Exploration and Practice of Ideological and Political Education of Chinese Martial Arts Courses in Colleges and Universities

Luyao Ren¹, ², Wumei Xu³, Mingya Kong¹, Daoxu Ding¹

¹Department of Physical Education, Nanjing Forestry University, Nanjing, Jiangsu, 210037, China
²Confucius Institute, Alabama Agricultural and Mechanical University, Huntsville, Alabama, 35762, UAS
³Adult Education Center School, Huai’an, Jiangsu, 223200, China.

Abstract

In the context of “curriculum ideological and political education”, in order to fully explore the value and role of the ideological and political education of martial arts courses, this paper analyzed the common attributes between “curriculum ideological and political education” and “college martial arts teaching” and the status quo of ideological and political teaching of college martial arts course and found that the ideological and political teaching mode of college martial arts course was single and invariable; the teaching concept was outdated and teaching content lacked innovation. The author put forward that the ideological and political teaching of college martial arts courses should: dig deeply the ideological connotation of college martial arts; make innovation in teaching methods and enrich teaching forms and contents; establish a scientific and reasonable evaluation system.

Keywords

Colleges and universities; Chinese martial arts; Curriculum ideological and political education; Exploration; practice.

1. Introduction

At the National Conference on Ideological and Political Work in Colleges and Universities, General Secretary Xi Jinping pointed out, “we must make good use of classroom teaching as the main channel to meet the needs and expectations of students’ growth and development. All other courses should keep their responsibilities well performed, so that all kinds of courses and ideological and political theory courses can work together towards the same direction and form a synergistic effect. [1]” Physical education courses in colleges and universities are an important part of higher education. Traditional physical education focuses on the improvement of students' physical fitness and sports skills. Martial arts teaching “emphasizes techniques and take no count of culture” [2], thus ignoring the education of students' ideological and mental health and overlooking the ideological and political elements contained in physical education. As the Chinese excellent traditional sports in physical education curriculum of colleges and universities, martial arts contain rich ideological and political elements. Students can learn about the outstanding national traditional culture, historical figures and stories related to martial arts from the practice of martial arts. Martial arts teaching can enhance students' patriotic sentiment, and thus have positive significance in shaping students’ healthy personality. Therefore, martial arts classes play an important role in college students' ideological and political education.
2. The Similarities Between the Curriculum Ideological and Political Concepts and Martial Arts Education in Colleges and Universities

Under the background of quality education, the new curriculum has undergone continuous and in-depth reforms, paying more attention to the cultivation of students' comprehensive literacy. Therefore, the new curriculum advocates the ideological and political concepts, and the perfect integration of ideological and political concepts and teaching content in the teaching process, so as to cultivate excellent ideological and moral qualities of students, help them establish correct values, and truly achieve the educational objective of fostering character and civic virtue [3].

Martial arts education also adheres to the educational philosophy of fostering character and civic virtue. In the process of martial arts teaching, colleges and universities not only focus on the learning effect and quality of students' martial arts skills, but also pay attention to the cultivation of students' ideological and cultural qualities. In addition to teaching students martial arts skills, they will also infiltrate excellent traditional culture contained in martial arts to cultivate students' martial arts spirit. “Martial arts teaching can promote the ideological and moral cultivation of college students” [4], so that students can have a higher level of martial arts morality when comparing notes or competing with others. Therefore, the curriculum ideological and political concept has extremely high commonality with the martial arts educational concept in colleges and universities. The infiltration of ideological and political education in martial arts education will positively promote the cultivation of students’ excellent ideological and moral qualities and the fostering of their martial morality.

The national spirits of loyalty of patriotism, self-discipline and social commitment, self-improvement, entry into society and forging ahead contained in martial arts, as well as ethical culture like advocating courtesy and virtue, benevolence and comity, tolerance and generosity, valuing righteousness and benefiting mankind, and treating others with lenience are highly isomorphic with the “ideological and political elements” such as national ideology and moral education advocated by the “curriculum ideological and political education”. “Learning morals before practicing martial arts.” Only with a high level of martial virtue can a martial artist be called a qualified practitioner of martial arts. The national ideology and moral education content advocated by “curriculum ideological and political education” is precisely the requirements and specific manifestations of “martial morality”. According to a survey, 47% of the students think it is necessary to “strengthen moral education and understand martial arts culture” in martial arts classes, ranking the second among the nine items investigated [5]. It can be seen that the education of “martial morality” is generally believed to be very important among student groups. Therefore, students should always keep in mind the meaning of martial arts learning, always restrain their behaviors, and effectively improve their own thoughts in the process of learning so that they can have the thoughts of benevolence and harmony, and form excellent qualities of being helpful and courageous, can undertake the responsibility of inheriting and carrying forward the excellent traditional culture of the Chinese nation and contribute their own meager strength to the society. Therefore, in the process of martial arts teaching, it is necessary not only to cultivate and exercise the skills on martial arts, but also to infiltrate students with ideological and political education, and actively guide them so that they can truly understand the connotation of martial arts, thereby promoting the improvement of students' comprehensive literacy and helping them establish correct values. This fully demonstrates that the “martial morality” norms of martial arts education are highly consistent with the requirement of “fostering character and civic virtue” in the course of ideological and political education.
3. Status Quo of Ideological and Political Teaching of Martial Arts Courses in Colleges and Universities

3.1. Single and Solidified Teaching Methods

Once the concept of curriculum ideological and political education was put forward, colleges and universities have asked teachers to infiltrate the ideological and political education concepts into various disciplines. Martial arts teaching in colleges and universities, as one of the favorite subjects of students, has also begun to infiltrate the ideological and political education concepts into teaching. However, due to the influence of traditional teaching methods, the teaching methods are too single and solid in the process of ideological and political education by college martial arts teachers. Most martial arts teachers use the method of directly instilling ideological and political knowledge to infiltrate ideological and political education, resulting in a very dreary atmosphere in the classroom, which not only affects students’ interest in learning, but also has difficulties in meeting the needs of students [6]. In addition, the penetration of ideological and political education in martial arts teaching is still in the form, which is too superficial and does not give in-depth guidance to students, so that students are not clear about the goal and significance of learning and just study for exams, which leads to unsatisfactory learning effect.

3.2. Outdated Teaching Concepts and Lack of Innovation in Teaching Content

Affected by traditional teaching concepts, most martial arts teachers in colleges and universities put more attention and energy on the learning of martial arts skills in teaching, and spend relatively little time and effort on ideological and political education. They do not make innovation in the contents of ideological and political education in time, and fail to carry out teaching activities according to the physical and mental characteristics of students. Instead, they indiscriminately follow textbooks, making students show low interest in ideological and political education and even arousing their reverse psychology. Therefore, martial arts teachers in colleges and universities should promptly innovate in teaching concepts and contents, and stimulate students’ interest and enthusiasm in learning, so that they can feel the charm of ideological and political education.

4. Practical Strategies of Ideological and Political Teaching of College Martial Arts Courses

4.1. Deeply Excavate the Ideological Connotation of College Martial Arts

The fundamental purpose of curriculum ideological and political education is to cultivate students’ excellent ideological and moral qualities and help them establish correct outlook on life, world outlook and values. Chinese martial arts inherently contain a wealth of traditional culture. Therefore, martial arts teachers should thoroughly analyze and explore the ideological connotation of martial arts in colleges and universities, so that students can experience and feel the excellent culture of martial arts, thereby enhancing the sense of national identity and stimulating their love for the nation and the motherland. Thus, students can realize the importance of inheriting and carrying forward the national spirit and national culture, and form correct values [7].

Martial art, as an excellent national traditional sport in China, has a broad mass base and the heroic deeds of martial arts personages and their noble morals, such as the chivalrous spirit of “a great chivalrous man serves his country and his people”; Yue Fei, a famous general who fought against Japanese invasions, was inspired to be a patriotic soldier by his mother who carved “repaying the country with supreme loyalty-patriotism” on his back when he was young. In order to make himself never forget to serve the motherland, he practiced martial arts
assiduously and eventually became a pillar of the nation with both civil and martial virtues. Yue Fei’s heroic deeds have been handed down all over the country till now, and it is precisely because of his determination and faith in defending the country and the frontier that he has been venerated by the people so far. Huo Yuanjia, a famous martial arts master in the period of the Republic of China, feared no sacrifices and resolutely devoted himself to anti-Japanese activities for the interests of the state and the nation, reflecting his great national spirit. Therefore, many historical figures and events can be the sources of teaching materials for “curriculum ideological and political” education. It is necessary to dig deeper into the ideological and political materials similar to martial arts courses, impart them to students, and inspire positive thoughts of the young to bear hardships and stand hard work, and strive for progress and strong patriotism.

4.2. Make Innovation in Teaching Methods, and Enrich Teaching Forms and Contents

Influenced by traditional teaching modes and teaching concepts, most martial arts teachers in colleges and universities used single and solidified teaching methods and unchanging teaching contents in the process of teaching, which has a negative impact on students’ interest and enthusiasm, not only making the classroom atmosphere tedious, but also making the ideological and political concepts cannot be effectively integrated into martial arts teaching. In consequence, it is difficult to improve the effectiveness of ideological and political education in the martial arts teaching. Therefore, martial arts teachers in colleges and universities should be fully aware of the problems in teaching, make innovation in teaching concepts and contents, and enrich teaching modes in a timely manner, so as to bring students a vigorous and interesting martial arts classroom, improve effectiveness of ideological and political education, and better infiltrate ideological and political education into martial arts [8].

In order to fully stimulate students’ interest and enthusiasm and increase their participation, teachers can hold martial arts group competitions. Students in the class are divided into groups according to the number and their martial arts learning situations. Friendly matches can be carried out in groups to arouse students’ competitive mentality. Through the matches, forms of martial arts classes are enriched, and every student in the class can actively participate in the martial arts class, so that they can understand the importance of teamwork during the competition and realize that the victory of a competition is inseparable from the hard work and dedication of everyone in the team, and cannot be separated from the martial arts spirit of indomitable struggle and never giving up. Thereby, it can influence students’ thinking subtly, effectively improve their comprehensive qualities, and help them form correct values.

Today, when multimedia teaching methods are rich and diverse, martial arts teaching forms should also follow the development of the times and bring forth the new and integrate new means and methods to assist teaching on the basis of traditional teaching methods. Using the WeChat group chat, the teacher can share cultural knowledge related to martial arts in the group after each class, so as to deepen students’ in-depth understanding of martial arts. After each class and before the next class, the teacher can ask the students in the class to take pictures of what they have learned this week to the WeChat group chat in groups, and each group will vote on which group performs better, which will help improve students’ learning enthusiasm and enable those who lag behind in technology to further consolidate and improve.

4.3. Establish A Scientific and Reasonable Evaluation System

Educational inheritance is the basis for the continuation of Chinese excellent traditional culture [9], through teaching evaluation, all aspects of teaching can be better understood, because it can supervise and control the teaching process [10]. As a kind of feedback information, the
evaluation result can provide reliable basis for teachers to adjust the teaching plan, and is an invisible “baton” to test the teaching effect.

At present, most martial arts teachers in China put too much time and energy on the cultivation of students' martial arts skills, ignore the ideological and political education of students, and neglect the cultivation of students' martial virtue in martial arts teaching. As the saying goes, “learning morals before practicing martial arts.” Therefore, martial arts teachers in colleges and universities should be aware of the importance of infiltrating ideological and political education into martial arts teaching, so as to truly “cultivate people by virtue”. Martial arts teachers should update the old concept of teaching evaluation, focus on the cultivation of students' comprehensive quality, not only pay attention to “technical” education, but also improve martial arts teaching through a scientific and comprehensive multi-evaluation system.

Martial arts teachers in colleges and universities should establish a “scientific and reasonable evaluation system” in which the training of students’ martial arts skills and their ideological literacy should be placed in the same important position. Students should be evaluated in a timely manner after each class. Teachers should focus on the physical and mental health of students in a timely manner, show solicitude for student’s ideological and moral quality, and pay attention to whether students really understand the core and connotation of martial arts. In this way, students can be guided in ideological and political education, and the role of martial arts education can be truly played, so that students can realize the connotation of martial arts learning and take the initiative to inherit and carry forward the spirit of martial arts.

In conclusion, infiltrating ideological and political education into martial arts is conducive to promoting and inheriting China’s excellent traditional culture, cultivating students' national and patriotic feelings, and helping them establish correct values. This requires martial arts teachers in colleges and universities to fully realize the importance of ideological and political education, and adopt effective strategies in martial arts teaching to actively infiltrate ideological and political education to help students acquire martial arts skills. At the same time, martial arts teachers should strengthen the cultivation of martial virtue, effectively improve students' ideological and moral quality, and promote students' all-round development.

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Correspondence
Sports Center, Nanjing Forestry University, 159 Longpan Road, Xuanwu District, Nanjing, Jiangsu 210037, China.
Email: luyao@njfu.edu.cn

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