

Research on the Current Situation and Countermeasures of Wushu Dan System in primary schools in Gulou District of Nanjing

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Abstract

In order to understand the current situation of Wushu Dan system in primary schools in Gulou District, Nanjing, this paper carries out corresponding analysis and Research on Wushu activities in primary schools in Gulou District, Nanjing. Based on its specific implementation status, this paper investigates the current distribution of Wushu Dan system, the distribution of test sites, the cognition of teachers and students, etc. Through the discussion and analysis of this paper, we can understand the internal and external factors affecting the development of Wushu Dan system, summarize the deficiencies and problems, and build targeted solutions, so as to provide reference and ideas for the scientific and reasonable development of Wushu Dan system in primary schools in Gulou District of Nanjing.

Keywords

Wushu Dan System; Current situation; Countermeasure research.

1. Introduction

In China, which is currently a sports power, all kinds of sports have already entered the campus. In order for students to achieve the purpose of physical fitness, primary schools, junior high schools, senior high schools and universities have joined a variety of sports as part of the curriculum. After five thousand years of development, Wushu has become China's "Guoshu", Wushu is China's traditional culture and the crystallization of the wisdom of the Chinese people. In 1961, the Ministry of education listed Wushu as the teaching content of physical education syllabus in primary and secondary schools, which marked the beginning of Wushu entering the campus. In order to avoid the situation that western culture replaces Wushu in the integration of eastern and Western cultures, the Wushu Culture Research Institute of the General Administration of sport of China launched the "Chinese Wushu Dan System" in 1998, which indicates that Wushu has an evaluation system of promotion [1]. The Wushu Culture Research Institute of the General Administration of sport of China further improved the "Chinese Wushu Dan System" in 2008 and 2011, and so as on campus. Primary schools in Gulou District is the main area in Nanjing to promote the Chinese Wushu Dan System. Through the investigation of 48 primary schools in Gulou District, Nanjing, it is found that there are few primary schools that really implement the Wushu Dan System. In terms of the investigation on the implementation of the Wushu Dan System in primary schools in Gulou District, Nanjing, the investigation method, questionnaire method and interview method are combined to conduct an in-depth investigation and Analysis on the current situation of the Wushu Dan System in primary schools in Gulou District, Nanjing, This paper carries out corresponding research from the aspects of the school distribution of Wushu Dan System in Gulou District of Nanjing, the distribution of examination sites of Wushu Dan system, teachers' and students' cognition of Wushu Dan system, system content and teaching methods. Through the investigation, it is expected to

summarize the specific situation of the implementation of Wushu Dan system in this primary school, summarize the obstacles, and construct effective improvement measures, Provide an effective theoretical basis for its development in the future, and provide a theoretical reference for the scientific development of Wushu Dan System in primary schools of other regions[2].

2. Research Object and Research Method

2.1. Research Object

This paper takes the current situation of the development of the Wushu Dan system in primary schools in Gulou District of Nanjing as the research object, and takes the physical education teachers and third grade students of Nanjing Langya Road Primary School, Nanjing Gulou experimental primary school, Nanjing Lhasa Road Primary School, Nanjing Yincheng primary school, Nanjing njlixue primary school and the primary school affiliated to Shuren School of Nanjing Normal School who have carried out the Wushu Dan system as the research object.

2.2. Research Method

2.2.1. Documentation Method

Based on a large number of literature, this paper collects and arranges the research on the policy and current situation of activities Wushu entering school and the Wushu Dan system after 1998, including not only policy documents, news content, but also relevant academic papers.

2.2.2. Interview Method

Based on the research needs, the relevant outline of the interview is designed, so as to effectively interview the leaders of relevant schools. From the aspect of specific content, it includes the following parts: understand and master the current development of activities Wushu entering school and the implementation of the Wushu Dan system; Summarize the current forms of activities Wushu entering school and the development forms of the Wushu Dan system; Investigate and understand the current economic investment of activities Wushu entering school and the Wushu Dan system; Analyze and summarize the relevant factors affecting the current entry activities of Wushu and the development of the Wushu Dan system.

2.2.3. Investigation Method

To conduct on-the-spot investigations and visits to 6 primary schools including Langya Road Primary School in Nanjing, and make detailed records. At the same time, to conduct investigations on the activities Wushu entering school and the participation of middle school students in the Wushu Dan system, and effectively collect relevant information, provide reliable data for later analysis.

2.2.4. Mathematical Statistics

Effectively classify and summarize the physical education questionnaire and student questionnaire, and use Excel software for data statistics and analysis.

3. Research Results and Analysis

3.1. Implementation Status of Wushu Dan System Promotion

3.1.1. Organizations and Promotion Facilities of Introduction Wushu Dan system in Gulou District of Nanjing Into the Campus

China Wushu Association is the highest organization for the evaluation of Wushu Dan system, which evaluates all Dan systems of introduction Wushu into the campus. Jiangsu Wushu

Association is a first-class evaluation organization, which can carry out one to six stages of evaluation. There are six secondary evaluation institutions, one undergraduate college and three Wushu schools. The Wushu Dan system evaluation institution located in Gulou District of Nanjing has just been established. It is located in the Zijin National Wushu Museum under the name of Nanjing Wushu Association. There are 48 primary schools in Gulou District of Nanjing, which is also a ten level institution that has just had the evaluation of Wushu Dan system. This has a great impact on the promotion of Wushu Dan system in primary schools of Gulou District of Nanjing, and has promoted teachers and students to understand, learn and promote Wushu Dan system. [3]

3.1.2. Analysis of Primary School Students' Cognition and Demand for Wushu Dan System

3.1.2.1 Analysis of Primary School Students' Cognition of Wushu Dan System

Based on the relevant data in Table 1, it can be found that among the surveyed primary school students, only 2.4% of the total number are very familiar with the Wushu Dan system, which is 8. Only 6.8% of them know better. As many as 74.4% of students do not know much. In addition, 16.5% of primary school students do not know at all, 56. It can be seen that primary school students have a low level of understanding of Wushu Dan system as a whole. On the one hand, it is enough to show that primary school students in Gulou District of Nanjing pay low attention to Wushu Dan system in the process of participating in Wushu activities; On the other hand, physical education teachers do not introduce the relevant knowledge of Wushu Dan system to primary school students, and have less understanding of Wushu Dan system. The lack of Wushu Dan system knowledge of primary school students directly affects their attention to participating in Wushu Dan system.

Table 1. Survey results of students' understanding of Wushu Dan system (N=340)

Degree of understanding	Number of people	Proportion
Extremely understanding	8	2.4%
Comparatively understanding	23	6.8%
Not familiar with	253	74.4%
Not understand	56	16.5%

Based on the statistical analysis results in Table 2, it can be found that the proportion of primary school students who are very interested in Wushu Dan system has reached 16.5%, while 24.4% are more interested. In addition, the largest part is the general interest, which is 52.4%. In addition, only 6.8% of students expressed no interest. It can be seen that the current Wushu Dan system, primary school students have a high proportion of interest. The interest is relatively good, which is conducive to the promotion of Wushu Dan system and the inheritance and development of Wushu. Some primary school students are not interested in Wushu Dan system. On the one hand, they do not feel the corresponding sense of achievement when participating in Wushu. On the other hand, because Wushu practice is boring compared with ball games and other sports, coupled with the single teaching methods and means of Physical Education Teachers, students lack interest in Wushu.

Table 2. Statistical results of pupils' interest in Wushu Dan system (N=340)

Interest	Number of people	Proportion
Extremely interested	56	16.5%
Comparatively interested	83	24.4%
Generally interested	178	52.4%
Not interested	23	6.8%

3.1.2.2 Analysis of Primary School Students' Acquisition of Wushu Dan System

Based on the statistical analysis results in Table 3, it can be found that 72.1% of primary school students have no Dan, 20% of primary school students have Pre-Dan Level 1, 5.9% of primary school students have Pre-Dan Level 2, 2.1% of primary school students have Pre-Dan Level 3, and no primary school students have First or above Dan certificates. According to the above data, a small proportion of primary school students have Wushu Dan certificates. On the one hand, it is because primary school students often do not participate in the promotion examination of Wushu Dan system. On the other hand, there are clear time limits for the promotion of Wushu Dan system. The promotion interval of the first three levels is more than half a year. One must be over 11 years old and have the first three levels of certificates for more than one year, The number of years for setting the Dan system mainly takes into account that Wushu is a sport with high requirements for basic skills, and the improvement of Wushu skills needs to follow the principle of step-by-step. Primary school students are lively and easy to be interested in new things. They feel boring in the process of practicing Wushu, difficult to promote, cumbersome ways to participate in promotion and other objective factors affect their enthusiasm to continue Wushu practice.

Table 3. Statistical results of Wushu Dan system for primary school students (N=340)

Dan	Number of people	Proportion
No Dan	245	72.1%
Level 1 Pre-Dan	68	20%
Level 2 Pre-Dan	20	5.9%
Level 3 Pre-Dan	7	2.1%
First and above	0	0.0%

3.1.3. Cognition and Demand of Physical Education Teachers in Gulou District of Nanjing on Wushu Dan System

3.1.3.1 Analysis on Physical Education Teachers' Cognition of Wushu Dan System

According to the statistical data in Table 4, 10% of PE teachers have a good understanding of Wushu Dan system; 23.3% of the PE teachers know better; Those who don't know much account for the most, 50%; 16.7% of physical education teachers do not understand the Wushu Dan system. The above data show that physical education teachers have a good understanding of Wushu Dan system, most physical education teachers have an understanding of Wushu Dan system, and a few physical education teachers do not understand Wushu Dan system.

Table 4. Investigation results of PE teachers' understanding of Wushu Dan system (N=30)

Degree of understanding	Number of people	Proportion
Extremely understanding	3	10%
Comparatively understanding	7	23.3%
Not familiar with	15	50%
Do not understand	5	16.7%

According to the statistical data in Table 5, 16.7% of physical education teachers think it is very important to understand the value of Wushu Exercise; The most important PE teachers accounted for 60%; The proportion of physical education teachers who think the importance is general accounts for 13.3%; Another 10% of physical education teachers believe that Wushu Exercise is not of high value. According to the interview with some PE teachers, PE teachers believe that the boxing and other practice forms provided by Wushu Dan system are simple and the amount of exercise is insufficient. Compared with basketball, football and other sports, there is a large gap in exercise intensity, and the effect of exercise is worse than basketball, football, track and field and other sports. Wushu Dan system is more about providing "fancy but impractical" practice for primary school students.

Table 5. Investigation results of PE teachers' understanding of Wushu Exercise Value (N=30)

Cognitive situation	Number of people	Proportion
Extremely important	5	16.7%
Comparatively important	18	60%
Generally important	4	13.3%
Unimportant	3	10%

3.1.3.2 Wushu skills of Physical Education Teachers

Based on the statistical analysis results in Table 6, it can be found that the proportion of PE teachers with non Wushu specialty is the largest, accounting for 80%; In addition, 20% are Wushu special physical education teachers. It can be seen that there is less distribution of primary school physical education teachers in Gulou District of Nanjing. On average, there are only 1.2 Wushu special teachers in a primary school. Obviously, there is a shortage of teachers in the promotion of Wushu Dan system. Although in the University, different PE teachers have conducted general training on Wushu, because in the general training stage, the requirements for college students' special skills and theory are relatively low, which makes PE teachers obtain relatively single Wushu skills and lack of rich knowledge reserves. The lack of Wushu special physical education teachers has become an important factor affecting the promotion of Wushu Dan system in Gulou District, Nanjing.

Table 6. Investigation results of special distribution of PE teachers during college (N=30)

Specialty	Number of people	Proportion
Wushu	6	20%
Others	24	80%

3.1.3.3 Analysis on the Attitude of Physical Education Teachers Towards the Introduction of Wushu Dan System Into Campus

In the process of Wushu Dan system entering the primary school campus, physical education is in the leading position. In physical education, whether Wushu Dan system can be popularized or not depends on the attitude of physical education teachers. Based on table 7, it can be seen that the proportion of very supportive PE teachers is 10%; The proportion of physical education teachers' support was 23.3%; The largest proportion is that it doesn't matter, reaching 56.7%; In addition, the proportion of teachers who hold objections is 10%. It can be seen that most PE teachers support the entry of Wushu Dan system into the campus, which is conducive to the promotion of Wushu Dan system in all classes of the whole school. A small number of opposed PE teachers believe that the development of Wushu Dan system is not helpful to primary school students, but also increase the workload of PE teachers. It is not as meaningful as opening football, basketball, track and field and other projects.

Table 7. Results of the survey on PE teachers' attitudes toward the introduction of the Wushu Dan system into schools (N=30)

Attitude	Number of people	Proportion
Extremely supportive	3	10%
Supportive	7	23.3%
Indifferent	17	56.7%
opposed	3	10%

3.1.4. Publicity of Wushu Dan System in Primary Schools in Gulou District of Nanjing

According to the statistics in Table 8, 16.7% of primary schools often publicize the Wushu Dan system, 83.3% of primary schools do not publicize the Wushu Dan system, and no primary school does not publicize the Wushu Dan system. Primary schools that often publicize can undoubtedly improve pupils' cognitive level of Wushu Dan system and create an atmosphere of Wushu practice on campus. Small publicity is not conducive to the promotion of Wushu Dan system.

Table 8. Statistical table of publicity of Wushu Dan system in schools (N=6)

Category	Number of schools	Proportion
Regular publicize	1	16.7%
Hardly publicize	5	83.3%
No publicize	0	0

3.2. Promotion Countermeasures of Wushu Dan System in Primary Schools in Gulou District of Nanjing

3.2.1. Increase the Examination Locations of Wushu Dan System on Campus

Through the investigation, it is found that there is no corresponding setting of Wushu Dan system examination locations in 48 primary schools in Gulou District, Nanjing. Therefore, we should promote the setting of Wushu Dan system examination locations. Qualified primary schools can apply for Wushu Dan system secondary examination and evaluation locations, which can not only facilitate primary school students to participate in the evaluation of Wushu Dan system, but also enhance the influence of the school in the surrounding areas and promote the development of School Wushu. [4]

3.2.2. Organize the Examination and Competition of Wushu Dan System On Campus

Through the investigation, it is found that few primary schools in Gulou District of Nanjing have organized students to participate in the Wushu Dan system examination, which can also reflect

the shortcomings of Wushu in the market operation. The promotion of Wushu Dan system should learn from the form of Taekwondo grade examination and complete the grade examination in the form of Wushu competition. The form of Wushu competition can not only mobilize the enthusiasm of primary school students to participate, but also attract the attention of teachers, parents and others, So as to promote the promotion of Wushu Dan system [5].

3.2.3. Enrich School Publicity Channels

Wushu Dan system has been carried out for a short time, so the promotion of Wushu Dan system in primary schools is still in its infancy. The popularization of Wushu Dan system requires various primary schools to enrich the promotion forms, which can be promoted in the forms of speech under the national flag, class meeting, parents' meeting, Wushu competition, Wushu painting competition, etc. after the publicity and launch of Wushu Dan system, the primary school students' cognition level of Wushu Dan system will be continuously improved, let primary school students realize the transformation from passive learning to active learning. [6]

3.2.4. Strengthen the cultivation of Wushu teachers

The Education Bureau of Gulou District of Nanjing should train Wushu teachers according to the weak situation of Wushu physical education teachers in this area. First, pay attention to the reasonable setting of Wushu registration posts in the process of teacher recruitment. Second, pay attention to strengthening the effective training of Wushu Dan system, so as to promote the growth of Teachers' continuous learning opportunities, so as to comprehensively improve teachers' relevant theoretical knowledge and relevant Wushu skills. [7]

4. Conclusions and Suggestions

4.1. Conclusions

There is no secondary examination location of Wushu Dan system in primary schools in Gulou District, Nanjing. Primary school students participating in the promotion of Wushu Dan system take the examination in social institutions. The cognition of primary school teachers and students in Gulou District of Nanjing on Wushu Dan system is general, and the proportion of teachers and students with Wushu Dan system is low. The form of Wushu Dan system in Gulou District Primary School of Nanjing is single. The primary schools in Gulou District of Nanjing lack Wushu teachers.

4.2. Suggestions

Jiangsu Wushu Association should appropriately add 1-2 evaluation locations of Wushu Dan system according to the actual situation of Gulou District primary school in Nanjing. Primary schools in Gulou District of Nanjing should strengthen the publicity of Wushu Dan system for teachers and students and improve their cognitive level of Wushu Dan system. Primary schools in Gulou District of Nanjing can promote the Wushu Dan system and establish the main publicity mechanism of campus Wushu Dan through speech under the national flag, class meeting, parents' meeting, Wushu competition, Wushu painting competition and other forms. The Education Bureau of Gulou District of Nanjing should recruit more physical education teachers specialized in Wushu, train primary school physical education teachers to promote the special Wushu Dan system, strengthen Wushu exchanges on campus, improve the Wushu skills and theoretical level of physical education teachers, and constantly improve the promotion organization system of primary school Wushu Dan system in Gulou District of Nanjing.

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