

The Teaching Reform and Innovation Exploration of Wushu Sanda Course in Higher Vocational College

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Abstract: As the country exerts importance on the development and innovation of Chinese excellent traditional culture, more traditional projects are applied in education and teaching. As an important output of training professional talents, higher vocational education colleges should pay more attention to the application of excellent traditional culture in education and teaching. Wushu Sanda is a traditional sport with a long history in China, which is gradually loved and welcomed by young people. It shines in higher vocational physical education curriculum. However, compared with other traditional sports teaching, the Wushu Sanda course in higher vocational colleges has less research, which is in the process of active exploration and development. Moreover, under the impact of traditional teaching forms, it is difficult to develop a more diversified and innovative teaching mode, which is not conducive to the improvement of students' comprehensive quality. On this basis, this paper will focus on the three major courses of martial arts in higher vocational colleges, start from the significance of martial arts Sanda teaching, and then briefly analyze the practical difficulties encountered in the development process. Finally, it puts forward relevant teaching strategies, aiming at improving the teaching quality and efficiency of martial arts Sanda courses, enhancing teaching effectiveness, and cultivating students' good physical quality and Sanda skills. Lay a good foundation for the development of students' comprehensive ability.

Keywords: Higher vocational education; Wushu Sanda course; Teaching reform

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1. The significance of wushu Sanda teaching course in higher vocational colleges

1.1. It is conducive to the promotion and development of traditional martial arts culture

Martial arts in China has a long history of development, in as long as a thousand years popular people, are an important part of the outstanding traditional culture, is one of the quintessence of China ^[1]. Sanda is a classic action in martial arts culture. It can not only help people build up their health but also learn the skills of Sanda to understand the Chinese national spirit contained in it. Strengthening the optimal management of Wushu Sanda courses in higher vocational colleges is not only conducive to the improvement of students' comprehensive sports

accomplishment but also to the promotion and development of China's excellent traditional culture. The students in higher vocational colleges are in the important stage of personality development and ability improvement and have strong learning abilities and cultural communication potential. In terms of theoretical learning, the knowledge involved in Wushu Sanda is not only about Sanda but also contains rich connotations, such as ancient philosophical thoughts, modern moral norms, etc. In the process of learning basic knowledge, students also understand the excellent culture and ideology of China. They not only have a deep understanding of traditional Chinese Wushu but also have a deep understanding of traditional Chinese Wushu. They imperceptibly strengthen the recognition of the overall excellent culture of the Chinese nation and gradually become the inheritor and promoter of traditional martial arts culture ^[2].

1.2. It is conducive to training the physical and spiritual health of higher vocational students

Learning Sanda needs to learn a lot of basic skills, which is beneficial to exercise students' physical qualities. More importantly, learning martial arts Sanda is also a process of honing students' will and cultivating their minds. Traditional martial arts Sanda not only helps people strengthen their physical health, but also conveys the view of self-cultivation, emphasizing the cultivation of the heart, and paying more attention to strengthening the cultivation of martial virtues while improving the comprehensive quality ^[3]. Wushu Sanda is a systemic course, which has certain requirements for learners in strength, flexibility and other physical qualities. In actual classroom teaching, students should also carry out various targeted exercises, such as improving physical fitness through running and strengthening shoulder and neck muscle strength through boxing practice, so that students' physical quality can be comprehensively and balanced development. A solid physical foundation as laid for students' future study and career development. Wushu Sanda course also plays a unique role in the spiritual shaping level. Influenced by film and television works, Wushu is usually integrated with the chivalry culture and imperceptible to the spiritual field of students ^[4]. More importantly, Wushu Sanda is a competitive sport. In the process of learning and practicing, students usually encounter many difficulties and setbacks. However, in the process of constantly overcoming difficulties, students can better develop the sports concept of perseverance, self-challenge and courage to struggle, which has a profound impact on the shaping of students' personality.

2. The practical dilemma of Wushu Sanda teaching course in higher vocational colleges

Compared with other conventional physical education teaching programs, Wushu Sanda is less popular, less related research, and there are still many problems in curriculum reform. First of all, affected by the traditional test-taking concept, Wushu Sanda teaching course in some higher vocational colleges still has the teaching concept of emphasizing theory over practice, ignoring the development of student's ability, and deviating from the teaching goal of emphasizing the healthy development of student's physical and mental health, cultivating lifelong sports consciousness and healthy sports habits ^[5].

Secondly, the teaching content is achievement-centered, and the teaching method tends to be single. Wushu Free Combat course textbooks were released earlier, and have not been updated, revised and recompiled for a long time, so the teaching content is relatively scarce. Under the limitation of teaching materials, it is difficult for teachers to provide more diversified, richer and more flexible classroom teaching, and some teachers still use the traditional single teaching mode of explanation and demonstration, which is difficult to adapt to the

personalized learning needs of students in the background of the new era, and cannot meet the requirements of current vocational education on the development of student's ability. Although many students are very interested in Wushu Sanda courses, due to the boring classroom teaching atmosphere and backward teaching content, students' enthusiasm for learning slowly dissipated, which has a great negative impact on the quality of teaching.

Finally, the teaching staff is relatively weak. In previous years, China's attention to the Wushu Sanda teaching degree was slightly insufficient, sports teachers pay more attention to the teaching and training of conventional sports skills, such as basketball, table tennis, etc., but do not pay attention to the development of Wushu Sanda teaching, making them lack professional knowledge and skills, sometimes appear according to the textbook content of the phenomenon. In addition, the training of Wushu Sanda teachers is often based on the teaching experience of old teachers, and the lack of innovation makes the classroom teaching rigid and single, unable to adapt to the changing learning needs of students and limits the overall teaching level of Wushu Sanda in higher vocational colleges ^[6].

3. The teaching reform path of Wushu Sanda course in higher vocational colleges

3.1. Strengthen martial arts education in combination with curriculum ideology and politics

As a newly emerging teaching concept in recent years, curriculum ideological and political education is required to naturally integrate the content of ideological and political education in the process of implanting students' professional knowledge, giving full play to the dual role of teachers' knowledge imparts and value guidance, and enhance the cultivation of ideological and moral character based on guaranteeing the development of student's ability ^[7]. At the same time, martial morality education is an important part of the Wushu Sanda teaching system and an educational form for students' moral cultivation, which coincides with the curriculum's ideological and political requirements. It can be said that the Wushu Sanda course is a strong support for curriculum ideological and political education. In the course reform process, teachers can cultivate students' noble spiritual qualities by strengthening the form of dance education, implementing the fundamental task of cultivating morality and cultivating people. Wushu Sanda teaching course is not only about the training of physical quality, which contains rich cultural connotation, teachers can combine the content of the textbook from the historical origin, teaching skills and other aspects of the hidden traditional virtues of the Chinese nation and socialist core values elements, to help students correctly understand the teaching of Wushu Sanda. For example, when telling the historical origin of Wushu Sanda, teachers can show students that the ancient martial artists used their superb skills to devote themselves to the war of defending the home and the country, fully demonstrating their noble sense of responsibility and strong patriotic feelings, and guide students to establish correct values. Countless Sanda teaching is a violent movement, in the process of confrontation practice, it is easy to stimulate students' competitive desire, which may produce excessive behavior ^[8]. Therefore, when teaching skills, teachers should emphasize the concept of "point to point," so that students will always abide by the rules and respect the opponent as the first principle in the process of learning and competition, and cultivate a healthy competitive consciousness.

Secondly, strengthen teacher training to improve teachers' ideological and political literacy. Teachers are the main performers of teaching, which is closely related to students' learning results. Teachers' ideological and political accomplishments and teaching level determine students' spiritual construction to a large extent. Especially, the current Wushu Sanda teachers are a little less professional, only understand the basic knowledge

of Wushu Sanda, and have a shallow cognition of martial arts education, which makes it difficult to penetrate martial arts education in the teaching process.

3.2. Enrich teaching methods and improve teaching effectiveness

Wushu Sanda's teaching course is affected by the traditional teaching mode, which usually adopts the teaching mode of knowledge infusion. Students are always in a passive state of mechanical learning according to the teacher's teaching ideas, which is not conducive to mobilizing students' learning enthusiasm, affecting students' active learning, and thus causing certain obstacles to the improvement of teaching effectiveness. Therefore, teachers can adopt more diversified teaching methods to provide students with novel teaching experiences, stimulate students' interest in in-depth learning, improve class participation, and improve teaching effectiveness. First of all, according to the needs of students' practice, the demonstration method of explanation is adopted^[9]. In the process of explanation, teachers should fully respect the main position of students in teaching activities, and choose the appropriate explanation method based on the reference of students' cognitive level and age characteristics. It should not only express clearly, have a clear hierarchy and highlight the focus so that students can understand the knowledge of Sanda through language, but also enhance the attraction and appeal of explanation, and stimulate students' enthusiasm and interest in in-depth learning. Demonstration teaching requires teachers to have standard movements, smooth and clear figures, teach students correct Sanda skills, and correct students' wrong movements to improve the accuracy of movements. The close combination of explanation and demonstration can fully mobilize students' visual and auditory dual senses, help students fully and deeply understand the knowledge of Wushu Sanda, and improve the learning effect.

Secondly, the use of modern teaching AIDS. With the rapid development of science and technology, information-based teaching has gradually become a hot topic in teaching reform. Teachers can actively explore the online teaching form with the Internet as the carrier, or apply information technology equipment to the teaching process to improve the teaching quality^[10]. Teachers can open up online teaching sites and apply mixed online and offline teaching methods to their teaching. Teachers can upload the theoretical knowledge explanation to the online teaching platform in the form of a video so that students can use their spare time to learn independently. In the offline teaching process, they can focus on practical teaching, face-to-face guidance and correction of students' Sanda movements, or join in confrontation exercises to effectively improve students' physical literacy^[11].

3.3. Clarify the teaching focus and strengthen physical training

Physical fitness is the content of Sanda teaching, but also one of the objectives of teaching, in the process of higher vocational Wushu Sanda teaching reform, teachers can transfer the teaching focus to physical training, focus on its role in strengthening the body, and cultivate students' good physical quality. At the same time, strengthening physical training can effectively improve students' speed, endurance, balance, visceral function, etc., which not only lays a good physical foundation for the follow-up Sanda skills learning but also helps meet the requirements of vocational education for the development of students' comprehensive ability, so that students can face the future career with a strong body and enhance employment competitiveness. Vocational college students are not professional athletes, and there are great differences between students in terms of physical quality, basic ability, and other aspects. Teachers should adopt the teaching concept of gradual and differentiated teaching in the teaching process, starting from the actual situation of students, and formulate personalized learning plans according to different students' basic levels and training situations to meet the personalized learning needs

of students, improving the overall teaching effectiveness^[12]. Before teaching, teachers can carry out a simple physical fitness test, divide students with different ability levels into different levels, formulate different teaching plans, and improve students' strength, speed, sensitivity and other abilities to avoid the phenomenon of overloading students' bodies with a one-size-fits-all teaching form^[13]. When making the teaching plan, teachers should adopt the principle of systematic and comprehensive teaching, and carry out special exercises for students in combination with the actual situation of students, so that students can improve their physical fitness, functional movement quality, sports quality and other aspects to a certain extent, and further enhance the effectiveness of physical training. To enhance students' interest in learning, teachers can also introduce game teaching methods, group cooperative learning and other methods to create an interesting classroom teaching atmosphere, realize the teaching concept of edutainment, and comprehensively improve students' physical fitness. At the end of the course, teachers should reserve stretching and relaxation for students, and carry out appropriate flexibility exercises, which can not only improve the flexibility of the body but also relieve the situation of muscle soreness and physical injury of students, laying a good foundation for subsequent learning^[14].

4. Conclusion

To sum up, Wushu Sanda is an important part of physical education in higher vocational colleges, which is loved by students. It is an important way to cultivate students' good physical quality, establish healthy values, and finally realize healthy physical and mental development^[15]. However, under the new educational concept and the background of the era, the Wushu Sanda course in higher vocational colleges is faced with many challenges and opportunities. It is not only an important channel to carry forward and develop the traditional Wushu culture, but also an important path to cultivate students' good physical quality and noble moral character, and plays a positive role in the overall development of students' comprehensive quality. However, higher vocational colleges should realize that the Wushu Sanda course is facing many practical difficulties in the practice of teaching reform and innovative development, and the teaching concept, method and team are in urgent need of further improvement.

Disclosure statement

The author declares no conflict of interest.

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