

## Basic Information on the Ways and Methods of Implementing Quality Education in Sanda Teaching in Colleges and Universities Based on Objectives

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**Abstract:** Sanda is popular among college students because it can better show the vitality and vitality of young college students in the new era. Sanda is also a new sport item in the teaching of physical education in Colleges and universities, which has been widely carried out in many colleges and universities. The article defines the concept of the target and selects the method of setting it through the method of literature, and applies the method of setting the target and the method of thinking and pushing activities to the quality-oriented teaching and training of Martial Art Sanda, providing help for the learners' learning and training. And according to the meaning, characteristics and content of quality education, combined with Sanda teaching practice, this paper puts forward ways and methods to implement quality education in Sanda teaching in colleges and universities.

### 1. Introduction

Sanda is a free-hand fight between athletes. It is a fight sport in which kicking, boxing, wrestling and other techniques are used within the permission of relevant rules to fight each other in order to win. After many years of exploration and development, Sanda has gradually formed its own characteristics, which are both full of times and maintain certain national characteristics [1]. For many years, as an important part of Chinese higher education system, sports colleges and universities have shouldered the heavy responsibility of training senior sports talents for the country. Under the relatively perfect condition of high-level competitive Sanda, the teaching-related aspects, which are in a key position in Sanda promotion, have not received enough attention. The teaching of various sports academies, Martial Art pavilions and clubs is basically independent, and there is a lack of in-depth discussion on teaching models and even in theory [2]. Based on this, the article defines the goal as a constructive result that stimulates the intrinsic motivation and fits the external needs. This definition emphasizes two aspects: first, the goal is to establish externally, the final orientation to be reached; second, the goal is to point inwardly, rooted in the formation of human internal meanings [3]. It can enrich modern sports teaching methods, achieve the goal of quality education, and reflect the promotion of physical education to quality education.

### 2. Quality Education and Its Characteristics

The scientific definition of quality education by the Party Central Committee and the State Council reflects its essential attributes and characteristics. Based on this, the basic characteristics of quality education can be summarized as follows: one is the totality, the other is the sociality. The fundamental purpose of quality education is to “educate people” and to better complete the education from natural person to social person [4]. The social person mentioned here should have all-round qualities needed to adapt to the society and transform the society, namely, ideological quality, scientific and cultural quality, physical quality and psychological quality. It is based on cultural quality education, with psychological quality education as the intermediary, and finally takes health education as the main body, and comprehensively improves the physical and mental quality and develops the personality of the individual as the educational model [5]. Starting from the actual needs of social development, we attach importance to cultivating students' creative spirit and practical ability. Third, it is developmental, that is, considering the commonality and difference characteristics of human development, promoting students' active, vivid and lively development.

Education must face modernization, the world, and the future. This is the long-term strategic goal of the construction and development of socialist education in China, and it is also the fundamental guiding ideology for the educational reform of various sports colleges in China. In a sense, Sanda can only be said to have real universal access only when it enters the school, and it has sufficient and reliable guarantee for sustainable development [6]. Therefore, physical education must also follow the requirements of quality education, so that students can get healthy physical and mental development, master one or two sports skills, and feel the fun and benefits of sports. In a word, quality education refers to the basic quality structure that a person obtains stable and long-term effects through environmental impact and education training, which embodies the spirit of all-round development of a person.

### **3. The Importance of Promoting Sanda in Colleges and Universities**

Sanda is developed from Chinese Martial Martial Art, which includes a large number of Martial Art movements and Martial Art thoughts. Therefore, active promotion of Sanda can better demonstrate the profound charm of Chinese traditional culture. According to the survey, students have a strong interest in Sanda and attach great importance to the practicality of Sanda, which is conducive to giving full play to students' initiative and enthusiasm. However, due to various reasons, students have some misunderstanding about Sanda more or less [7]. Therefore, teachers are required to have multi-disciplinary, rich and profound knowledge accumulation, keen insight and positive and enterprising innovation spirit, to accept students' unique insights while imparting students' knowledge, and to guide students to carry out profound reflection and brave creation. As an important part of Martial Art, Sanda's education for people is also comprehensive. In addition to the fine tradition of Martial Art, Hyundai Sanda also has a strong sense of the times as a modern sport [8]. Sanda sports not only strengthens the body, but also cultivates the spirit of the students not afraid of difficulties, frustration and failure, and can cultivate the spirit of students' courage to compete. Enhance the physique of students, and also through the physical education to carry out effective ideological and moral education to students, develop students' intelligence, improve students' psychological quality, cultivate students' sentiment, develop students' individuality, and promote students' socialization. It can also improve students' psychological quality and social adaptability.

It can be said that the current charm of Sanda is its competitive nature. Sanda as a competitive sports project has a clear boundary with respect to the traditional self-defense and self-defense stunts, that is, putting human safety and health first. This new concept of education must resolutely reaffirm the basic principle that education should promote the all-round development of everyone, that is, the development of body and mind, intelligence, sensitivity, aesthetic consciousness, personal responsibility, and spiritual value. While studying Martial Art, students also accept the educational process of Martial Art's cultural thoughts, and accept the baptism of patriotism. This is especially true for the study of Sanda. In most colleges and universities, teaching methods are generally based on teachers' explanation and demonstration and students' exercises. Students' subjectivity is limited and the exploration and training of potential abilities are easily neglected. Sports ability is a special comprehensive ability, which includes: the ability to master basic theories and knowledge, the ability to exercise skills, the ability to exercise independently, the ability to check and evaluate oneself, the ability to choose and formulate exercise prescriptions, etc. Cultivating college students' understanding and love of Chinese traditional culture and inspiring their patriotic psychology not only play a role in building up their body, but also have a good value impact on their psychology.

For most students, there is a mystery about Martial Art Sanda. In order to improve their self-defense ability, they hope to get a sense of security from Sanda. Therefore, in the process of elective course teaching, the teaching content is limited to a few punches and legs, which may not meet their needs. The development of Sanda in Colleges and universities is manifested in two interrelated aspects: on the one hand, developing Sanda in Colleges and universities can effectively promote the whole society's understanding of Sanda; on the other hand, Sanda itself in Colleges and

universities is scientific, reasonable and sustainable development, the above two aspects constitute a whole. For college students, the heavy learning task and the poor physical quality have formed a strong contrast. A good body is an effective guarantee for effective learning. Physical fitness is also the first choice for college students to learn Sanda. From the scientific definition of quality education and the revealing of its basic characteristics, it can be concluded that the content of quality education should include the education of ideological and moral quality, scientific and cultural quality, physical quality, psychological quality, skill quality and social quality. Through Sanda training, not only can people improve their speed, strength, endurance and other qualities, but also enhance the function of the internal organs of the human body. Especially, it has a good effect on improving the nervous system flexibility of the human body.

#### **4. Ways and Methods of Implementing Quality Education in Sanda Teaching in Colleges and Universities Based on Objectives**

##### **4.1. Focus on students' Wushu ethics cultivation and cultivate noble ideological and moral character**

Targets are directive and guide the direction of action. When they are set up, the blindness in people's actions will be reduced. Targets are incentive, and their development results, including content or status, are correspondingly higher than all the contents and status of the actors at that time. Wushu ethics is the core of Martial Art ethics in China. Wushu ethics regulates Martial Art's behavioral methods and makes moral concepts become the norm of martial arts. It is gradually formed in the long history of the development of Martial Art in China. It can be summarized as follows: respecting teachers and respecting morality, respecting righteousness and trustworthiness, upholding integrity, humility and benevolence. Sanda teachers should seek the opinions of college students as much as possible in daily teaching, cultivate and respect the students' interests and preferences, so as to arrange relevant teaching courses more reasonably and effectively. In the process of teaching, students should always reflect the teaching of college students in Sanda teaching. Subject status. During the technical practice, students can examine their movements in the mirror, or they can point to each other to develop their observation and evaluation skills. And through the self-interest of the person itself, to encourage the actor to move forward actively; the goal is evaluative, the form of the final result exists at the end of the behavior, the positive part and the deviation part of the evaluation and corrective action; These wrong ideas, teachers should promptly correct, correct guidance, eliminate distracting thoughts, clarify the purpose of learning, and correct the attitude of practice.

##### **4.2. Pay attention to teaching methods and cultivate students' sports ability**

In teaching, teachers should not only demonstrate accuracy, explain and refine, but also analyze its inherent characteristics and laws from the aspects of the use of technical movements, mechanical principles, human body structure, etc., so that students know what they are, and can learn from them. Scientific practice methods to enrich sports science knowledge. We need to guide students to plan their own training and learning based on their physical fitness, scheduling, technical difficulty and technical mastery. Any university that wants to carry out the Sanda movement must have an indispensable prerequisite. It is an excellent Sanda teacher who has strong professional ability, is enthusiastic about Sanda sports, and has pioneering spirit. Sanda teachers should devote themselves fully to the teaching and promotion of Sanda. In addition to determining the structural flow chart of technical actions, it is also necessary to analyze the essentials of each action element and establish a complete and accurate action execution plan. When the final goal is established, we should make our thinking and action direction always revolve around this ultimate goal in the following work. Based on this, the detailed target is decomposed to provide clues for the establishment of small targets. At the same time, university leaders, especially those in charge of physical education, should carry out the relevant spirit of physical education curriculum issued by the Ministry of Education, actively support the development of national traditional sports, actively absorb Sanda

teachers, and support the curriculum development of Sanda teachers in universities.

#### **4.3. With the help of the antagonism of actual combat in teaching, students' will quality and good psychological quality will be cultivated**

Scientific and cultural quality is a necessary condition for a person to survive and develop in modern society. The quality of science and culture determines the quality of human existence and life. Therefore, modern college students must establish the consciousness of advocating science and learning culture. After determining the distribution of muscles that play a major role, the next job is to carry out targeted training for these muscles. The aim is to get twice the result with half the effort. The aim is to reduce the ultimate goal to a small one and make the whole formation of training easier. Sanda teachers are the most critical factor in Sanda teaching in colleges and universities. In the development of Sanda sports in colleges and universities, we must make corresponding long-term plans. We must increase the intensity of the introduction and absorption of teachers, and establish a more systematic and scientific training and introduction mechanism for Sanda teachers. Through declarative knowledge and modern teaching methods, the cognitive orientation of the technical movements learned can be better formed, and students can understand the procedural knowledge such as “what to do” and “how to do” in this lesson, so as to learn And practice is no longer blind, learning has a clear orientation. Through the students' self-discovery of problems, they explore how to solve problems on their own, let students boldly imagine, improve students' creativity, stimulate students' creative inspiration, and make students' creative potential fully developed. Students with poor physical fitness should adopt a step-by-step approach to increase their gradual improvement, build students' confidence, improve students' interest in exercise, improve students' interest in exercise, and meet the requirements of teaching goals.

#### **5. Conclusion**

Sanda enters colleges and universities is the need to play the unique educational function of Sanda, is the need to carry forward the national traditional sports, is also the need of project development, and is also the need to enrich the teaching content of school sports and college Martial Art. The application of “structure-oriented” teaching in the teaching of Sanda general education is beneficial to students, especially those in the middle and lower-middle level, to better grasp the technical movements, and is more conducive to improving the retention of students' memory, which is conducive to improving students' analysis problems. Ability to solve problems. All colleges and universities should carry out teaching in combination with the actual situation of teachers and venues in the teaching of Sanda. At the same time, Wushu ethics education should be put in the primary position in combination with the characteristics of the times, and the overall cultivation of people should be realized. Physical education teachers should quickly change their concepts, renew their educational ideas, fully tap the inherent educational factors in all aspects of textbooks to carry out quality education for students, and shoulder the mission of training qualified talents in the 21st century. Therefore, it is an effective way for students to adapt to the society to exercise their comprehensive quality and to hone their will. Physical educators should base themselves on quality education and constantly innovate the physical education model.

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