical knowledge and martial arts technical action teaching, organically combine the two, and truly do not lose bias in local teaching activities, so as to establish a systematic martial arts teaching system and promote the development of martial arts in Colleges and universities.

3.2. Strengthening the Systematic Teaching of Wushu

In Wushu teaching activities, teachers usually teach students Wushu routine technical actions first, and then teach students a single technique, and even ignore a single technique teaching. Because there are many repeated actions in Wushu routine teaching, the repeated actions for a long time affect the enthusiasm of students, and then affect their learning interest and learning efficiency. In the long run, students' interest in Wushu learning will be affected. In view of this situation, teachers should grasp students' learning emotions, organically combine Wushu routine teaching with the training of individual skills, so that students can constantly learn new technical actions in teaching activities, and improve students' enthusiasm for learning. In the teaching of technical movements, teachers should strengthen the innovation of teaching contents, deeply excavate the essence of Wushu routines and technical movements in China, maintain the diversity of Wushu teaching contents, optimize teaching methods, get rid of the rigid image of traditional Wushu teaching, and urge students to transform their learning interests into long-term learning motivation, so as to promote the development of Wushu education in Colleges and universities.

3.3. Establishing a Perfect Wushu Teaching Evaluation System

With the deepening of China's new curriculum reform and the proposal of core literacy, College

Wushu teachers should pay attention to the development of students' comprehensive literacy and core literacy, and pay attention to the improvement of teaching efficiency and quality. In terms of the actual situation of Wushu Teaching in China, Wushu teaching evaluation focuses on the teaching of theoretical knowledge and the practice of Wushu routines. The teaching evaluation mode is relatively simple, which can not truly reflect the students' Wushu skill level. Therefore, it is necessary to establish a perfect Wushu teaching evaluation system. By strengthening the comprehensive evaluation of students' physical quality and the process evaluation of the degree of participation in teaching activities, the Wushu curriculum evaluation can truly reflect the degree of students' Curriculum Participation and comprehensive physical quality. It should be noted that colleges and universities should integrate the assessment and evaluation of students' adaptability and technical movements, and make full use of various evaluation forms such as students' self-evaluation, group mutual evaluation and teachers' process evaluation to improve the fairness and effectiveness of the Wushu evaluation system.

4. Conclusion

If people can well understand the importance of Wushu education, they can really play its role in college sports. Contemporary college students are in the critical period of establishing their outlook on life, values and world outlook. Effective Wushu education can stimulate the national spirit, strengthen national self-confidence, make college students get a good education, and also make Wushu better inheritance and development.

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