



# College Wushu Teaching Innovation under the Background of Lifelong Sports

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**Abstract:** With the comprehensive implementation of quality education, the importance of physical education curriculum teaching in the entire education and teaching system has gradually become prominent, and its key promotion significance for talent training has been demonstrated in a timely manner. Under the development background of the efficient completion of the new curriculum reform work, relevant education and teaching units recognize the practical role of physical education, and make changes to the specific curriculum arrangement to increase class hours and credits, so as to attract students' attention and promote The students' enthusiasm for learning and participation is enhanced.

**Keywords:** Lifelong sports; college sports; martial arts teaching; innovative development

In the new era of development, my country's education system continues to reform, and physical education has made significant progress to varying degrees. This is not only conducive to improving the quality of comprehensive talent training, but also conducive to strengthening their physical fitness and ordering their subsequent learning activities. The development lays a solid foundation, increases the proportion of physical education, and guides students to exercise while ensuring the orderly development of basic knowledge teaching activities. The purpose of this article is to discuss the specific reform measures of martial arts teaching in colleges and universities under the background of lifelong sports.

## 1. Lifelong Sports Development Background

All walks of life in modern society are undergoing rapid innovation and development, which requires modern talents to have a solid scientific and cultural foundation and related professional skills in order to efficiently adapt to this social environment and fully demonstrate their own development value. The point of view of lifelong sports development is to require talents to make comprehensive progress while consciously carrying out physical exercises to highlight the practical effect of a healthy body on the efficient development of various development activities. Because modern people invest too much energy in knowledge exploration and skill training, but ignore the significance of good physical fitness for their sustainable development and progress, leading to frequent occurrence of various modern diseases and adverse effects on the society as a whole.

## 2. Significance of College Wushu Teaching Innovation under the Background of Lifelong Sports

The purpose of martial arts teaching courses in colleges and universities is to enrich students' sports knowledge in a timely manner, and at the same time exercise their martial arts skills and help them strengthen their physical fitness through martial arts learning. However, in the actual teaching process of martial arts teaching courses in colleges and universities, most of the teachers have dealt with the problem, and the actual participation of students is not high. The idea of lifelong sports is to fundamentally correct the misunderstanding of teachers and students on sports learning, and

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guide them to understand specific sports in-depth, and to fully grasp sports skills while perceiving its inner culture. This is not only conducive to improving the quality and efficiency of physical education in colleges and universities, but also conducive to enhancing the comprehensive development quality of students, and providing support for their follow-up long-term development.

### **3. Specific innovative activities of martial arts teaching in colleges and universities under the background of lifelong sports**

#### **3.1 Update the concept of martial arts teaching.**

In traditional martial arts teaching activities in colleges and universities, most teachers focus their teaching on martial arts skills teaching, ignoring the subjective feelings of students as the subject of learning, resulting in students' subjective learning initiative cannot be effectively mobilized, and the actual learning effect is not good. Therefore, after in-depth study of lifelong sports viewpoints, teachers should consciously reform and optimize their teaching concepts. While fully respecting the students' master status in learning, they should be guided to actively participate in martial arts exercises and efficiently complete martial arts classroom teaching goals. Under the guidance of new concepts, college martial arts teachers should understand that specific curriculum settings should serve specific training goals, and make adaptive innovations to the curriculum system on the premise of keeping up with the development requirements of education, and help students recognize the effects of martial arts learning. The improvement of the overall quality level is of constructive significance. In addition, teachers should also update their own ideas, take the initiative to understand the actual development needs of students, and strengthen the connection between martial arts skills training and cultural and spiritual communication, so as to achieve all-round education and guidance to students.

#### **3.2 Show the characteristics of martial arts teaching**

There are many majors in physical education, and each major has its own teaching characteristics and cultural spirit. Therefore, martial arts teachers in colleges and universities should fully demonstrate the characteristics of martial arts when teaching martial arts, so that students can exercise their martial arts skills in an orderly manner while comprehending the sports spirit that martial arts must convey. Martial arts teaching is not only skill teaching, but also includes martial arts development history, martial arts spirit teaching, etc. This is the key to distinguish martial arts from other sports majors, and it is also an important entry point to help students understand the characteristics of martial arts. In addition, each martial arts action has different difficulty and different rhythms. It requires students to understand it carefully in order to improve their martial arts learning level and better integrate into martial arts exchanges, martial arts performance appreciation and other activities.

### **4. Concluding remarks**

To sum up, lifelong sports is a new point of view proposed in response to the development trend of quality education in the new era. Its core starting point is to help modern talents correctly recognize the importance of physical exercise for their actual development, and to use them in various development work in a timely manner. Incorporating physical exercise activities in order to effectively promote the enhancement of its comprehensive development strength, and support it with a solid body to carry out subsequent series of progressive activities in an efficient and orderly manner. After recognizing this status quo, martial arts teachers in colleges and universities start from the updating of teaching concepts, realize all-round innovations in various classroom teaching, and strive to show their fundamental educational value from multiple angles.

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