

# Innovation of Fitness of Wushu Sanda in University Wushu Sanda Course Teaching

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**Abstract:** With the advancement of quality-oriented education, improvement of students' physical quality is attracting more attention while concerning students' intellectual education. After all, as the saying goes, "the body is the capital of revolution". It has been a prevailing phenomenon that Wushu Sanda has been introduced to colleges and universities as Wushu Sanda plays a remarkable role in enhancing students' physical quality, promoting students' physical and mental development, and strengthening students' self-protection awareness. In view of this, it is necessary to pay attention to the fitness of Wushu Sanda in teaching among colleges and universities, actively carry out innovation of Wushu Sanda course, and get students initiatively participated in teaching activities, and give full play to the fitness of Wushu Sanda. This paper has given detailed elaboration mainly from three aspects, namely, the specific embodiment of the fitness of Wushu Sanda, the problems existing in the current Wushu Sanda course teaching and the innovative strategies of the fitness of Wushu Sanda in university course teaching.

## 1. Introduction

With the continuous development of the times, people are paying more and more attention to traditional culture. Wushu Sanda as an important part of Chinese traditional culture has positive significance to cultivate students' will quality and improving students' physical quality. Wushu Sanda as a form of sports combining offense and defense has many influential factors, which are of positive significance to improve students' reaction capacity and self-defense skills. By introducing Wushu Sanda course into university teaching cannot only advance the development of Chinese Wushu Sanda, but also can provide a new way for students' body building. In nowadays situation, there still remain a lot of many problems in Wushu Sanda course teaching, which challenge and influence the effect of Wushu Sanda in improving students' physical fitness. In view of the existing problems, this, this paper will carry out purposeful reform and innovation of Wushu Sanda, aiming at continuously giving play to the role of Wushu Sanda in college students' growth.

## 2. Specific embodiment of the fitness of Wushu Sanda

### 2.1 Physical fitness

Wushu Sanda as a kind of sports has apparent effect on improving students' physical quality. A series of skills and tactics, confrontation and other training can maximally improve students' muscle exercise amount and physical quality, thus satisfying the current development trend of university education. Wushu Sanda as an important part of teaching content of university PE education can further enhance students' responsiveness, muscle tolerance through Wushu Sanda training. After all, students' physical fitness can improve on the condition of long-term scientific exercise. It is also a superficial phenomenon of the fitness of Wushu Sanda that students can improve muscle and strength through Wushu Sanda training.

## **2.2 Psychological quality**

As Wushu Sanda is a form of exercise arising from a kind of confrontation, we should not ignore the resistance, will power and quality of facing difficulties in itself, which is also a point to be integrated in Wushu Sanda teaching. Therefore, teachers of Wushu Sanda should pay attention to improving psychological quality in addition to physical fitness. In the current environment with fierce competitiveness, students with strong psychological quality can adapt to the current society full of competition. Furthermore, it is necessary to pay attention to the traditional cultural spirit of Wushu Sanda. Wushu Sanda with the effect of improving students' physical fitness can also develop students' will and qualities of bearing hardships, readiness of helping others bravely and loving the motherland, thus helping students to realize their pursuit of truth, goodness and beauty, and meeting the current development trend of university physical education.

## **3. Problems existing in current Wushu Sanda course teaching**

### **3.1 Single teaching contents**

The single teaching content of current Wushu Sanda teaching results in students' lack of learning interest, which makes the fitness of Wushu Sanda not practical. Wushu Sanda has gradually evolved into a confrontation of personal physical strength throughout the history of China and become an offensive form of sports. With the development of the times, Wushu Sanda with weakening aggressivity has transformed into two forms, that is, routine and confrontation, which are moderate and helpful for social harmony and stability. But in high-efficiency Wushu Sanda teaching, routine has been set as the major teaching content to improve students' flexibility, agility and memory. Under such circumstance, students spend most of time on memorizing and practicing routines and exercises individually. But they cannot really integrate into the essence of Wushu Sanda, which leads to students' losing learning interest and impeding the development of Wushu Sanda in university physical education.

### **3.2 Monotonous teaching methods**

Considering the major teaching content of routine in university Wushu Sanda teaching, the teaching methods are mainly boring trainings, which are monotonous. So, firstly, teachers should complete instructional teaching of the corresponding movement routines. Next, students carry out exercise by following the teacher's movements to intensify the understanding and memory of movements. The teacher should give appropriate movement guidance in the whole process of exercise. Students passively participate in teaching activities in such a single teaching process, which makes them impossible to make all-round progress, let alone the next-step fitness. In view of this, to avoid monotonous teaching method, teachers should continuously adopt new teaching methods according to students' needs so as to get students truly participated in teaching activities and help students to enjoy the charm of Wushu Sanda.

### **3.3 Lack of exercise intensity**

Wushu Sanda teaching, more than a course, is also an important way to help students to realize physical exercise. College students with relevantly less exercise time need to improve physical quality, which require to continuously carry out moderate strength exercise in Wushu Sanda teaching so as to enhance students' physical quality. In the current high-efficiency Wushu Sanda teaching, it is necessary to improve students' training time and training intensity, especially when completing some movements, which also results in students' purposeless classroom learning and less learning interest. In addition, it is very common that the development of students' fitness habits have been ignored in Wushu Sanda teaching. Instead, students just complete the teaching task according to the corresponding teaching contents, which makes students' awareness of exercise staying at classroom level. This has greatly impeded the enhancement of Wushu Sanda teaching quality and students'

physical quality. In current educational environment, more emphasis should be laid on developing students' habits and ability, thus laying a solid foundation for students' future growth.

#### **4. Innovative strategies of the fitness of Wushu Sanda in university course teaching**

##### **4.1 Propagandize the value of Wushu Sanda and improve teachers' professional quality**

While carrying out teaching activities, teachers are the organizers and guiders of the whole classroom activity, which means teachers' professional quality directly influences the presentation of teaching content and students' learning effect. Therefore, integrating the fitness of Wushu Sanda into teaching activities requires teachers' strong professional literacy so as to fuse the fitness of Wushu Sanda into teaching activities and propagandize the value of Wushu Sanda. Firstly, it is necessary to organize teachers for regular training for continuous improvement of teachers' Wushu Sanda professional skills. By doing so, students can truly receive professional training in the Wushu Sanda course. Second is the enhancement of ideological and moral quality. It is necessary to focus on improving students' ideological and moral literacy, cultivating their positive will power and qualities of facing difficulties. Teachers must have good moral ethnic quality, create good atmosphere for study. Furthermore, it is also feasible to actively organize exchange activities of Wushu Sanda between universities so that teachers can absorb different teaching methods, bring different teaching experience to students. It is necessary to promote the diversification of teaching methods and teaching concepts in high-efficiency Wushu Sanda exchanges.

##### **4.2 Carry out diversified teaching methods and respect students' initiative**

It requires to give full play to students' initiative to study any courses so as to build a high-quality classroom. Therefore, to give full play to the fitness of Wushu Sanda and improve classroom teaching quality, it is necessary to enhance students' initiative and get students actively participate in teaching practice. The first step is to enhance students' interest in learning. Many students understand Wushu Sanda in a wrong way, that is, it is a form of exercise depending on brute force without any aesthetic sense. In this case, teachers can tell the students about the historical stories about Wushu Sanda throughout its history, help students to experience the profound history and fun of Wushu Sanda and improve students' self-training awareness. After all, only relying on classroom teaching is not enough to achieve the goal of fitness. Teachers should cultivate students' fitness awareness by using classroom time. Secondly, it is feasible to invite some well-known Wushu Sanda experts to give knowledge lectures and increase students' Wushu Sanda knowledge for systematic and comprehensive understanding of Wushu Sanda and lay a solid foundation for the subsequent courses. The last but not the least is the fitness in Wushu Sanda learning. Teachers should adopt small class system model to make teaching content more targeted, know about students' needs and create a harmonious teacher-student relationship. There is no doubt students' interest can improve under the premise of respecting the initiative of students. So, teachers should focus on adopting diversified teaching methods into students' life and study rather than focusing on using traditional training and teaching methods.

##### **4.3 Establish and perfect problem reflection mechanism and carry out targeted training**

Integrating the fitness of Wushu Sanda into daily teaching activities for cultivating their awareness is continuously formed in the long-term course learning rather than being achieved overnight. Due to the limited teaching time of Wushu Sanda, students' problems in the process of exercising after class must be solved timely. By doing so, establishing corresponding problem feedback mechanism can improve the teaching quality of Wushu Sanda. Firstly, it is feasible to arrange 5-10 minutes of Q&A in the class to answer questions occurred in students' normal training and make classroom teaching more target-oriented. Secondly, it is possible to fully use the Internet platform to establish a Q&A guidance platform for effectively extending classroom learning to the outdoors and timely solving students' problem in fitness. It is also necessary to establish and perfect problem reflection

mechanism with a clear division of the orientation of students and teachers, constantly explore new teaching modes of Wushu Sanda according to students' needs and continuously enhance the teaching quality of Wushu Sanda

#### **4.4 Conduct teaching with moderate difficulty and set up appropriate teaching objectives**

High-efficiency Wushu Sanda should be a form of sports for the purpose of improving students' comprehensive quality rather than a teaching process for the specialization of Wushu Sanda. Therefore, in university Wushu Sanda course teaching, it is necessary to start from the characteristics of students' physical and mental development, choose appropriate teaching contents so as to realize the enhancement of students' physical quality. Firstly, when setting teaching objectives, progressive teaching goal setting is required based on students' physical quality so that students can enjoy the fun of Wushu Sanda before further integrating into teaching activities. Secondly, it is necessary to choose teaching difficulty. As university Wushu Sanda teaching aims at improving students' physical quality, teaching difficulty should be low enough while fully considering the connection between the goal and the actual situation in order to help students to make steady progress in Wushu Sanda. Moderate teaching difficulty is also a precondition for promoting students to take Wushu Sanda. Otherwise, it cannot achieve corresponding exercise effect but consume students' learning interest.

#### **5. Summary**

In the teaching reform, effective innovation exploration with current teaching problems as the entry point is a good way to promote the continuous development of the course. Therefore, the innovation of teaching mode in university Wushu Sanda course teaching is not only an important way to further improve Wushu Sanda teaching system, enrich and develop university courses, but also a significant means to enhance students' physical quality and implement "nation-wide fitness" concept. Important way. At present, the value of Wushu Sanda is embodied in body building and fitness. In particular, it is necessary to implement the fitness of Wushu Sanda in the teaching activities of university physical education, and to propose three new teaching ideas so as to give new value to Wushu Sanda in the new era. There is no doubt that it is a long-term teaching process to implement the fitness in Wushu Sanda teaching, which requires teachers to carry out comprehensive reform and innovation of the teaching methods and teaching contents, and to get students actively participated in it, thus giving full play to the fitness of Wushu Sanda and laying the foundation for students' future fitness awareness.

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