

Research on Multiple Strategies of Martial Art Teaching in Colleges and Universities under the Background of "Internet+"

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Abstract: Universities are an important base for the Party and the country to cultivate talents, and the primary choice for the dissemination of martial arts. In the current situation of rapid development of martial arts in universities, some problems have emerged in the development of martial arts teaching, such as a shortage of teachers, single teaching methods, insufficient space for student progress, and the need to further optimize the outdated examination methods. With the rapid development of modern Internet technology, college martial arts teaching should also follow the trend of the times, introduce the incomparable advantages of college martial arts teaching under the support of "Internet plus" technology, rich network resources and diverse learning platforms provide great potential for innovative teaching. Therefore, it is imperative to use the Internet to carry out martial arts teaching reform and propose specific reform paths to achieve a qualitative leap in the output of martial arts education and teaching in universities, and Chinese martial arts will shine brightly on university campuses.

Keywords: Multiple Strategies; Martial Arts Teaching; Internet+

1. INTRODUCTION

As a new teaching model, "Internet plus Wushu" fully integrates the Internet for Wushu teaching, which is of great significance to the development of college Wushu courses. However, in actual teaching, due to the insufficient integration of the Internet and martial arts courses, there are corresponding limitations in martial arts teaching courses in universities. From the perspective of schools, universities attach great importance to theoretical knowledge and neglect sports construction, resulting in insufficient infrastructure of martial arts training venues in universities. At the same time, the development of the Internet makes teachers need to have professional information quality. College Wushu teaching teachers are slightly weak, which may lead to a single teaching form and content. Generation after generation of young people are gradually entering the internet age.

As a place to cultivate a new generation of young people in the era, universities shoulder the heavy responsibility of cultivating socialist successors in the new era. Their teaching models and methods must also keep up with the trend of the times and continuously improve and refine. People enjoy the convenience brought by the internet age, which brings many disadvantages as well. On this basis, this article explores the traditional teaching methods of martial arts in universities under the Internet era through research methods such as questionnaire survey, literature review, expert interviews, and data analysis. It also puts forward some suggestions for innovation and reform of the teaching mode of martial arts in universities in the new era. Martial arts are often simply treated as a physical education course in universities, and teachers lack in-depth teaching of theoretical knowledge and connotations of martial arts in the classroom.

Martial arts are rooted in the fertile soil of traditional culture, and the spirit of patriotism and self-improvement that it contains should be instilled in students in teaching, achieving the same direction of teaching martial arts skills and inheriting traditional culture. Some teachers in universities not only need

to balance the teaching of martial arts courses but also the teaching of elective courses in different projects. High quality teaching can only present a professional level, and excessive teaching tasks also lead to teachers having no time to reflect on teaching and improve their professional level. Secondly, the professional abilities of martial arts teachers in universities are insufficient. A qualified martial arts teacher should not only have a rich theoretical foundation, but also possess strong professional skills and high-level teaching abilities. They should be able to actively provide positive feedback to students in class, rather than just ignoring them by making exemplary actions in class. Finally, the reform of martial arts courses can also form a school's characteristic chemistry subject, create a high-quality curriculum construction, fully utilize new technologies such as the Internet and cloud computing, and build a martial arts intelligent platform to provide teaching and consulting services for martial arts enthusiasts. At the same time, students who perform well in school martial arts classes can be selected to participate in relevant martial arts competitions, performances, etc.

The introduction of the form of "Internet plus martial arts" in colleges and universities will help promote the development of the martial arts industry and promote the reform of martial arts teaching. Why can martial arts teaching prevail in colleges and universities; In the new era, young people are excessively addicted to online information and multimedia, thus neglecting their own physical health. An emerging term called "sub health" has emerged in people's sight. At present, the country vigorously advocates "national fitness" and requires all people to participate in fitness activities. It attaches great importance to physical exercise activities. As a place to cultivate young people in the new era, universities emphasize the comprehensive development of morality, intelligence, physical fitness, and labor, and attach great importance to physical exercise activities and physical education teaching activities. As an excellent traditional sports event, martial arts have received strong promotion in physical

education teaching in universities due to its unique performance and impact on the human body.

2. THE PROPOSED METHODOLOGY

2.1 The Significance of the Background of "Internet Plus" for College Martial Arts Courses

There is a vast amount of literature, images, videos, and other resources related to martial arts teaching on the internet, as well as the sharing of micro lessons and MOOCs teaching videos. This creates conditions for martial arts enthusiasts to achieve lifelong learning through the internet. For martial arts teachers, they can easily and efficiently obtain first-hand information about martial arts teaching on the internet, classify and organize the rich information they have obtained, and apply it reasonably to university martial arts teaching classrooms, which can better compensate for the insufficient teaching content in traditional martial arts classrooms and improve the quality of classroom teaching. Appreciate the charm of traditional Chinese culture in learning and enhance students' interest in learning martial arts. Secondly, through offline teachers providing professional explanations and teaching on martial arts technical movements, we systematically learn martial arts technical movements and answer students' difficulties and doubts encountered during the learning process.

Finally, the teacher assigns homework after class based on the students' learning situation and uploads martial arts homework videos using software such as Ding Talk. When the teacher corrects the homework, they grasp the students' learning situation, and develop corresponding teaching methods and progress based on the overall learning situation of the students, to enhance their enthusiasm for self-directed learning. On the one hand, schools have time constraints on the application and management of martial arts training venues, and the application process for using venues is relatively complex, resulting in students having no venue to learn martial arts and hindering the development of martial arts teaching.

On the other hand, the school has professional martial arts equipment, but it has not been fully utilized. Usually, schools introduce conventional martial arts equipment such as knives, swords, sticks, protective gear, and sandbags for students to practice in class. However, outside of the classroom, students have limited access to equipment and do not have corresponding martial arts equipment for their own practice, resulting in low usage of equipment. The teaching level of physical education teachers is not up to par, and the teaching level of the necessary subject, the teacher, cannot meet the needs of students in the teaching process.

This leads to a generally low level of students, thereby reducing the overall technical content. The teacher's limited teaching level also leads to students not being able to learn more knowledge, which limits the dissemination of martial arts. The essence of information literacy is a basic ability to adapt to the information society, including cultural literacy, information awareness and information skills. It is required to be able to judge when information is needed, how to obtain and integrate information, and correctly evaluate and effectively use information. The growth process of today's college students cannot be separated from the influence and influence of the Internet and intelligent electronic products. They are the most loyal beneficiaries of convenient network technology. As teachers, they should progress with their

students and the times, and actively embrace new technologies.

2.2 The Reform Path of College Martial Arts Teaching Based on "Internet+ Education."

The widespread popularity of the Internet has put forward a severe test for college teachers' ability to integrate and use information, that is, information literacy. The higher the information literacy of martial arts teachers, the better they are at mobilizing students' learning enthusiasm, developing students' innovative learning potential, and effectively ensuring teaching quality and effectiveness. The assessment of martial arts courses in universities is mostly based on students' attendance and mastery of martial arts techniques. This assessment method is one-sided. The goal of martial arts teaching should be to make students understand and love the excellent traditional Chinese culture, and on this basis stimulate students' interest in martial arts learning, so that students can change from passive learning to active learning. Therefore, martial arts teachers should establish a diversified assessment mechanism to evaluate students and oppose only technical action theory comprehensively and objectively.

Offline martial arts teaching can comprehensively assess students' mastery of technical movements, spiritual connotations, and participation in martial arts courses. The integration of the Internet and martial arts education needs high-quality information talents. However, the school's current teaching staff of martial arts is relatively weak, and cannot effectively record online martial arts videos, which hinders the development of the "Internet + martial arts" curriculum. The main reason for the shortage of teachers is that schools usually attach importance to the face-to-face teaching ability and knowledge assessment of teachers' professional courses when recruiting teachers, and do not pay attention to teachers' internet application ability, resulting in teachers lacking information technology operation ability and being unable to adapt to online martial arts teaching work.

The activities for promoting martial arts teaching in schools are relatively limited. When students learn new martial arts movement knowledge, they only rely on physical education time for practice. Classroom teachers assign extracurricular exercises, and students generally do not practice in their spare time. At this time, some teaching activities are needed to maintain the content learned in class. Most universities mainly use sports meetings and competitions to urge students to exercise, this type of activity is relatively single, and the supervision effect on students is not significant. Timely organize experts and scholars to answer common and key questions faced by teachers in martial arts teaching, providing high-quality teaching guidance services for teachers to better understand professional knowledge. Advocate more experts, renowned teachers, frontline martial arts workers, and network technology service personnel in the martial arts field to work together, gather the strengths of a hundred schools, and maximize the function and role of this national martial arts exchange platform, providing solid support for teachers to carry out curriculum innovation and teaching reform.

Firstly, schools should not only attach importance to the training and learning of martial arts teachers' skills, but also strengthen their understanding of the cultural spirit of Chinese martial arts, thereby improving the core literacy of martial arts teachers. Secondly, in the era of rapid development of the Internet, people have gradually become inseparable from electronic products such as mobile phones. Modern college

students have been surrounded by electronic products for a long time, and as martial arts teachers in universities, they should keep up with the times, improve their literacy in using online teaching, use their leisure time to understand the latest developments in martial arts teaching, research, and competitions at home and abroad, and constantly improve their teaching concepts, combining the actual situation of students with martial arts teaching, develop teaching methods that conform to the physical and mental characteristics of contemporary students, in order to improve the quality of online and offline classroom teaching. At the same time, on-the-job training is also mainly the cultivation of professional domain knowledge. Internet information courses have not been properly carried out to promote the improvement of teachers' information quality. Therefore, in the face of the problem of weak online teaching faculty, schools should actively carry out talent team construction through methods such as external recruitment and internal training.

3. CONCLUSION

"Internet+ education" is not a simple superposition of the Internet and education, but a deep integration of modern information technology and education and teaching. The rapid development of the Internet has built a more three-dimensional information platform for the spread of Chinese martial arts, provided a powerful tool and carrier for the full introduction of Chinese martial arts into universities, and provided a solid and powerful scientific and technological support for the development of college education. "Internet plus education" can solve many problems existing in the process of traditional martial arts teaching, and martial arts teaching and Internet integration have complementary advantages, strengthen, and consolidate martial arts techniques through offline course exercises. Stimulate students' interest and love for martial arts learning through a series of vivid and interesting teaching resources. This has improved the learning effectiveness and efficiency of students to a certain extent, thereby promoting the further development of martial arts teaching in universities.

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