

Research on Wushu Teaching Reform Based on Strategic Perspective in University Quality Education

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Abstract

With the development of the times, Wushu is no longer just a means to keep fit, but also a symbol of our national culture. How to reform the teaching methods of Wushu and establish a teaching mode suitable for it, so as to deepen the quality education into the teaching practice, is a topic worthy of our serious inquiry. Under the background of educational system reform, Wushu, as an important part of physical education curriculum, should reform college Wushu teaching under the background of quality education concept, and realize the breakthrough and renewal of teaching mode. The strategic development idea is to grasp the center of gravity of the development of college Wushu education with the system theory, and to deal with the problems in the development of college Wushu education with the idea of overall planning and coordinated development. Taking quality education as the main breakthrough point, this paper expounds the present situation of college Wushu teaching, and from the perspective of strategic thinking, realizes the innovation of teaching content in Wushu class, and helps students actively complete the teaching task of Wushu course.

Keywords

Wushu; Teaching mode; Strategy; Educational system.

1. Introduction

Wushu is one of the Chinese national cultures. It has become a Chinese memory and a universally recognized Chinese national symbol [1]. Wushu is a sports activity integrating various functions such as strengthening the body, strengthening the body, improving intelligence and nourishing the nature. It is also an important learning content of college sports. However, today's Wushu is facing the cultural crisis of exogenous and endogenous coexistence. How to protect and develop this excellent national culture has become an important practical problem in front of the Chinese people [2]. With the development of the times, Wushu is no longer just a means of physical fitness, but also a symbol of China's national culture. For a long time, this excellent national traditional sports project has not been effectively developed and utilized in college physical education. How to reform Wushu teaching method and establish corresponding teaching mode, and deepen quality education into teaching practice is a subject worthy of our serious exploration [3]. The implementation of Wushu education activities in universities is of great significance to the development of Wushu culture and the promotion of national culture in China.

In the long-term development of sports, Wushu has not been well inherited and effectively developed, and its important role has not been reflected. Most students can not deeply understand the essence of Wushu movement. In addition, there are improper contents and organization methods of Wushu teaching, which leads to students' loss of interest in Wushu learning and affects the quality of Wushu Teaching [4]. Wushu, as an important part of college physical education, plays a role in strengthening the body, benefiting the mind and nourishing the nature, and has an important impact on improving students' physical quality and promoting

students' physical health [5]. From the perspective of strategy, the development of Wushu education in ordinary universities should take inheriting Wushu culture, carrying forward national spirit and implementing lifelong Wushu education as the strategic guiding ideology, take University Wushu teaching as the basis and carrier, and run through the Wushu teaching process with the national spirit, ideology and morality contained in Wushu cultural spirit, Cultivate college students' patriotism and lifelong Wushu habits and abilities [6]. Taking quality education as the main starting point, this paper expounds the current situation of Wushu Teaching in universities, realizes the innovation of teaching content in Wushu classroom from the perspective of strategic thinking, and helps students actively complete the teaching task of Wushu course.

2. Quality Education and University Wushu Teaching

2.1. Connotation of Quality Education

In today's society, the economy is constantly developing, and the times are constantly changing with the passage of time. Globalization has brought unprecedented opportunities and new challenges to the development of Wushu. With the development and characteristics of Wushu in colleges and universities, it is necessary to formulate corresponding Wushu education according to the needs of today's social development and in line with local and regional characteristics, take reality as the foundation, take a global view, and realize the new strategic goal of Wushu education. Quality-oriented education is an overall and long-term educational thought, a great progress in China's educational thought, and a brand-new educational value, which is put forward for exam-oriented education in education. Compared with traditional education, quality education is a brand-new concept. The so-called quality-oriented education is to improve students' comprehensive ability in moral, intellectual, physical, aesthetic and labor, and stimulate their interest and enthusiasm in learning according to the relevant educational policies formulated by the state. According to the requirements of relevant educational policies, we should make a systematic analysis of the needs of the educated and the current society, aiming at improving students' comprehensive quality, focusing on the education of students' comprehensive quality and learning ability, and promoting the development of sports skills. The quality-oriented education is a great breakthrough for exam-oriented education with traditional scores as the first, which is more in line with the requirements of humanized teaching and meets the needs of talents in our country in the future. The pursuit of quality education is to improve the overall quality of talents in an all-round way, and finally to socialize talents. The basic way is to implement education that enables intelligence, physical strength and personality to develop in an all-round way. It suggests that the ultimate goal of education should be to perfect human nature, improve people's fundamental quality and develop their overall functions in a comprehensive and coordinated way, so that education can better meet the needs of social development.

2.2. Current Situation and Disadvantages of Wushu Teaching in Universities

Since the implementation of quality education, the reform of college physical education curriculum has also made gratifying achievements. However, influenced by the traditional teaching mode, there are still many drawbacks in Wushu teaching. Wushu teaching in most universities only takes improving students' skills as the basic pursuit and taking examination as the guiding ideology, but lacks the popularization of students' traditional Wushu knowledge and the cultivation of students' Wushu thinking, resulting in abnormal development of students' Wushu learning. In terms of teaching objectives, the content of Wushu education overemphasizes technicality, requiring students to master relevant skills, ignoring the cultivation of students' intelligence factors and Wushu skills, so that students' Wushu literacy can not be improved [7]. In the current Wushu teaching form, the traditional teaching mode is

still adopted, which can't break the single administrative class teaching system. The teaching content is lack of pertinence, which deviates from the students' learning willingness. Students can't make clear the teaching content in the learning process, but just adapt to the teaching materials blindly, and can't have a deep understanding of the teaching content. In this situation, the result is that the talent quality structure system is imperfect, and it is difficult to meet the needs of individuals and society. In view of this, it is extremely urgent to reform the current university Wushu teaching mode, take the idea of all-round quality education as a guide, reform its teaching methods and enrich its teaching content. Under the background of economic globalization, cultural soft power has become an important symbol of comprehensive national strength and the soul of the nation. The embodiment of this strength closely links a country's prosperity and strength with it. Nowadays, Wushu has been built as an independent discipline in colleges and universities. To promote Wushu culture through Wushu education in colleges and universities, colleges and universities should take the promotion of traditional Wushu culture as the guiding ideology, and cultivate the national spirit of college students through Wushu teaching, so that college students can feel the sense of national honor and provide strong spiritual support for national construction.

2.3. The Relationship Between Quality Education and University Wushu Teaching

With the new requirements of modern society for personnel training, how to adapt Wushu teaching to the needs of the times has become an important breakthrough in Wushu reform. Therefore, in modern Wushu teaching, with the concept of lifelong physical education introduced into the teaching field, school Wushu, as an important link of lifelong physical education, should not only strengthen students' physique, but more importantly, cultivate students' lifelong physical education ideas and comprehensively improve students' overall quality, and make them benefit for life. An important content of quality education is to strengthen the quality education of science and culture. In teaching examination and evaluation, breaking the original examination mode of exam-oriented education and establishing a scientific evaluation system of quality-oriented education are the entry points of Wushu teaching reform at present. In the evaluation, we should pay attention to factors such as students' efforts and progress, and consider the extent of students' progress. Therefore, the evaluation is not a simple technical and physiological index, but a diversified model, focusing on individual creativity and respecting people's personality [8]. Learning the knowledge of traditional Wushu's health preservation and health care can improve students' physical culture quality and their initiative and enthusiasm in physical exercise. Wushu sports not only enriches the content of quality education, but also opens up a road for their own development. Cultivating students' ideology and spiritual elements fully reflects the traditional cultural wisdom and sports methods contained in Wushu teaching, which is unmatched by other sports events. By digging deep into these scientific connotations, we can deepen students' knowledge and cultural accomplishment, promote students' sports accomplishment, and make students improve their scientific and cultural quality in the relaxed atmosphere of Wushu activities.

3. Basic ideas of University Wushu education development strategy

3.1. Grasp the Planning of University Wushu Education System with the Thought of System Theory

The development of university Wushu education is the integration of all parts and elements of university Wushu education under the overall vision, which is unified with the strategic goal of university Wushu education development. According to the universities in different places, we should make independent plans and consider them comprehensively according to their

regional characteristics and actual conditions, so as to develop Wushu education with regional characteristics. When planning Wushu education with special characteristics, it is necessary to make comprehensive consideration in accordance with the relevant national strategic planning and the local development situation, including economic, political and cultural development. In the strategic planning for the development of Wushu educational activities, universities should not only consider the similarities as educational activities themselves, but also consider the particularity of Wushu, so that it can be unified into the Wushu educational activities of universities, and make Wushu education have the functions of ordinary teaching activities [9]. Figure 1 shows the basic elements of the integrated service system for college students' physical health in Wushu teaching.

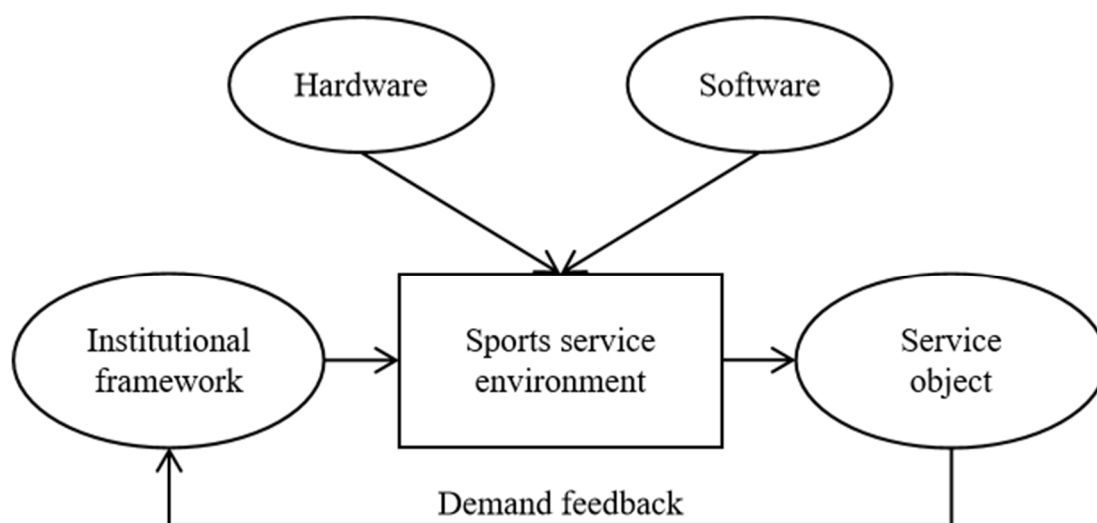


Figure 1. Basic elements of the integrated service of physical fitness and health of college students in Wushu teaching

As a part of school education, Wushu education has its universality and particularity. Therefore, we should consider its integration with other university education. When carrying out the strategic planning of Wushu education, we should consider it not only as a whole, but also as a part of university education. It should be incorporated into the overall planning of general education, so that it has the functions of other general teaching. The relationship between the whole and part of university Wushu education is the same. The development strategy of university Wushu education is to rationally plan and design the specific tasks and goals of each part under the overall guidance and the overall goal, and finally realize the coordinated and unified development of university Wushu education. University Wushu education is different from other sports. The emphasis of university Wushu education development is to carry forward traditional culture and cultivate college students' national spirit and patriotism, so that they can have the thought of Chinese national spirit. The educational philosophy of Wushu teaching should take the inheritance of national culture and the promotion of national spirit as the focus of educational development, analyze the focus of university Wushu teaching objectives, and use university Wushu teaching philosophy to promote the scientific development of Wushu education.

3.2. Grasp the Focus of University Wushu Education Development

In university Wushu education, the inheritance of traditional culture and the cultivation of college students' national spirit should be the focus of university Wushu education. The whole process of university Wushu teaching should always carry out the thought of inheriting traditional culture and cultivating Chinese national spirit. Both technical teaching and

theoretical teaching should focus on inheriting national culture and cultivating national spirit. Specific to the development of Wushu education activities in universities, it is necessary to adhere to the guiding ideology of carrying forward national culture and inheriting Wushu traditional culture, not only to learn theoretical knowledge, but also to learn Wushu routines, which can cultivate students' awareness of Wushu spiritual learning from both physical and psychological aspects. The development of Wushu activities in universities should be carried out in accordance with the relevant national strategic planning and the local actual situation. At the same time, while paying attention to local characteristics, we should carry out activities from the overall situation and overall perspective. When planning Wushu education, we should proceed from the overall situation of the whole school education, make overall plans and take care of one thing and avoid losing one. At the same time, it is necessary to make Wushu education and other education go on at the same time, avoid conflicts and make them coordinate and develop together.

4. Conclusions

With the deepening of China's economic system and medical reform, people's health awareness is gradually enhanced, and Wushu fitness will surely become an important part of modern people's fitness. Quality-oriented education is the main direction of the current reform of university education system. The content of the reform must conform to the current trend of social development and talent demand, reform the routines and methods of Wushu teaching, and emphasize the important role of application ability. The breadth of Wushu teaching content can be widened appropriately, while the depth can be reduced. It should emphasize the acceptability of Wushu learning content, which is practical, healthy, entertaining and lifelong for self-defense, so as to help students consciously participate in Wushu exercise and develop the habit of practicing Wushu for life. Combining the teaching of Wushu with the teaching of physical education is helpful to carry forward the spirit of Chinese Wushu, enhance the overall strength of the school and show the teaching achievements of Wushu. If we want to develop Wushu education in universities for a long time, we need to use strategic thinking and methods to guide it, so that it can have strategic planning, direction and guidance, so as to maintain a long-term and better development trend under the complex and ever-changing international environment.

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