

# Research on the Path of Promoting the Intangible Cultural Heritage Sha's Martial Arts Into the Campus under the Background of the Integration of Sports and Education

Deju Wang and Wenquan Zuo

Yunnan Normal University, Yunnan Province, Kunming City, 650500, China

## Abstract

Based on the policy background of deepening the development of the integration of sports and education, with the main purpose of promoting the healthy and harmonious development of young people's mind and body, with the promotion of the intangible cultural heritage of Shashi Wushu into Zhenxiong Wenwu School as the focus, the Shashi Wushu is integrated into the Zhenxiong Wenwu School's physical education. Curriculum, promote the effective development of physical education in schools, provide diversified teaching factors for the development of physical education courses in civil and military schools, and strengthen the comprehensive development of students' physical exercise and cultural learning. This article uses the method of documentary materials, field visits and logical analysis, from the perspective of deepening the policy perspective of the integration of sports and education, to explore the educational significance and cultural value of the non-heritage culture of Sha clan martial arts in Zhenxiong Wenwu School, and explore Zhenxiong Wenwu School. The basic situation of the development of its martial arts, found the existing problems, and put forward corresponding countermeasures to provide a theoretical reference for Sha's martial arts to be better promoted in Zhenxiong Wenwu School and the school's compatible education model.

## Keywords

Integration of sports and education; Intangible Cultural Heritage; Shashi martial arts; Promotion path.

## 1. Preface

Deepening the integration of sports and education is an important measure for the development of education and sports in our country in the new era. On August 31, 2020, the State Sports General Administration and the Ministry of Education jointly issued the "Opinions on Deepening the Integration of Sports and Education to Promote the Healthy Development of Youth", which clearly pointed out that it is necessary to improve the youth sports competition system; strengthen the construction of schools with traditional sports characteristics; and regulate social sports organizations; Vigorously cultivate physical education teachers and coaches, strengthen the construction of teaching staff and other policies and systems. Under the current educational environment, deepening the concept of integration of sports and education plays an important role in guiding and promoting the development of sports in my country. However, intangible cultural heritage is a remarkable achievement of the historical civilization and cultural soft power of a country and a nation, and it is the core factor of excellent traditional culture and an indispensable key part.

Therefore, the intangible cultural heritage of Shashi Wushu as an intangible cultural heritage is promoted in Zhenxiong Wenwu School. The educational value and the cultural connotation of Wushu it contains will subtly have a positive impact on the physical and mental development of students. The interest in learning excellent traditional martial arts culture enables students

to learn basic martial arts skills, and at the same time enables students to be familiar with excellent traditional Chinese culture, understand the historical origin of Chinese martial arts culture, and enhance students' cultural self-confidence. Their own national consciousness and cultural consciousness, so as to realize the spirit of civilization and the physique of barbarism.

## **2. Under the Background of Deepening the Integration of Sports and Education, the Significance of the Promotion of the Intangible Cultural Heritage Sha's Martial Arts Into the Campus**

Taking the background of deepening the integration of sports and education as a carrier, it is of far-reaching significance to give full play to the educational value of the intangible cultural heritage of Shashi Wushu in the campus promotion. The promotion and development of Shashi Wushu in Zhenxiong Wenwu School can effectively promote the development of school sports and promote The organic combination of sports and education. The intangible cultural heritage of Sha's martial arts is closely related to the background of deepening the integration of sports and education, and actively goes deep into the campus to develop and promote its educational value. Love martial arts and have fun in martial arts practice, and cultivate students' active learning ability. The second is to continuously strengthen students' learning of traditional Chinese martial arts culture, so that the younger generation of students can better carry forward and protect the inheritance and development of national traditional martial arts culture, and actively improve students' cultural literacy, emotional literacy, cognitive literacy and Physical quality, and ultimately promote the healthy and coordinated development of students' knowledge, emotion, will, and physical and psychological health. The third is to cultivate the martial arts talents needed for the development of the country, society and schools, to lay a solid foundation for the development and inheritance of the intangible cultural heritage Sha's martial arts in the future, and finally to achieve "educate people with martial arts and delight the heart with martial arts" through learning Sha's martial arts. , to inspire oneself with martial arts, to shape and perfect the personality with martial arts".

It is extremely important to attach importance to and carry forward the inheritance and protection of traditional Chinese martial arts culture. Therefore, the promotion and development of the intangible cultural heritage Sha's martial arts into the campus is not only conducive to enhancing the physical fitness of students, but also conducive to releasing the charm of Chinese martial arts culture. It is of great significance to carry forward and inherit the excellent traditional martial arts culture.

## **3. The Basic Problems of Curriculum Teaching in Zhenxiong Civil and Martial Arts School under the Background of Deepening the Integration of Sports and Education**

### **3.1. The Simplification of the Teaching Content of Martial Arts Courses**

Zhenxiong Cultural and Martial Arts School is a private school established with the approval of the county education bureau. It takes "culture as the focus and martial arts as the characteristic" as the educational model of the school's development. There are four campuses, the junior high school and high school are one campus, and each campus has a martial arts teacher. Wushu is a characteristic item of school physical education, but due to the uneven professional knowledge, professional skills, professional culture and professional quality of Wushu teachers in each campus, the teaching ability and teaching level are limited, which leads to the development and teaching content of Wushu courses. Simplification. The content of martial arts taught by teachers is mostly five-step boxing and the second set of Shaolin boxing. Among them, the content of martial arts taught by the four primary schools of Wenwu is relatively diversified,

and most of them are mainly teaching Shashi Wushu Tongbei Boxing, but teachers only focus on When teaching movements, students only focus on learning movements, and students do not understand the meaning of offense and defense, forming a martial arts cultural phenomenon that is superficial and unaware of its connotations. Moreover, school leaders pay more attention to students' cultural education and neglect the development of school sports, which to a certain extent violates the educational concept of deepening the integration of sports and education. School leaders should change the inherently rigid teaching concept, and should pay more attention to the teaching process and Instead of teaching results, focus on students' physical and mental health rather than on students' cultural performance.

### **3.2. The Organization of the Martial Arts Competition System Is Not Perfect**

According to the field investigation, at present, Zhenxiong Wenwu School rarely holds large-scale martial arts competitions. More often, when the superior leaders inspect the school's sports work, they will organize students in various campuses to perform martial arts reports and performances. At other times, students are hardly organized to participate in any form of martial arts competition. The main reason is that the school leaders don't pay enough attention to martial arts competitions, the second is that the school does not set up a special martial arts class, but a special martial arts team is established; another reason is the imbalance of students' cultural and martial arts classes.

### **3.3. Unbalanced Teaching Staff in Schools**

According to the field investigation, Zhenxiong Wenwu School has six campuses of elementary school, junior high school and high school, and each campus has at least about 2,000 students, but each campus has only one martial arts teacher and two other physical education teachers. Among them, there are only a handful of teachers who know about the intangible cultural heritage of Sha's martial arts, and there are very few teachers who really know the skills of Sha's martial arts. This is extremely unbalanced in the allocation of teachers, and the phenomenon of short supply is extremely serious. The configuration can not meet the needs of students in martial arts classes, the source of students' knowledge of martial arts culture and its lack, and the lack of martial arts teachers are the main reasons that affect the large-scale development of school sports. Secondly, the difference between the teaching level and teaching ability of Wushu teachers is also another factor that affects the development of physical education in schools. There are many difficult and highly skilled movements in Wushu which are extremely difficult to master. Demonstrate in place, explain clearly, students can better understand and learn. However, most of the Wushu teachers in each campus of Zhenxiong Wenwu School are older middle-aged teachers. They have not undergone systematic training of difficult movements, and they have some understanding of the standards of difficult technical movements, but they cannot better demonstrate in person. The standardization of martial arts movements and the artistic beauty of movement skills cannot be better displayed in front of students, and cannot better stimulate students' interest and motivation in learning.

## **4. Countermeasures for the Promotion of Sha's Martial Arts Into the Campus under the Background of Deepening the Integration of Sports and Education**

### **4.1. Strengthen the School Leaders' High Emphasis on Deepening the Integration of Sports and Education, and Optimize the School's Teaching Structure**

The State Sports General Administration emphasized in the "14th Five-Year" Sports Development Plan that deepening the integration of sports and education and focusing on

adolescent health is the top priority of the 14th Five-Year Plan. Therefore, the school leaders of Zhenxiong Wenwu School should analyze in depth. It also attaches great importance to the educational concept of deepening the integration of sports and education, makes the best use of the situation, has a definite purpose and tailors the clothes, formulates a Shashi Wushu teaching system focusing on student development, establishes teaching goals, optimizes teaching content and teaching structure in a timely manner, and adopts a variety of innovative means and teaching methods. , Enrich the teaching content of physical education courses, and create a good classroom atmosphere, such as video feedback teaching, simulation teaching, students' cooperative inquiry learning, etc., pay attention to the value and experience brought by physical education teaching to students, and truly realize the good integration of physical education and educational functions, Through learning martial arts, students can develop good exercise habits and the ability to learn independently, establish cultural self-confidence, and enhance national awareness.

#### **4.2. Organizing Competition System, Create A Strong Martial Arts Campus Atmosphere**

At present, the organization competition system of Zhenxiong Civil and Martial Arts School is not perfect. The school should meet the concept of deepening the integration of sports and education, fully improve the school sports competition organization system, and set up Shashi martial arts special classes according to the students' personality characteristics and interests, and establish Shashi The special martial arts team has made greater efforts to make full preparations for the organization of the martial arts competition system. Competition is to stimulate students' intrinsic motivation to participate in sports, organize students to participate in competitions at all levels, can cultivate students' attitude towards winning or losing in competitions, form a good sense of competition and a positive healthy psychology, enhance students' social adaptability and improve interpersonal communication. ability. Secondly, we should create a strong martial arts campus atmosphere, publish blackboard newspapers, set up billboards, and vigorously promote the educational value and cultural connotation of the intangible cultural heritage Sha's martial arts to all students in the school, so that students can more directly understand my country's outstanding The traditional national sports culture can enhance students' cultural pride, national self-confidence, and cultivate students' patriotism.

#### **4.3. Integrate Shashi Wushu Teachers and Improve Wushu Teachers' Professional Teaching Ability**

A strong team of teachers is an indispensable reserve force for the development of school sports. Teachers play a leading role in the development of school sports, and students are the indispensable main body. Without high-quality integrated teachers and professional martial arts coaches, the buds of students' love for martial arts It will also wither in the cradle, and the development of its school sports is difficult. Therefore, Zhenxiong Wenwu School should conform to the concept of deepening the integration of sports and education, so that the school education model compatible with Wenwu and Wushu should be developed more effectively. It should introduce high-level professional martial arts teachers, increase the number of martial arts teachers, and strengthen the team of masters; invite martial arts experts from outside the school. Enter the school to carry out skill practice and theoretical training for Wushu teachers in each campus, consolidate Wushu teachers' own educational ability and teaching level; regularly plan and organize Wushu teachers in each campus to conduct teaching and research exchanges, learn from each other, make progress together, explore new teaching methods, improve Teaching quality; secondly, martial arts teachers should teach students in accordance with their aptitude and step by step in the teaching process, pay attention to students' learning in the classroom, and actively ask students about their learning experience in this class and

their proficiency in the movement skills they have learned, so as to fully understand The basic characteristics of students' physical and mental development, respecting and caring for students, can implement teaching more effectively, which is also the basic educational quality that teachers must have.

#### **4.4. Incorporate the Intangible Cultural Heritage of Sha Clan Martial Arts Into the Physical Education Curriculum of Zhenxiong Wenwu School**

In 2013, Shashi Wushu was included in the third batch of intangible cultural heritage list in Yunnan Province, and as one of the 30 outstanding projects at the provincial level, it was reported to the Ministry of Culture and approved by the State Council as a "national intangible cultural heritage project". Sha's martial arts is learned by Mr. Sha Guozheng from many famous martial arts masters, coupled with his own diligence and hard training, and concentrated study, and finally acquired the national traditional sports culture with unique style, clear boxing principles and self-contained system. Therefore, we should actively implement the in-depth integration of sports and educational functional values, incorporate the intangible cultural heritage of Shashi Wushu into the physical education curriculum of Zhenxiong Wenwu School, and promote the cultural value, fitness value, and educational function value of Shashi Wushu, so as to make the intangible cultural heritage unshakable. Shi Wushu has been fully developed in the school. While strengthening students' physical exercise, we should also encourage students to learn our country's excellent traditional national sports culture, which can not only enrich the campus cultural life and physical education content, but also add vitality to the school's civil and military compatible education model. And the practice of Shashi Wushu can enhance students' physique, carry forward their martial spirit, temper their will quality, exercise their courage, and improve their self-confidence and self-protection ability.

The State Sports General Administration mentioned in the "14th Five-Year" Sports Development Plan, "to explain to the world the traditional sports with Chinese characteristics represented by martial arts, the excellent traditional Chinese sports culture that embodies the Chinese spirit and contains Chinese wisdom, and strengthens the Promote efforts, promote Wushu to 'go out', and continue to promote Wushu's entry into the Olympics", which fully shows that the country attaches great importance to the inheritance and promotion of Wushu. The most fundamental way to promote Wushu's "going out" is to make Wushu develop better on campus. The main body of school sports development is students, and primary and secondary school students are the mainstay of a country and a nation's development and growth. The main communicator and successor of culture. Therefore, incorporating the non-heritage culture of Sha's martial arts into the physical education curriculum of Zhenxiong Wenwu School has innovative significance for sustainable development, cultivating and shaping the national spirit, which is the foundation of "the youth has ambition and the country has hope", starting from the group of young students, Let the students learn the good qualities of self-improvement from the martial arts culture, shape the students to use martial arts to strengthen the body, use martial arts to be wise, use martial arts to build morality, and use martial arts to revitalize the soul, and constantly strengthen students' patriotic spirit, for the development of students' physical and mental health and well-being. Establish a good foundation for future development!

## **5. Conclusion**

Deepening the integration of sports and education is a strategic adjustment proposed by the state for the two fields of sports and education in the new historical period, and it is an important turning point for youth sports education in our country. Sha's martial arts is included in the physical education curriculum of Zhenxiong Wenwu School. The purpose is to strengthen school sports work, enrich school sports activities, promote the healthy and harmonious

development of young people's physical and mental health, carry forward and inherit the development of national traditional sports culture, cultivate outstanding martial arts talents, and contribute to the country, society, and society. The development of the school provides more well-rounded sports talents.

The promotion and development of the intangible cultural heritage Sha's martial arts into the campus needs to be in line with the educational significance of deepening the integration of sports and education, and the school's education model that is compatible with both culture and martial arts, constantly reflect on its own teaching system, optimize the school's teaching structure; organize competition system, create a strong Wushu campus atmosphere; integrate Shashi Wushu teachers, improve Wushu teachers' professional teaching ability; make full preparations for the development of school sports, It is also necessary to meet the needs of the development of the country, society and students, give full play to the unique style of Shashi Wushu and the excellent traditional national sports characteristics, and make efforts to build a strong sports country, reflect the spirit of sports China, and make efforts for the prosperity and strength of Chinese sports!

## References

- [1] Yang Guoqing, Liu Yujia, On the connotation concept and implementation path of the integration of sports and education in the new era [J]. Journal of Tianjin Institute of Physical Education, 2020, 35(6): 621-625.
- [2] Liu Haiyuan, Zhan Enyan, Reflections on the implementation of the "Opinions on Deepening the Integration of Sports and Education to Promote the Healthy Development of Adolescents" [J]. Journal of Physical Education, 2020(06):1-11.
- [3] Wang Aiqi, Talking about the multi-paths of Wushu's promotion model in campus [J]. Xue Weekly, 2017, (33): 42-43.
- [4] Cai Yinyong, "Martial arts enter the campus" has a long way to go [J]. Contemporary Sports Technology, 2013,3(1):110+113.
- [5] Yang Bin, Hui Jun, Zhou Zike, Research on the development dilemma and optimization path of Chinese school martial arts under the background of building a strong sports country [J]. Journal of Military Sports, 2020(01):107-110.
- [6] Zhang Qiang, Research on the Path Selection of "Wushu Entering Campus" in Beijing-Tianjin-Hebei [D]. Beijing: Capital Institute of Physical Education, 2017.
- [7] Zhong Bingshu, Research on the perfect path of youth sports event system under the background of integration of sports and education [J/OL]. Research in Sports Studies, 1-14 [2020-10-21].
- [8] Zhao Haitao, Research on the current situation and countermeasures of Wushu's campus activities [J]. Wushu Research, 2018, 3, (7): 7-10.
- [9] Zhang Qiang, Meng Tao, Tang Tiejun, Multi-path analysis of the promotion model of "Wushu entering campus" [J]. Chinese Wushu Research, 2016, 5, (1): 58-63.
- [10] Problems and Prospects: The Integration of Sports and Education Promotes the Healthy Development of Adolescents, Zhong Bingshu - "Journal of Shanghai Institute of Physical Education", -2020.
- [11] Top-level design policy guidelines and promotion paths for the integration of sports and education in my country, Liu Mingyi, Ding Huang - "Journal of Shanghai Institute of Physical Education", -2020.