

# The Educational Value and Practical Strategies of Ideological and Political Education in Martial Arts Courses in Universities

Xianzhang Wan<sup>1\*</sup>, Zhipeng Wu<sup>2</sup>

<sup>1</sup>Wenzhou University, Wenzhou 325006, China

<sup>2</sup>Wenzhou Polytechnic, Wenzhou 325035, China

\*Corresponding author: Xianzhang Wan, 20210207@wzu.edu.cn

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**Abstract:** With the continuous deepening of education reform, strengthening the construction of ideological and political courses and implementing moral education has become the focus of many universities. The martial arts courses in universities contain rich elements of ideological and political education, and by carrying out corresponding teaching activities, students can ensure their physical and mental health development. Therefore, in the new era, universities and martial arts curriculum teachers should adapt to the development of the world, focus on improving students' comprehensive abilities, carry out effective teaching activities around ideological and political courses, and effectively deepen the reform of martial arts teaching in universities. This article studies the educational value and practical strategies of ideological and political education in martial arts courses in universities and puts forward corresponding opinions on this.

**Keywords:** College martial arts; Course ideological and political education; Educational value; Practical strategies; Research

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## 1. The intrinsic value of integrating ideological and political education into university martial arts teaching syllabus

### 1.1. The key path to strengthening the ideological and political construction of higher education curriculum

The “Guidelines for the Construction of Ideological and Political Education in Higher Education Curriculum” issued by the Ministry of Education of China points out that schools need to effectively integrate curriculum teaching content, focus on curriculum teaching characteristics, educational goals, etc., effectively integrate educational resources, explore ideological and political education elements, and combine them with curriculum teaching to form a good synergistic effect <sup>[1]</sup>. The curriculum is a fundamental element of higher education and a key carrier for cultivating high-quality talents. Combining martial arts with ideological and political education in the curriculum is necessary for the development of the world, and it can also ensure that universities continue

to strengthen the construction of ideological and political education in the curriculum <sup>[2]</sup>.

### **1.2. Necessary measures to improve the quality of martial arts teaching**

At present, the integration of ideological and political education into the curriculum of martial arts teaching in universities is still insufficient. This requires teachers to deeply explore the ideological and political education resources contained in physical education courses, to achieve the educational goal of educating all students, across the whole process and all aspects. In the current teaching of martial arts courses, there is a widespread neglect of moral education. If this continues, it will not only lower the teaching quality of martial arts courses but also be detrimental to the cultivation and shaping of student morality. Therefore, it is necessary to deeply implement ideological and political elements in martial arts courses and closely integrate them with martial arts teaching. This can not only make up for the shortcomings of moral education in martial arts courses, but also help improve teaching quality, enhance students' moral qualities, and promote the development of course teaching, effectively exerting the guiding value of ideological and political education <sup>[3]</sup>.

### **1.3. Effective ways to cultivate well-rounded college students**

Talents are the core driving force of social and economic development. In this context, universities need to combine the needs of national development and the development of comprehensive talent capabilities to cultivate high-quality talents with strong practical and innovative abilities <sup>[4]</sup>. At the same time, the current development of sports in China is thriving as sports clubs and education require a large number of talents, which possess new requirements for martial arts teaching in universities. In this context, universities can effectively integrate ideological and political education elements in the reform of martial arts teaching, which can further enhance the teaching ability of teachers, continuously optimize the teaching system, and enrich teaching content. This can further strengthen top-level design, enabling students to continuously establish correct value cognition in knowledge and sports skills learning. Through this method, the quality of talent cultivation can be significantly improved, providing guarantees for the healthy development of students' physical and mental health and their future entry into positions <sup>[5]</sup>.

## **2. The restrictive factors in the current stage of martial arts teaching in universities**

### **2.1. Weak awareness of teaching reform among teachers**

On the one hand, some martial arts course teachers in universities believe that the connotation of the new concept of education lies in moral education. Therefore, schools should establish independent career planning courses for knowledge teaching, which leads to a lack of integration and design between ideological and political content and martial arts course teaching in professional classroom teaching. The separation of course content and education work cannot achieve effective teaching synergy <sup>[6]</sup>. On the other hand, the ideological and political education curriculum should focus on cultivating through practical teaching, and the theoretical classroom should revolve around the development of students' basic professional cognition, which makes the professional classroom lack connotation and greatly limits the improvement of talent's comprehensive abilities <sup>[7]</sup>.

### **2.2. Incomplete integration of ideological and political education in teaching the curriculum of martial arts**

The teaching of martial arts courses in universities based on ideological and political education has many points of ideological and political reflection and integration, such as socialist core values, patriotism, traditional culture, etc., which can be integrated into the course content for students' better understanding.

However, professional teachers still have certain shortcomings in integrating ideological and political content with professional course knowledge. Some teachers only study the ideological and political elements of the curriculum based on the content of each chapter, and their understanding of the overall curriculum is insufficient, resulting in a lack of mainline guidance and a low degree of systematization in the explanation of the ideological and political content of the curriculum. On the other hand, in response to classic cases, some teachers have overly formalized their curriculum teaching and have not cleverly combined ideological and political content to analyze hot cases. Further thinking is needed on how to correctly guide the formation of student values <sup>[8]</sup>.

### **3. Practical strategies for ideological and political education in martial arts courses in universities**

#### **3.1. Enhancing the professionalism of teachers and leveraging ideological and political guidance**

The professional ability of teachers largely determines the quality of education reformation. Therefore, to achieve an organic combination of ideological and political education and martial arts teaching, schools need to focus on the professional development of teachers, so that they can understand and proficiently apply ideological and political courses. As an important way to cultivate students' correct view of the world, life, and values, ideological and political education plays an irreplaceable role in shaping students' comprehensive development of personality <sup>[9]</sup>. As one of the representatives of excellent traditional Chinese culture, martial arts not only helps to cultivate students' physical fitness but also inherits and promotes national spirit. Therefore, the integration of ideological and political education with martial arts teaching not only helps to improve teaching effectiveness but also cultivates students' comprehensive qualities <sup>[10]</sup>.

The professional ability of teachers plays a crucial role. Firstly, teachers need to have a deep understanding of the concept and goals of ideological and political education and clarify its role and significance in cultivating students' comprehensive qualities. Secondly, teachers also need to master the basic skills and knowledge of martial arts teaching and be able to proficiently carry out martial arts teaching, so that students can not only exercise their bodies but also feel the vastness and profoundness of Chinese culture. To achieve this goal, schools need to focus on the development of teacher professionalism. Specifically, the following measures can be taken:

- (1) Firstly, strengthen teacher training and improve their professional competence and teaching level.
- (2) Second, encourage teachers to participate in various academic exchange activities, broaden their horizons and knowledge.
- (3) The third is to establish a teacher evaluation mechanism to motivate teachers to continuously improve their professional abilities.

In addition, schools can promote communication and cooperation among teachers through organizing teaching seminars, offering open classes, etc., so that teachers can learn from each other, and jointly improve their teaching level. Not only that, the school can also actively cooperate with local martial arts institutions in its development, hire professional personnel to guide the school, and assist in the professional development of teachers.

#### **3.2. Optimize course offerings and improve teaching systems**

First of all, from the perspective of curriculum positioning, teachers need to clarify that the primary curriculum should focus on imparting theories of martial arts and traditional ethnic sports, laying a solid theoretical

foundation for students. As learning progresses, intermediate courses should shift towards practical teaching, allowing students to master skills and exercise practical operational abilities through practice. At the same time, teachers should also ensure that the difficulty of the curriculum is tiered with teaching objectives, gradually improving students' comprehensive abilities.

Secondly, enriching teaching content and clarifying teaching hours are important tasks for professional teachers. On this basis, teachers need to closely combine with reality, conduct in-depth analysis of market talent demand, and understand club employment standards, and specific requirements for social management positions. Through these analyses, teachers can continuously improve their curriculum design, optimize their curriculum system, closely integrate professional teaching with job practice, and ensure that teaching content is closely linked to social needs. In addition, teachers need to conduct an in-depth analysis of professional development trends and introduce martial arts, innovation, and entrepreneurship education into teaching to adapt to the development of modern society <sup>[11]</sup>. This can not only help students enhance their employment competitiveness and integrate them into society but also cultivate their innovative and entrepreneurial spirit, laying a solid foundation for their future career development. Finally, in the process of development, the school can draw on the teaching systems of martial arts and traditional ethnic sports majors in other regional universities. At the same time, the schools can establish a professional talent training system that suits the needs of student. This will help improve the quality of talent cultivation, promote the efficient and diversified development of students, and cultivate more excellent martial arts and traditional ethnic sports talents for society <sup>[12]</sup>.

### **3.3. Good integration between martial arts teaching and ideological and political education**

#### **(1) Before class: Focus on designing educational plans**

Teachers attach great importance to the design of teaching plans before class, which is a key path to unleash the value of ideological and political guidance in the curriculum and ensure the smooth implementation of subsequent teaching activities. On the one hand, before the teaching activities begin, teachers need to select appropriate ideological and political education cases and teaching methods based on the main teaching focus of this lesson, and then clarify the goals of student ability and literacy development. Secondly, combining teaching content for knowledge transfer and effectively integrating elements of ideological and political education. For example, traditional culture, civilized etiquette, etc. can be used to strengthen teaching design and avoid deviations in subsequent teaching activities.

#### **(2) In class: Refine course practice**

Course practice is an important aspect of evaluating the effectiveness of course design. Based on a new perspective of ideological and political education in the curriculum, martial arts teachers need to strengthen their control over the classroom to better achieve established teaching objectives and assist students in their comprehensive development in the classroom. When implementing the teaching of martial arts, teachers should integrate ideological and political elements based on specific teaching content, such as martial arts etiquette, attack and defense, and practice, all of which can be embedded in educational content <sup>[13]</sup>. At the same time, teachers should always pay attention to the psychological changes of students, grasp their interests, and cleverly introduce ideological and political elements in combination with curriculum rules. Integrating ideological and political elements into martial arts teaching not only requires teachers to conduct in-depth research on the teaching content but also to have meticulous control over every aspect of the teaching process. Curriculum practice is not only an important part of testing teaching effectiveness but also an important way for teachers to reflect and

improve themselves. Therefore, the integration of martial arts courses and ideological and political education requires martial arts teachers to continuously improve their ability to integrate ideological and political elements into martial arts teaching in their classes.

(3) After class: Strengthen course reflection

After teaching, teachers should conduct a teaching summary and reflection. This stage is not only the end of ideological and political education in martial arts courses but also a crucial component. By summarizing and reflecting after class, teachers can evaluate the degree of integration of ideological and political elements in this lesson based on students' classroom performance and teaching effectiveness. This kind of reflection not only helps teachers discover their shortcomings in the previous classes but also provides valuable insights for the teaching design of the next class. Therefore, martial arts teachers should constantly reflect and optimize course design in teaching practice, gradually improving their ability in ideological and political education in martial arts courses, and fully exerting the guiding role of ideological and political education in martial arts teaching<sup>[14]</sup>.

### 3.4. Diversified teaching evaluation settings

In the context of ideological and political education in the curriculum, as an important component of excellent traditional Chinese culture, the teaching quality and effectiveness of martial arts courses not only affect the physical and mental health of students but also the inheritance and development of Chinese culture. Therefore, martial arts teachers need to closely combine the guidance direction of the “Double First Class” Construction Effectiveness Evaluation Method (Trial)”, to improve the multi-party evaluation mechanism of students and teachers. This can greatly improve teaching quality and effectiveness<sup>[15]</sup>. Firstly, in the teaching process, teachers need to pay attention to the learning process of students. This not only includes traditional evaluation indicators such as students' physical fitness and skill level, but also emphasizes the cultivation of non-skill qualities such as their participation, learning attitude, and adaptability in the learning process. Through this comprehensive evaluation, teachers can have a more comprehensive understanding of students' learning status and individual characteristics, implement targeted teaching, and thus ensure the overall effectiveness of teaching. Secondly, teachers should focus on student self-evaluation and peer evaluation. Self-evaluation can enable students to reflect and summarize their learning outcomes, identify their strengths and weaknesses, and then adjust their learning strategies to improve their ability for self-directed learning. Mutual or peer evaluation enables students to learn from each other, promote communication and cooperation among group members, and cultivate their teamwork spirit and communication skills. This method of self-evaluation and peer evaluation not only further stimulates students' awareness of learning autonomy, but also fully reflects their subject status, allowing them to continuously grow and improve. Finally, a multi-party evaluation mechanism also requires the establishment of scientific evaluation standards and systems. The evaluation criteria should focus on both the skill level of students and the cultivation of their non-skill qualities, whereby the evaluation system should have operability and measurability, which can objectively and comprehensively reflect the learning status and teaching effectiveness of students.

## 4. Conclusion

In recent years, to continuously deepen the reform of higher education, the Ministry of Education of China has issued the “Implementation Outline of the Quality Improvement Project for Ideological and Political Work in Universities”, which points out that schools should focus on curriculum ideological and political construction in their development, and effectively combine ideological and political education with knowledge system

education. In this context, university martial arts courses need to deeply explore the laws of ideological and political education, focus on promoting traditional culture and promoting all-round development of students, and construct a curriculum teaching pattern following ideological and political education. Martial art is a rare traditional culture in China, which has developed into excellent martial arts virtues such as seeking righteousness, kindness and humility, which have a positive impact on the comprehensive development of talents. In this regard, schools and teachers need to analyze the connotation of ideological and political education in the curriculum from multiple perspectives, analyze the necessity of integrating the two, and combine the problems existing in practice, starting from training teachers and strengthening curriculum design, to effectively promote the development of the curriculum.

## Disclosure statement

The authors declare no conflict of interest.

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