

Integration of the Sunshine Sports Concept in Taekwondo Teaching in Colleges and Universities

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Abstract: Sunshine Sports has played a significant role in promoting the teaching of Taekwondo in colleges and universities. By analyzing the connection between the Sunshine Sports concept and Taekwondo teaching, the characteristics of the Sunshine Sports concept in Taekwondo teaching in colleges and universities are discussed. This article expounds on the influencing factors in implementing the Sunshine Sports concept and discusses how to carry out scientific and reasonable teaching methods.

Keywords: Sunshine Sports concept; Colleges and universities; Taekwondo Teaching; Integration

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1. Introduction

Taekwondo is popular among college students for its distinct features such as aggressiveness, perseverance, etiquette, and competitiveness^[1,2]. Many colleges and universities offer Taekwondo lessons to build resilience and physical fitness among students, playing a positive role in their physical health and development. Actively introducing the concept of Sunshine Sports in Taekwondo teaching can enable students to master various techniques and improve their athleticism in an entertaining way^[3].

2. Overview

2.1. Definition of Sunshine Sports

The introduction of the Sunshine Sport concept is significant for the development of physical education in colleges and universities in China. Introducing the concept of Sunshine Sports into college physical education can enable students to quickly improve their competitive level and comprehensively master various sports techniques. Taekwondo originated in the Korean Peninsula. It is famous for its graceful leg movements and etiquette. In Taekwondo training, one must have diligence and perseverance, and take things seriously, which is consistent with the connotation of our country's sportsmanship and moral values^[4,5].

2.2. Basic requirements for Taekwondo teaching

Taekwondo is a sport that can build one's resilience and character and promote physical and mental development ^[6-8]. Taekwondo lessons are mainly composed of basic skill training and comprehensive skill training. Therefore, it is important to strengthen the training of basic Taekwondo skills. For students with zero foundation, a set of specifications should be formulated to standardize their basic movements to form a good foundation so that they can better master Taekwondo techniques. Taekwondo techniques should be taught scientifically and effectively. If physical education teachers can fully grasp the core characteristics of Taekwondo teaching and combine speed, flexibility, and strength training in their lessons, their students will get to develop these qualities comprehensively.

3. Advantages of Taekwondo teaching

(1) Interesting

Physical education can be carried out through sports activities so that it appeals to students. The gamified teaching method of Taekwondo has been widely applied to the teaching of Taekwondo techniques, tactical awareness, and rules ^[9].

(2) Competitiveness

Taekwondo is a competitive sport. Taekwondo practitioners must be proficient in basic movements, abide by the rules of the competition, and understand the purpose of the competition ^[10].

(3) Collectiveness

Most sports events are conducted in groups, and athletes are divided into several groups based on differences in sports goals and project content. The collective nature of sports is conducive to students' character-building. It can eliminate individual differences, strengthen students' unity and cooperation, instill a sense of collective honor, and develop good behavioral habits ^[11].

(4) Skill

The design of physical education lessons is closely related to its teaching objectives. Based on this foundation, through scientifically and reasonably designed instruction, students are trained and developed in technical movements, cultivating their cognitive approaches to these movements. In this way, the students will get to improve their skills faster ^[12].

4. Analysis of influencing factors of Taekwondo teaching in colleges and universities

4.1. Differences in physical conditions among students

Individual differences will affect the teaching effect of Taekwondo classes in colleges and universities. Taekwondo requires good coordination, especially the coordination of the feet and hands, which physical fitness an important aspect of becoming a qualified Taekwondo practitioner. However, the physical fitness of college students is showing a declining trend. This results in a significant disparity between the physical fitness of athletes and the inherent resistance to physical exercise, leading to instability in the quality of physical education.

4.2. Outdated Taekwondo teaching methods in colleges and universities

There are two elements involved in Taekwondo lessons. The first one is theoretical lessons, which involve the introduction of the concepts, origin and development, and functional values of Taekwondo. The second

element is practical lessons, which would be the training. In Taekwondo practice, the emphasis is typically placed on explanations and demonstrations. Students often passively imitate and practice under the guidance of their instructors during the lessons. This rigid and uncreative teaching method has been used in physical education in China for a long time. Consequently, students might lose interest in learning, affecting their overall performance.

4.3. Lack of quality teachers

Many teachers still use traditional teaching methods, which can no longer adapt to the learning needs of current college students. The quality of teachers is directly related to the student's mastery of the knowledge they are learning. Despite curriculum reform, there are still some problems in Taekwondo teaching. For example, teachers who are less skilled might demonstrate certain movements incorrectly during the lessons, thus affecting students' learning. In addition, some teachers are also backward in their teaching methods.

4.4. Lack of facilities

For some reason, there are still some flaws in the facilities for Taekwondo lessons in many universities, such as backward equipment, etc. This makes it impossible to provide students with a safe and high-quality Taekwondo teaching environment and lessons. As a result, the teachers are unable to improve the quality of their lessons.

5. Strategies to improve the effectiveness of Taekwondo lessons in colleges and universities under the concept of Sunshine Sports

5.1. Basic skill development

Taekwondo instructors in colleges and universities should pay attention to teaching the basics of Taekwondo and be familiar with the teaching content to improve their students' physical fitness. (1) Instructors should standardize and guide basic movements so students can correctly master basic stances, kicks, and patterns. Many college students learn Taekwondo from scratch. With correct movement concepts, teachers can help students quickly and correctly master the basic movements and techniques of Taekwondo, facilitating subsequent learning activities. After students master the basics, they can better learn subsequent movements^[13]. If the students learn the basics incorrectly, they will need to adjust their movements later on, affecting their learning progress. (2) It is important to emphasize combined movements in Taekwondo. Despite being a sport with relatively easy-to-learn techniques that can be grasped quickly, it is essential to focus on providing comprehensive training in technical movements during instruction. This approach enables students to effectively combine various movements, showcasing the speed and style of Taekwondo. Engaging in activities like accuracy training and sparring allows students to enhance their overall skills and proficiency. (3) Moreover, flexibility training is also an important element in Taekwondo. Good flexibility allows better execution of techniques, laying a solid foundation for learning Taekwondo. However, flexibility takes time to develop. Therefore, it is important to focus on developing flexibility during the lessons. Besides, it is also important to focus on improving technique, agility, and strength^[14].

5.2. Individual attention for each student

When setting up Taekwondo classes in colleges and universities, it is not just about enhancing students' physical fitness. It is equally important to nurture a positive learning attitude and enthusiasm, fostering a spirit that is not afraid of failure and setbacks. Therefore, a student-oriented Taekwondo teaching model should be employed to meet students' psychological, self-confidence, social, and other needs.

Taekwondo instructors should create an environment where students feel valued and supported to enhance their initiative, making them aware that they are active participants in the learning process. In addition to standard two-on-one and duo exercises, incorporating activities like frog jumping, squat jumping, rope skipping, and mountain climbing during teaching can further engage students and contribute to their overall development. Besides, games can also stimulate students' interests and meet their diverse learning needs. The school can organize sports competitions to enable students to develop their athletic abilities within a competitive environment and strengthen teamwork and communication skills. Participating in competitions allows students to experience success in sports, and the competitive spirit can boost their enthusiasm for learning^[15]. Students can also understand their strengths and weaknesses through competitions and make appropriate adjustments to their learning and training methods to improve themselves.

5.3. Strengthening communication and the relationship between teachers and students

Teachers play a pivotal role in the classroom and they have a great influence on students. As leaders and knowledge facilitators, teachers play a vital role in creating a harmonious relationship with students. Teachers should engage in close communication with students to establish a positive and collaborative learning environment. In Taekwondo lessons, instructors should demonstrate the actions properly and guide their students in performing them. If their students have different views or opinions on the pattern, the instructor shall not dismiss them but address them appropriately.

In the process of cooperative inquiry and analysis, teachers assess the effectiveness of their teaching, validate and identify raised issues, and show respect for students' thoughts and actions. A smooth progression in Taekwondo teaching is contingent upon establishing a positive teacher-student relationship. Utilizing online platforms like QQ groups and WeChat public accounts enhances communication with students. Besides, teachers can share tournament videos, course introductions, tutorials, and other materials to facilitate learning. Instructors can tailor learning and practice sessions based on their students' conditions. Online platforms also serve as a means for students to communicate with their teachers. For instance, if students face challenges in learning or personal growth, they can seek advice from their teachers. In this way, teachers can better understand their students' psychological states and assist them.

5.4. Introduction of intelligent teaching equipment

From the perspective of Sunshine Sports, ensuring the quality of Taekwondo classes in regular colleges and universities requires increased investment in modern intelligent equipment and technology. The development of VR technology has led to the invention of smart devices such as VR helmets and VR glasses. The integration of VR technology into Taekwondo lessons at colleges and universities opens up a digital virtual space for students. This enables them to practice Taekwondo in a virtual environment, enhancing the immersive experience with the optimal combination of touch, sight, and hearing. Additionally, incorporating posture recognition technology facilitates dynamic and precise identification of students' movements. On this basis, intelligent evaluation algorithms can be used to evaluate the quality of the students' movements, and corresponding improvement plans can be formulated based on the student's situation. In this way, students can undergo targeted training to master the essentials of Taekwondo, thereby improving their skills.

6. Conclusion

There is a growing trend of incorporating Sunshine Sports into Taekwondo teaching in colleges and universities.

However, the current Taekwondo lessons offered in colleges and universities in China are less than ideal, making it fall short of the requirements of physical education in colleges and universities. Implementing Sunshine Sports in Taekwondo instruction at colleges and universities through diverse high-tech intelligent technologies can establish a virtual reality training space. This transformative approach shifts students from passive training to active practice, enriching Taekwondo teaching content. The goal is to ensure every student accurately comprehends the fundamentals of Taekwondo, enhancing teaching effectiveness and promoting lifelong physical training. Guided by the principle of “health first,” this direction aims to advance Taekwondo teaching in the country towards intelligence and digitalization.

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