

The Enlightenment of Moral Education Thought Contained in Traditional Shooting Art to College Ideological and Political Courses

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Keywords: Traditional Shooting; Moral Education; Student Quality

Abstract: In the historical society of our country, shooting is not only a type of sports competition, but also a ceremonial cultural activity from the royal ritual to the literati gathering. Based on this, this paper firstly analyzes the moral education thoughts contained in the traditional shooting art. Then, focusing on the rational use of educational activities, scientifically setting educational content, and comprehensively planning the educational evaluation system, it puts forward the traditional art moral education thought. The practical strategy of ideological and political courses in colleges and universities.

1. Introduction

The shooting art is developed from the “shooting” in the “Six Arts” of Confucianism in China. It is a traditional movement with many attributes such as culture, etiquette and competition. In the shooting activities, in addition to mastering the skill of archery, the shooter also needs to pay attention to the comprehensive improvement of the whole quality, such as etiquette, posture and behavior. Therefore, traditional shooting techniques contain a high degree of moral education value.

2. The Moral Education Thought Contained in Traditional Shooting Art

First, the idea of behavior first. In our historical society, shooting is not only a type of sports competition, but also a ceremonial cultural activity ranging from royal rituals to small literati gatherings. Therefore, in the process of shooting, the shooting activities focus on “beginning with ritual, finally ritual”, and advocating ceremonial moral elements such as “quietness”, “positive” and “de” in the attitude and behavior of the shooter. Therefore, the introduction of traditional art content into the ideological and political education activities of colleges and universities can help to develop the multi-angle quality of students' morality, cultivation and cultivation, and reflect the moral element of “ritual” in the social activities of students. In words and demeanor[1].

Second, the sports spirit of benign competition.”Book of Rites and Shooting Art” puts forward: “Calling for the righteousness of oneself. It is done right and then; if it is not in the middle, then it will not blame others, but it will be swearing for others”, that is, the shooter is required to correct his own psychological attitude. If you do not win, you should not blame others, but should reflect on your own problems. Obviously, this idea coincides with the current “friendship first, competition second” sports spirit, and has a benign guiding value for the formation of the student group competition concept and the concept of winning and losing.

Third, carry forward the traditional patriotic spirit. President Xi Jinping repeatedly emphasized in important meetings: “Abandoning Chinese traditional culture is tantamount to cutting off the spiritual lifeline of oneself.”Therefore, as a kind of excellent traditional cultural expression, traditional art is rich in the value of patriotic education. In the process of understanding shooting and practicing shooting, the students will fully appreciate the rich cultural connotations and philosophical thoughts in the shooting art, and marvel at the spiritual wisdom of the ancient sages, and finally cultivate students to establish a high degree of patriotism, cultural self-confidence and nationality. Pride.

3. The Practical Enlightenment of the Traditional Art of Moral Education to the Ideological and Political Courses in Colleges and Universities

3.1 Paying attention to the rational use of educational activities

The teaching method is old and the teaching activities are boring, which is one of the fundamental reasons that affect the quality of ideological and political education in modern universities. At this stage, most college ideological and political teachers still adhere to the traditional “cramming” one-way infusion education, and are accustomed to the popularization and interpretation of ideological and political theory knowledge on a large scale and for a long time. In this way, students will be in the role of passively receiving classroom roles for a long time, and they will not be able to achieve the practical mastery and internalization of the knowledge they have learned. Over time, some students will gradually lose their interest in learning in the boring teaching activities of the ideological and political classrooms, creating certain resistance. In addition, some students will have dependence and learning inertia on the teaching work of ideological and political teachers in the process of passive lectures, lacking the ability and awareness of independent learning and independent innovation.

Based on this, in the process of designing teaching plans and implementing teaching behaviors, college ideological and political teachers must pay attention to the status of students in the classroom learning, and then create interesting and interactive teaching activities to make students more relaxed. Learn the ideological and political knowledge and strengthen the moral education quality in a free and active classroom atmosphere.

From the current point of view, the introduction of excellent traditional cultural activities represented by the art of shooting into the ideological and political lessons of colleges and universities has a high value of moral education. According to this, colleges and universities can purchase a number of specialized equipment such as bows and arrows, archery targets, etc., and hire professional shooting artists to provide basic support for the special education activities of the ideological and political teachers. Later, the ideological and political teachers will introduce classroom teaching to the playground, student activity center and other areas in a timely manner. With the help of professionals, they will lead students to conduct art training and guide students to realize the simultaneous development of physical and mental quality. In addition, if the school does not have the conditions for carrying out the shooting activities in the facility allocation capacity, the ideological and political teachers can also make a difference, and the traditional cultural activities with low demand for other tools such as pitching pots and flying flower orders can be used as a substitute. Classroom interaction effect[2].

3.2 Pay attention to the scientific setting of educational content

Wang Yangming, a famous thinker of the Ming Dynasty, pointed out in his book “Wang De Ting Ji”: “The gentleman is in the shooting, the inner ambition is right, the outer body is straight... and then can be said in the middle”, “the gentleman learns to shoot, to save the heart.” It is the heart of the heart.” It can be seen that in the context of traditional Chinese shooting culture, only the physical and mental qualities are good, and it can be called a “gentleman.” Therefore, the integration of the art of moral education into the practical teaching process of ideological and political courses in colleges and universities, the ideological and political teachers in colleges and universities must abandon the ideological and psychological problems in the traditional educational concept, and promote the development of students' moral education. Train students to establish healthy living habits and sports concepts.

First of all, teachers should uphold the high educational practice concept and go deep into the student group to understand the status quo and problem performance of students in life habits and sports awareness. According to relevant data, the current physical fitness of adolescents in China has shown a negative trend of decreasing year by year. Obesity, myopia, hair loss and other issues are becoming increasingly acute among students. The main reason is that most of the current students lack a healthy sense of self-management. In the absence of physical exercise, they have long-term wrong behaviors such as staying up late, spicy eating, and overeating. Therefore, the

ideological and political teachers in colleges and universities can be targeted according to the above-mentioned problems, and actively lead students to understand the harmful effects of staying up late, dyeing hair, overeating and other behaviors on physical health through case analysis and knowledge presentation, and popularizing correct behavioral concepts to students. , aesthetic concepts, diet concepts, and encourage students to run, walk, aerobics and other exercise activities according to their own physical basis, to provide educational support for the healthy development of students' physical and mental health.

Secondly, teachers should pay attention to the daily management of students' physical and mental health. For psychological quality, college ideological and political teachers can regularly organize students to report open salon activities. Around the theme of “mental health”, students are required to open their hearts and speak freely, to talk about the pressures they have encountered in their study and life, and to share a period of time. The feelings I have seen since time. In this way, the ideological and political teachers can understand the differences in the psychological state of different students, and then carry out targeted counseling or encouragement behaviors; for physical quality, college ideological and political teachers can formulate sports “punch” plans among the student groups, and urge Students exercise daily exercise. In this process, teachers can use the online online sports platform such as “Keep” and “Emotional Circle” as tools to collect information on students' daily and weekly running time and exercise patterns, and implement reasonable calculations. The incentive system for rewards to enhance students' interest in active physical activity in their daily lives[3].

3.3 Paying attention to the comprehensive planning of education evaluation

In the historical period, the shooting activities can be divided into four categories according to the etiquette system, namely, big shots, bin shots, town shots and swallow shots. These four kinds of shooting activities and systems correspond to the four different social roles of the emperor, the princes, the local officials, and the literati. At the same time, in the specific shooting activities, there are more detailed etiquette requirements and process rules. For example, in the township shooting activities, the shooter needs to follow the three different rules of firing, synthesizing the “three shots”: the first round is “continuous and not released.”This round does not assess the shooting results, but examines the shooter's movement skills, whether the advance and retreat appearance meets the requirements of “ritual”; the second round is “not consistent or not.”In this round, the shooter only has the arrow in the target to maintain the score. Obviously, this round mainly examines the accuracy and skill of the shooter's shooting skills; the third round is “not to be released”. In this round, the shooter needs to perform archery, advance and retreat and other action behaviors in conjunction with the drum rhythm, in order to maintain the scores in the arrow, in order to highlight the cultural etiquette attributes of the shooting activities, and to examine the shooter's practical control over the shooting skills. ability.

It can be seen that as a cultural attribute, social attribute and competitive attribute, the shooting activity has high requirements on the quality of the shooter etiquette, sports skills, and mastery of the sound, and has strong regularity. .Based on this, in the process of actual teaching activities, college ideological and political teachers should do a good job in the cultural heritage of the shooting activities, the full absorption of moral education and scientific practice, and create a scientific and comprehensive student with the guidance of the personnel evaluation method of the shooting activities. Ideological and political education evaluation system. In this system, the ideological and political teachers in colleges and universities can also learn from the etiquette activities of “three-shots”, and divide the students' ideological and political learning qualities into three parts: “ritual”, “tech” and “walk”:

In the part of “ritual”, teachers should set up indicators such as “patriotism awareness”, “social concept” and “poverty and wealth concept” with the goal of cultivating students' moral literacy, and conduct assessments through questionnaires and face-to-face interviews. In the “technical” part, teachers should conduct assessments on specific ideological and political knowledge content such as socialist values, Xi Jinping's spirit, ancient Confucian theory, etc., through examinations, spot

checks, etc., to understand the students' ideological and political knowledge level; In this part, teachers should mainly examine the practical qualities of students' ideological and political knowledge, and then set up indicators such as “classmate relationship”, “environmental behavior” and “verbal talk”. For such indicators, college ideological and political teachers can select student representatives with high credibility to assist in evaluation, and also need to pay attention to the behavior of students in the classroom and in life, so as to ensure the objectivity and accuracy of the assessment results.

4. Summary

In short, the concept of the art of moral education is integrated into the ideological and political course of colleges and universities. On the one hand, students can understand traditional culture and experience traditional activities in the process of participating in classroom learning, and emphasize the gift and cultivation of activities such as shooting art. The moral education thoughts such as morality and self-cultivation have a profound experience, and then subtly enhance the ideological and moral level of students. On the other hand, it also helps to stimulate students' active learning interest and guarantee the penetration of the ideological and political education work in colleges and universities.

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