

# On the Diversified Teaching Methods of Taekwondo in Higher Vocational Colleges

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**Abstract:** With its diversified advantages, quality education has been unanimously recognized and widely popularized by people, so that the cultivation of high-quality talents by the state and society no longer stays at the academic level, but requires high-quality talents not only to have a healthy body, but also to have the quality of perseverance, which is also the main direction of cultivating professional talents in higher vocational colleges in the future. Taekwondo can not only improve students' physical quality, but also help students enhance their will quality. Therefore, this paper makes a detailed analysis of the diversified teaching methods of taekwondo in higher vocational colleges, so as to lay a solid foundation for giving full play to the role and value of taekwondo.

## 1. Introduction

Because thinking determines action, people's ways of doing things and behavior patterns are restricted and affected by their own ideology to a certain extent. In other words, in the process of cultivating professional talents, the cultivation concept of students' physical quality in higher vocational colleges will affect the cultivation effect to a certain extent. The teaching of taekwondo in higher vocational colleges usually highly depends on taekwondo professional teachers. Therefore, whether taekwondo teachers have high professional ability and professional quality can greatly affect the teaching level of taekwondo in higher vocational colleges, so we must strengthen the training of taekwondo professional teachers. In the process of taekwondo teaching, higher vocational colleges should put forward certain requirements for hardware facilities, improve the safety of facilities on the basis of ensuring the perfection and completeness of hardware facilities, and ensure the smooth development of taekwondo teaching while ensuring the personal safety of students. On this basis, higher vocational colleges should constantly improve their awareness of taekwondo teaching, adopt diversified measures to enhance the professional level of taekwondo teachers, ensure that the hardware facilities of taekwondo teaching are advanced and safe, so as to provide positive help for further improving the teaching quality of taekwondo.

## 2. Improve the Awareness of Taekwondo Teaching Promotion in Higher Vocational Colleges

According to the detailed analysis of the development of taekwondo teaching in some higher vocational colleges in China, it can be found that in the process of promoting taekwondo teaching, higher vocational colleges have the problem of weak ideological consciousness, resulting in the lack of effective development environment of taekwondo teaching. In order to effectively solve this problem, higher vocational colleges should start from the ideological level, improve the promotion awareness of taekwondo teaching, and make students and teachers attach great importance to the importance of taekwondo teaching, which is of great significance to ensure the smooth development of taekwondo teaching in higher vocational colleges and improve teaching quality. In the process of improving the awareness of taekwondo teaching promotion in higher vocational colleges, we can start from the following two aspects:

First, at the national level. In the process of comprehensively promoting taekwondo education in

higher vocational colleges, it is inseparable from the active guidance of national development. Therefore, the government education department should have the vision of keeping pace with the times and the height of the development of the times, give scientific guidance to the promotion of taekwondo education in higher vocational colleges, and provide valuable suggestions for the development of taekwondo teaching in higher vocational colleges from the policy level in combination with the development trend of the times and the requirements of talent training. On this basis, the specific development trend of taekwondo teaching is reasonably controlled by using macro-control<sup>[1]</sup>.

Second, the level of higher vocational colleges. In the process of realizing the goal of all-round development, higher vocational colleges should pay more attention to taekwondo teaching, take the development needs of the times as the goal guidance, and comprehensively analyze and accurately grasp the significance of taekwondo teaching. The management of higher vocational colleges should first fully recognize and highly affirm the significance of taekwondo teaching promotion, and then highlight the importance of taekwondo teaching in promoting the comprehensive development of students. In the process of formulating daily development policies, higher vocational colleges should give reasonable support and bias to taekwondo teaching, and give necessary financial support, physical support and human support to taekwondo teaching, so as to provide guarantee for the smooth development of taekwondo teaching<sup>[2]</sup>.

### **3. Strengthen the Continuous Improvement of the Professionalism of Taekwondo Teachers in Higher Vocational Colleges**

In view of the low professionalism of teachers in taekwondo teaching in higher vocational colleges in China, higher vocational colleges must attach great importance to the significance of improving taekwondo professional teachers and improve the quality of taekwondo teaching by taking diversified measures<sup>[3]</sup>. In the process of establishing taekwondo professional teachers in higher vocational colleges, we should start from the following two aspects:

First, systematic and professional training should be arranged for taekwondo teachers. Taekwondo teaching is a work that requires long-term effort and energy. Its effect can't be achieved overnight. Taekwondo professional teachers should have a certain patience and optimize the design of teaching work. Therefore, higher vocational colleges should give up the idea of improving teaching quality by cultivating a large number of excellent taekwondo professional teachers in a short time, which is lack of practicality and feasibility. Instead, they should actively carry out professional taekwondo training or hire industry experts to provide systematic and theoretical guidance to teachers, so as to ensure that the professional theoretical knowledge foundation of the original taekwondo teachers is further consolidated. Thus, in the actual process of taekwondo teaching, the teachers can fully combine the theoretical knowledge and practical skills. Higher vocational colleges should constantly optimize the teaching ideas and teaching modes adopted by the original taekwondo professional teachers, strengthen the full utilization of the massive resources of the Internet, ensure that the teaching ideas and methods can be highly consistent with the students' learning needs and teaching contents, and improve the creativity and freshness of teaching. In the process of reforming the traditional teaching concept, professional teachers should clearly grasp the difference between taekwondo teaching and other sports teaching, so as to ensure that the characteristics of taekwondo can be highlighted in front of students in the teaching process. For example, teachers can use the teaching platform to upload the standard action video of taekwondo to the corresponding module to ensure that students can repeatedly watch and learn specific actions in combination with their own actual situation, so as to improve students' professional level<sup>[4]</sup>.

Second, higher vocational colleges should strengthen the active introduction of excellent taekwondo professionals. In the process of improving the comprehensive strength of taekwondo professional teachers, higher vocational colleges should introduce a large number of taekwondo professionals through different channels, so as to inject fresh blood into the taekwondo teachers in higher vocational colleges and provide a new way of thinking for the effective development of taekwondo teaching. In this process, we should not only strictly assess whether the introduced

taekwondo professionals can master solid basic knowledge and skills, but also clearly understand whether taekwondo professionals have high teaching ability. On this basis, we can improve the level of welfare treatment, so as to attract more excellent talents and improve the teaching effect of taekwondo<sup>[5]</sup>.

#### **4. Strengthen the Continuous Improvement of Taekwondo Teaching Hardware Facilities in Higher Vocational Colleges**

When higher vocational colleges have the ideological concept of promoting taekwondo education and professional teachers, they should strengthen the continuous improvement of teaching hardware facilities, so as to ensure the smooth development of taekwondo teaching. At present, some higher vocational colleges in China have insufficient investment in the field of taekwondo teaching, resulting in the lack of perfection of hardware facilities, and they are not even aware of the impact of hardware facilities on taekwondo education. Therefore, various effective measures have not been taken to strengthen the positive improvement of taekwondo teaching hardware facilities. In order to effectively solve this problem, higher vocational colleges should invest a certain proportion of funds in the improvement of taekwondo teaching hardware facilities, so that the improvement of hardware facilities can be guaranteed by funds. According to the characteristics of taekwondo, the teaching venues should be scientifically planned or reasonably repaired. According to the number of students and taekwondo requirements, we should ensure that the number of training equipment is sufficient and advanced, and can satisfy the learning needs of taekwondo to the greatest extent, so that the contradictions between students and equipment in the traditional taekwondo teaching process can be properly solved. Government departments should give some support to taekwondo teaching in higher vocational colleges in terms of financial funds, and reasonably add various infrastructure required for taekwondo teaching in combination with the actual development needs of higher vocational colleges, so as to ensure that taekwondo teaching in higher vocational colleges can further improve the overall quality with the support of government departments and meet the needs of students' all-round development and talent training in higher vocational colleges<sup>[6]</sup>.

In the process of improving taekwondo teaching hardware facilities, higher vocational colleges should resolutely refuse the blind introduction of training equipment, but ensure that all kinds of training equipment introduced can be highly consistent with the actual needs of taekwondo teaching, so that students can improve their taekwondo level with the assistance of relevant training equipment. On this basis, higher vocational colleges should strengthen the detailed analysis and in-depth research on their own taekwondo teaching basis, ensure that the training equipment purchased is highly targeted and planned, and make the government financial funds and higher vocational college education funds play their due role<sup>[7]</sup>.

#### **5. Conclusion**

Starting with the current situation of taekwondo teaching in higher vocational colleges, this paper makes an in-depth analysis of the deficiencies existing in the development of taekwondo teaching in higher vocational colleges in China. To further improve the comprehensive quality of taekwondo teaching, higher vocational colleges should not only correctly recognize and attach great importance to the significance of diversified teaching methods in optimizing their own taekwondo teaching level in terms of thought and action, but also adopt modern ideas to properly solve the problem of weak ideological awareness of taekwondo teaching in higher vocational colleges. On this basis, we analyze the problems in the process of taekwondo teaching, and clearly understand the causes of the problems. We should actively carry out professional training to ensure that the comprehensive ability of taekwondo teachers is further strengthened, provide students with advanced and safe taekwondo teaching hardware facilities, effectively improve the teaching level of taekwondo in higher vocational colleges and promote the physical and mental health development of students.

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