

Analysis about the Mode of Practical Education of University Martial Arts under the Concept of Curriculum Ideological and Political Education

Cong Wang*

SSPU Sports Department Pudong New District shanghai china

wangcong@sspu.edu.cn

*Corresponding author

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Abstract: Practical education has always been an important part of university martial arts teaching, but the traditional mode of practical education can not meet the application of College Martial Arts in teaching. This paper analyzes the mode of practical education of university martial arts under the concept of curriculum ideological and political education from the ideological and political elements in the practical education of University Martial Arts teaching.

Introduction

The fundamental task of university education lies in "Building Morality and cultivating people". The ultimate goal of education is not to cultivate some kind of senior professional talents, but to cultivate people who have both morality and ability and develop in an all-round way. This is the origin of education, and it is also consistent with the comprehensive education concept of curriculum ideological and political education.

1. The Reason and Value of Applying Practical Education Mode in University Material Arts Teaching

1.1 The reason of applying practical education mode in University Material arts teaching.

Practical education mode is one of the most popular teaching modes in many colleges and universities. It refers to help students connect to the objective world through purposeful practical activities; improve the level of knowledge and ideological and moral quality in the process of practice. For higher education, it's most fundamental mission and essential requirement is cultivating talents. As an experiential training mode, practical education is particularly important for the cultivation of innovative talents in Colleges and universities^[1]. With the progress of the times and the development of university education, the traditional teaching mode of University Material Arts can not meet the students' learning needs. The traditional teaching mode of University Material Arts is too rigid and does not contact with the development of Modern Material Arts, which makes it difficult for students to absorb the teaching content, and such University Wushu teaching can not be used. Therefore, teachers should keep up with the pace of the times, improve their own education and teaching ideas in and adopt the mode of practical education during the teaching. Practical education mode can help students learn martial arts skills and practical methods, and also can strengthen students' ability of understanding. Teachers should regard themselves as the guide of students, make students be the main body of teaching, set an example for students, mobilize students' enthusiasm, and guide students to dare to practice.

1.2 The value of applying practical education mode in University Material arts Teaching.

The practical education mode is a very valuable teaching mode in the university martial arts teaching. In the background of the current development of university education, the subjectivity of students and the practical attribute of education become more and more important. We should rein to students' subjective initiative fully in pratice,in order to embody the initiative of conscious

participation and experience and understand the socialist core values more profoundly.

Wushu is an outstanding representative of Chinese traditional culture. From the perspective of traditional culture, we can excavate the cultural value of its own connotation. Through practical activities, we can understand the history and excavate the moral value and traditional culture of its connotation. Through practice, we can directly feel the essence and influence of Chinese traditional culture. Through serving the society, enhancing the sense of social responsibility, training students' innovative spirit. Practical ability is also a more intuitive value embodiment. Guide and help students to carry out competitions and social practice, let students transform the skills they learned in the classroom into practical actions, cultivate students' ability to solve problems, and let students have a platform to show their learning and life together.

In addition, the practical education mode can help the social ecology to be well constructed, and also help students form healthy mentality. During their growing, the education environment can actually play a very important role. If the education environment is harmonious, it will care more about the growth of students, guide students to become a person with healthy mentality and independent personality^[2].

2. The Problem in the Practical Education Mode in University Material Arts Teaching and Resolvent

2.1 The problem in the practical education mode in University Material arts teaching.

University martial arts teaching methods and practice mode are too rigid, in the explanation, demonstration, practice, correction, consolidation of several changeless stages, students through listening, watching, imitation to learn martial arts, The constantly repeated learning method is boring and Inefficient. The dominant position of teachers is excessively reflected, while the idea that students should be the main body of teaching is ignored^[3]. In terms of professional technology, they put too much emphasis on the line of action, but lack of interpretation of the meaning of martial arts fighting. The lack of interaction, communication, evaluation and practice leads to the deviation of students' understanding of martial arts, the inadequate cognition of martial arts connotation, It will deepen the reduction of enthusiasm and enthusiasm for martial arts learning.

2.1.1 Unreasonable teaching evaluation .For a long time, the evaluation of college martial arts teaching is mainly consist of technical examination, but the evaluation of martial arts etiquette and practice always be ignored. The evaluation form is too simple and not systematic, so students' performance in the learning process and practical action has not been evaluated in time. The result is that in the actual martial arts teaching, students can just learn simple martial arts prescribed routine, more important things get no attention such as martial arts etiquette, martial arts connotation and Chinese traditional culture related to martial arts, martial arts practice is even rarer.

2.2 Promote the strategy of Material Arts teaching practice and educating effectively

2.2.1 Innovating the mode of Material arts teaching practice in University. With the development of college education reform, the concept of Material Arts teaching practice and education should be integrated with the connotation of Ideological and political courses. The traditional teaching methods can not meet the requirements of the current development of teaching. Therefore, more efforts should be made in the practical education. Our teaching should base on high morality, excellent skills, excellent style and strict discipline. We should carry out the practice content of mutual courtesy, mutual assistance, mutual evaluation and discipline. We should pay attention on activities outside of the classroom, such as martial arts competition, martial arts performance, social service, international exchange, and competition work. We cultivate students' values of abiding, self-confidence, optimistic attitude, positive and enterprising mind, honest character, and their outlook on life and morality.

2.2.2 Perfect the Practical Education Mechanism. To infiltrate the ideological and political elements of martial arts into teaching practice, there are four aspects need our attention. The mechanism of college martial arts practical education mode can be improved from four aspects of plan arrangement, content design, and operation link and evaluation method. In the planning and arrangement, martial arts etiquette module is integrated into the classroom to interpret the culture

about martial arts etiquette. And we use the combination of class practice and after class exercise to build and promote "martial arts" sports among students. The content design takes the implementation of the Traditional National Sports Wushu project as the guidance of the curriculum, so that students can fully realize the cultural, fitness and educational value of the Traditional National Sports Wushu project, and develop good moral character through skill teaching, etiquette guidance, practical communication and comment^[4]. In the practical operation, the whole class is divided into 4-6 groups, with the group as the unit, which are respectively arranged with different themes of "Great character", "Consummate skill", "Positive atmosphere", "Health purpose" and "Rigid discipline". We can carry out it in the form of group reports, student exchanges and teacher comments. In teaching, while paying attention to the improvement of students' physical quality, we should also cultivate students' good will quality and pay attention to cultural heritage. Combine the in class and extra-curricular activities, the martial arts and morality education. So that we can form an integrated talent training mechanism inside and outside the class. In addition, we should adhere to the principle of combination of theory and Practice for evaluation, improve the evaluation score of students' learning process and integrate the attendance rate, effort level, civilization and etiquette of students into the evaluation system. At the same time, sports competitions, social services and other extracurricular martial arts related practice participation indicators can also be included in the evaluation system.

Summary

Under the concept of Ideological and political education in the course, practical education should play an active role in the teaching of martial arts in the University, so that students can understand and comprehend the spirit and connotation of traditional Chinese culture contained in martial arts while learning the martial arts course. Starting from the concept of moral cultivation and physical and mental health education, we should form cultural self-confidence, adhere to teaching by words and deeds, integrate ideological and political work into and outside the classroom, and then better promote the development of College Wushu teaching practice education mode.

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