



A Study on the Effectiveness of Wushu Development on Campus

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Abstract: The in-depth development of education reform in colleges and universities has made people pay more attention to the importance of physical education, and actively promoted the smooth development of physical education, hoping to effectively improve students' physical qualities. As an important component of traditional culture, martial arts, how to promote the effective development of martial arts classroom, has become a problem that teachers need to focus on. This article starts with the reasons for the limited development of martial arts classrooms in colleges and universities, and actively seeks specific solutions, hoping to achieve the purpose of building high-quality martial arts classrooms.

Keywords: Effectiveness research; higher education; efficient classroom; martial arts classroom

As the inheritance of Chinese culture, martial arts can not only serve the purpose of exercising students' physical qualities, but also enable students to feel the charm of national culture during the learning process of martial arts knowledge. College students have active thinking consciousness, and it is very easy to generate enthusiasm for exploring new things. Therefore, in order to ensure the effective development of martial arts classrooms, teachers need to actively change their old teaching concepts and find teaching methods that can mobilize students' initiative to learn. While teaching activities are carried out in an orderly manner, students will get a more comprehensive development.

1. Reasons for restricted development of martial arts classrooms in colleges and universities

1.1 Students' enthusiasm for learning is difficult to improve

Compared with other sports activities, martial arts emphasizes students' proficiency in movement. Under the constraints of the current exam-oriented education perspective, many teachers usually use unilateral ways to lead students to learn martial arts movements when conducting teaching activities. Compared with students of other ages, college students not only have strong learning abilities, but also have a well-developed thinking consciousness. Under the guidance of outdated teaching concepts, teachers did not realize the importance of carrying out teaching activities in accordance with the actual learning situation of students. Under this boring teaching method, not only the students' interest in learning is seriously suppressed, but also in the process of being difficult to play the main role in the classroom, the learning efficiency is seriously affected. This not only restricts the smooth development of martial arts classroom teaching activities, but also students lack the interest in learning, it is difficult to experience the charm of martial arts knowledge, and thus unable to inherit the excellent culture of our country.

1.2 Lack of after-school practice channels

Because the martial arts classroom requires students to have strong memory ability, it can ensure the fast grasp of

martial arts movements. Therefore, many teachers will devote a lot of energy to the design of martial arts actions when designing teaching plans, hoping to attract students to learn enthusiasm while ensuring the high-quality development of teaching activities. However, this over-concern in classroom teaching makes teachers ignore the importance of after-school practice. Therefore, in the absence of martial arts after-school practice channels, it is very easy for students to learn The content is forgotten, and then learning new knowledge seems to be very inefficient, which seriously hinders the establishment of high-quality martial arts classrooms.

2. Ways to Promote the Orderly Development of Wushu Classes in Colleges and Universities

2.1 Innovate teaching content

The smooth implementation of the reform of the education system has enabled teachers to gradually improve teaching concepts and actively seek new teaching methods, hoping to mobilize students' learning initiative while establishing high-quality classroom teaching activities. This requires teachers to combine teaching practice, to get rid of outdated teaching ideas, at the same time to abandon the backward martial arts teaching content, and combine college students' thinking consciousness and learning enthusiasm, targeted innovation in the teaching content. This will not only enable students of different grades to learn martial arts knowledge that is more in line with their own interests and hobbies, but also allow students to feel the unique cultural charm of martial arts classes in the process of penetrating cultural values and emotional education. Therefore, teachers need to extend the content of martial arts teaching with the times, so that students can actively complete the knowledge of martial arts with the mobilization of interest, and then promote the martial arts of colleges and universities in the process of effectively training students' physical qualities and learning efficiency. The smooth development of classroom teaching activities.

2.2 Innovative teaching methods

Long-term use of a single teaching method will not only make students feel aesthetic fatigue, but also difficult to ensure teaching efficiency. Therefore, teachers need to combine specific teaching content and improve teaching methods in a targeted manner, so that students can ensure the effective stimulation of learning enthusiasm in martial arts classrooms with more abundant forms of expression. For example, when conducting martial arts teaching activities, teachers can encourage students to stimulate team consciousness and competition consciousness in group competitions by stimulating their enthusiasm to participate in the martial arts classroom. This can not only enable students to quickly grasp the knowledge, but also enable students to enhance martial arts practical skills in the cooperation and help with the team members, so as to effectively improve the efficiency of students' martial arts skills learning.

2.3 Improve teachers' teaching level

As a guide for students to learn, teachers' teaching level, words, deeds and behavior consciousness can have a subtle and important influence on students. As a sport with high requirements for teachers' teaching ability, martial arts not only need to have a wealth of theoretical knowledge, but also need to explore its cultural connotation, in order to help students master the knowledge, establish a mission to inherit traditional culture. Therefore, in order to ensure the high-quality development of martial arts classrooms, teachers need to constantly improve their knowledge reserves through various learning channels, and at the same time establish a lifelong learning concept, constantly improve their teaching experience and teaching level. In addition, teachers also need to constantly improve their theoretical literacy and ideological and moral standards, so that their words and deeds can serve as role models for students. This will not only enable students to admire teachers, but also mobilize their enthusiasm for learning, but also guide students to establish a lifelong sports concept, and promote the orderly development of classroom teaching activities.

3. Conclusion

Faced with the current problems in the development of martial arts classrooms in colleges and universities, teachers need to realize the importance of breaking through the constraints of outdated teaching concepts, and improve the content of martial arts classroom teaching according to the actual cognitive characteristics, sports interests and learning

needs of college students. Innovation. This will not only enable students to mobilize their enthusiasm for learning martial arts knowledge under the leadership of teachers, but also be able to assume the responsibility of inheriting culture while experiencing the charm of traditional culture, and then grow into high-quality talents needed by the country.

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