

## The Present Situation and Reform of Wushu Teaching in Colleges and Universities in the New Era

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**Abstract:** Wushu game is a kind of teaching method which can help students to promote Wushu level and entertain themselves. It is very helpful for middle school students to improve Wushu level if it can be applied to the teaching and training of Wushu in university. By making full use of the competitive spirit of Wushu games, Wushu teachers should start with the foundation of Wushu teaching and training in universities, explain the Wushu skills to students and let them understand the important value of playing Wushu well.

### 1. Introduction

Basketball training is the most common item in martial arts teaching, it has a great auxiliary role in martial arts teaching, it can promote students' interest and love of martial arts. The core essence of basketball training is to make students find the fun of learning in the process of learning basketball, only to help them find the fun of learning can improve martial arts performance. According to the analysis of relevant research data, it can be concluded that basketball is the most popular martial arts project for students. Most students, especially boys, like to organize friends to play basketball in their spare time. Wushu games are effective teaching methods in martial arts teaching. It has a great auxiliary effect on martial arts teaching, and it can promote students' interest and love of martial arts. The core essence of martial arts games is to make students find the fun of learning in the process of learning college martial arts, only to help them find the fun of learning can improve the performance of martial arts. As a modern game form which mainly helps students to promote the practice of university martial arts, it is scientific to combine entertainment with university martial arts, and it plays a great role in basketball teaching by adding this game entertainment to the training process of university martial arts [1]. It can be seen that the value of martial arts games in the teaching and training of university martial arts lies in the research and discussion of baked oil.

### 2. Skills in Wushu Teaching and Training in University

Among the many martial arts projects, the university martial arts should be the favorite of middle school students, mainly because it can not only exercise students' body and improve students' physical quality, but also promote students' love and pursuit of martial arts projects, so as to promote the comprehensive development of students, so that students in the school can "moral, intellectual, physical and labor" comprehensive development [2]. Many university martial arts skills are included in the teaching and training of university martial arts, which requires a patient and detailed explanation by the martial arts teacher. If the students can use these skills well, they can not only improve the quality and efficiency of the university martial arts teaching, but also enable students to better understand the university martial arts exercise and master the university martial arts skills, thus further stimulate the students love of the university martial arts.

University martial arts is not only a physical exercise of martial arts, it is also a sport with ductility and skill. It also involves a lot of rules that need to be followed, and if they are violated in

the competition, they will be eliminated, so it also increases the difficulty of martial arts teaching in universities and the complexity of training. Above all, college martial arts is a team-related sport. It consists of five core positions: center, power forward, small forward, point guard and point guard. Therefore, in the course of practical teaching, the martial arts teachers should not only give the students the skills to play the university martial arts, but also cultivate their team consciousness and cooperative spirit [3]. Through such teaching methods, we can really achieve the main purpose of Wushu teaching in universities.



Figure 1 General universities

College martial arts training is extremely critical, it is more important than theoretical knowledge, because many things can not understand the true meaning of it by speaking, only through their own personal practice can understand. Therefore, the middle school martial arts teachers should constantly strengthen the training and increase the difficulty in the course of the university martial arts teaching training, according to the students' university martial arts level to formulate a specific teaching and training plan, students in the class with better martial arts skills can be divided into two equal teams, first let them train the university martial arts skills and then show the training results to the whole class, to provide students with a good reference template, the latter training process can be guided by the students of the two university martial arts teams of other students in the class, which not only training their college martial arts skills, but also reduce the burden for martial arts teachers.

### **3. The Significance of Wushu Game Teaching**

#### **3.1. Martial Arts Games Are Conducive to Regaining the Interest of University Martial Arts**

The fun of the game can help students to have interest in martial arts, let students get rid of fear of martial arts psychology, and in the course of the game with teachers to communicate and communicate, with teachers to complete the task of martial arts teaching in college. In the course of the game, the teacher designs many different levels of levels according to the situation, and the students need to go through the gate and finish the game task continuously [4]. It is of great help to study university martial arts, thus solving the doubts in learning university martial arts. After the success of the game clearance, students are given appropriate rewards to get a sense of achievement, thus helping them to regain their interest in college martial arts, so as to improve the efficiency of learning college martial arts.

#### **3.2. Martial Arts Games are Conducive to Improving the Effectiveness of Learning**

According to scientific research, compared with traditional teaching methods in the past, game-based teaching can make students acquire a lot of knowledge in the process of learning. In fact, for middle school students, martial arts is more difficult, because the general physical quality of middle school students is too poor, sports cells are too weak. Martial arts activities have a certain resistance to them, traditional martial arts teaching methods can not mention their confidence in martial arts [5]. The game is entertaining, so teenagers like entertaining activities more now, so using game-

based teaching can not only create a relaxed and pleasant learning atmosphere for students, but also enable students to learn more knowledge in the process of playing, thus slowly repelling their aversion to martial arts and improving their learning effect.



Figure 2 General universities

### **3.3. Martial Arts Games Help Develop Teamwork**

Games are one of the ways to help students effectively understand how to improve their survival skills. By imitating the virtual game world of the real world, so as to use the rules of the game to let students understand the survival of the fittest, in the cruel elimination system to quickly learn the way to survive, can effectively cultivate students' learning ability. In addition, the game needs to set the level of teamwork, but also to develop the ability of teamwork students.

## **4. Effects of Wushu in University**

### **4.1. Develop Teamwork Spirit**

Martial arts is not only a physical exercise of martial arts, it is also a sport with ductility and skill. It also involves a lot of rules that need to be followed, and if they are violated in the competition, they will be eliminated, so it also increases the difficulty of martial arts teaching and the complexity of training. Most importantly, martial arts is a team-related sport, which consists of five core positions: center, power forward, small forward, point guard and point guard. Therefore, in the process of practical teaching, Wushu teachers should not only give students the skills of playing Wushu, but also cultivate their team consciousness and cooperative spirit. Through such teaching methods, so as to truly achieve the main purpose of martial arts teaching.



Figure 3 General universities

### **4.2. Strengthening Martial Arts Training**

Martial arts training is extremely critical, it is more important than theoretical knowledge, because many things can not understand the true meaning of it by speaking, only through their own

personal practice can understand. Therefore, in the process of carrying out Wushu teaching and training, the university Wushu teachers should constantly strengthen the practical training and increase the difficulty, and make a specific teaching and training plan according to the students' Wushu level. Students with better martial arts skills in the class can be divided into two equal teams, first let them train the martial arts skills and then show the results of the training to the whole class to see, for the students to provide a good reference template, the following training process can be guided by the students of the two martial arts teams in the class, which not only trained their martial arts skills, but also reduced the burden for martial arts teachers.

## **5. Conclusion**

To sum up, if the school wants to break through the difficult predicament of the current university martial arts work, the school should keep pace with the times, meet the development needs of the current big situation, do a good job in the reform of the university martial arts within the school, and effectively integrate it with the management mode and economic benefits. To provide a more safe and reliable environment for the development of the school. To improve the quality of martial arts teaching in universities is to help students to exercise better and cultivate students' good physical habits. In martial arts teaching, martial arts teachers should make corresponding teaching plans according to the characteristics of students in order to better help students improve their martial arts level, promote students' interest and love of martial arts, and encourage students to better strengthen their martial arts skills. This article through a series of in-depth studies of martial arts teaching, we can find that more scientific and effective martial arts teaching, we must have sufficient teachers and equipment, while training students, but also pay attention to the safety management of students, because in martial arts practice is easy to hurt, to achieve these points, basically has been in line with the effectiveness of martial arts teaching in universities. Play teaching is not conniving students play, but let them find the fun and method of martial arts in the game, the key of this teaching way is to help students master the ability of university martial arts and cultivate the spirit of martial arts through the way of education in fun, so as to promote the development of martial arts learning.

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