

Discussion on Wushu culture education in colleges and universities from the perspective of cultural inheritance

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Abstract: College martial arts culture education is an important and urgent task, it carries the inheritance and development of traditional culture, but also the need to train students to develop in an all-round way. Under the background of globalization, Chinese traditional martial arts culture, as a unique cultural heritage with profound historical accumulation, needs to be inherited and carried forward. Therefore, through the in-depth discussion of martial arts culture education in colleges and universities, we can reveal its important significance in the perspective of cultural inheritance and how to optimize the effective strategy of education, so as to better realize the goal of martial arts culture inheritance.

Key words: cultural inheritance; Colleges and universities; Wushu culture education

I. The significance of college martial arts culture education inheritance

The significance of college martial arts culture education inheritance is reflected in the following three aspects. First of all, the inheritance of college martial arts culture education is conducive to the cultivation and inheritance of traditional Chinese culture. As one of China's traditional cultural heritages, Wushu has always carried the unique spirit of the Chinese nation. Through the inheritance of martial arts culture education in colleges and universities, students can deeply understand and experience the unique charm of Chinese martial arts, and enhance students' cultural self-confidence and national pride. The practice of martial arts not only includes the cultivation of physical quality, but also includes the content of moral cultivation and psychological adjustment, which can guide students to establish correct values and outlook on life, cultivate students' moral character and temperament, and improve students' cultural accomplishment. Secondly, the inheritance of martial arts culture education in colleges and universities helps to promote the healthy development of students' physical and mental health. As a way of physical exercise, martial arts can help students strengthen their physique and improve their physical quality. In modern society, students face electronic equipment for a long time, lack of opportunities for physical exercise, resulting in weakness, lack of endurance and resistance. The practice of martial arts can exercise muscles, strengthen bones, improve cardiopulmonary function and improve students' physical fitness through various movements and skills. At the same time, the practice of martial arts can also help students release pressure and enhance their mental health. Practicing martial arts requires concentration, tolerance of pain and fatigue, which can enhance students' willpower and perseverance, self-confidence and resistance to frustration. Finally, the inheritance of martial arts culture education in colleges and universities is helpful to cultivate students' core competitiveness. With the development of society, professional competition is becoming increasingly fierce, students in addition to solid professional knowledge, but also need to have comprehensive quality and practical ability. And the practice of martial arts can cultivate students' comprehensive quality. The practice of martial arts requires students to master various skills and strategies, and exercise students' teamwork ability, innovative thinking and problem-solving ability. In addition, the practice of martial arts can also cultivate students' self-management ability and self-restraint ability, improve students' self-discipline and sense of responsibility, and enable them to have good conduct and behavior norms. The cultivation of these qualities and abilities will help students to be competitive in the job market and better adapt to the development and changes of society.

II. Effective strategies to optimize martial arts culture education from the perspective of cultural inheritance

1. Give full play to the function of martial arts culture education

By integrating martial arts culture into education, it can help students develop qualities such as self-discipline, tenacity and teamwork, and promote students' all-round development. The following takes an educational case of martial arts culture as an example to illustrate the effectiveness of this strategy. First of all, one of the characteristics of Wushu culture is the emphasis on self-discipline. As a traditional sport, Wushu emphasizes good cultivation and self-restraint. Through the study and training of martial arts, students need to follow rules and regulations and be strict with themselves in practice. For example, in training, students need to attend on time and be strict with their movements and skills, while also following the guidance of coaches and maintaining a good training attitude. This requirement of self-discipline can cultivate students' self-management ability and self-control, so that students can develop good habits and qualities. Secondly, martial arts culture pays attention to the spirit of perseverance. The practice of martial arts requires endurance and perseverance, and requires students to persevere and move forward in the face of difficulties and setbacks. Through the training of martial arts, students can experience the power of "perseverance" and apply it to all aspects of study and life. For example, in academic aspects, students need to face complex professional knowledge and heavy academic tasks, and the spirit of perseverance can help them overcome difficulties and achieve excellent results. In social life, perseverance can also help students face challenges and strive to achieve their goals. Last but not least, wushu culture encourages teamwork. The actual combat skills of martial arts require physical coordination and teamwork. Through martial arts training, students can learn to unite and cooperate, trust each other, and improve the ability of communication and cooperation. For example, in

martial arts practice, students need to cooperate with their classmates to practice, and jointly show beautiful movements and coordinated cooperation. This spirit of teamwork can also help students actively participate in team projects, solve problems effectively, and complete tasks better.

2. Carry out colorful teaching activities

In the martial arts culture education in colleges and universities, through rich teaching activities, students' interest in learning and active participation can be stimulated, and their understanding and experience of martial arts culture can be enhanced. For example, in classroom teaching, teachers can enrich the teaching content through multimedia display, actual combat exercise, competition observation and other forms to enhance students' learning interest and participation. Through multimedia display, students can be introduced to a variety of martial arts moves, equipment operation skills, so that students can more intuitively understand and feel the connotation of martial arts culture. And actual combat exercises can let students personally experience the charm of martial arts, feel the practicality of skills and the beauty of movements. Competition observation allows students to watch the real martial arts competition, see the strength and spirit of outstanding players, and stimulate their upward pursuit and learning motivation; They can organize community activities. By organizing student organizations such as martial arts societies and clubs, the influence of martial arts culture and education can be expanded and more students can participate in it. For example, martial arts performances, competitions and exchange activities can be organized so that students can have the opportunity to show their skills and achievements and enhance their self-confidence and expression ability. At the same time, through the exchange and competition between different schools, students can also learn from the experience and advantages of other schools to promote the exchange and spread of martial arts culture. In addition, practice is an important link for students to learn, experience and apply knowledge in martial arts culture education. Through practical activities, students can apply the knowledge and skills they have learned in real scenarios and feel the charm of martial arts culture in person. For example, field trips and cultural experience activities can be organized so that students can personally walk into places such as the former residences of celebrities and martial arts halls to feel the history and tradition of martial arts culture, communicate with and learn from famous masters, and improve their professional level and cultural literacy.

3. Improve the construction of martial arts teaching facilities

Excellent teaching facilities can provide a good teaching environment, provide convenience for students' learning and training, and improve teaching effect and student experience. The following will take the case of martial arts culture education as an example to discuss in detail the effectiveness of improving the construction of martial arts teaching facilities. First of all, improving the construction of martial arts teaching facilities can provide professional venues and equipment support. Wushu is a sport that needs specific venues and equipment, for example, free combat needs a fighting platform, Jianshu needs martial arts swords and so on. By building professional training venues and equipping them with appropriate equipment, students can be provided with a better learning and training environment, and their operational skills and practical abilities can be improved. For example, in the construction of martial arts teaching facilities, professional training venues such as sanda training area and equipment area can be built to provide students with more realistic training experience and conditions. In addition, it should be equipped with appropriate equipment, such as protective gear, weapons, etc., to ensure the safety of students and the quality of training. Secondly, improving the construction of martial arts teaching facilities can provide a comfortable teaching environment. A comfortable teaching environment is very important for students' learning and training. The right temperature, light and sound can enhance students' enthusiasm and attention, and enhance the learning effect. For example, the ventilation facilities, sunlight lighting and sound equipment of the teaching site can create a comfortable and pleasant learning atmosphere, stimulate students' interest in learning, and improve the learning effect. Finally, improving the construction of martial arts teaching facilities can provide security. Wushu is a relatively dangerous sport, and students are easy to get injured in learning and training. Therefore, it is necessary to build safe teaching facilities. For example, in the design of teaching sites, safety factors such as anti-slip and anti-collision should be taken into account to provide safety guarantees for students and reduce the occurrence of accidental injuries. In addition, professional first-aid equipment and first aid personnel should be equipped to deal with emergencies and timely treat sick and injured students.

4. Strengthen assessment and evaluation of students

Assessment and evaluation can promote students to participate in learning and training more actively, and deepen the understanding and application of martial arts culture. On the one hand, strengthening the assessment and evaluation of students can stimulate students' learning motivation and competitive consciousness. Through the establishment of clear evaluation standards and assessment system, students can be clear about their goals and efforts. For example, in martial arts culture education, different skill assessment and performance evaluation can be set up according to students' level and ability. Students can make their own learning plans according to these standards, and strive to improve their level through daily learning and training. At the same time, this assessment can also stimulate students' sense of competition and encourage them to keep forging ahead and achieve higher grades. On the other hand, strengthening the assessment and evaluation of students can improve the teaching quality and teaching effect. Through the assessment and evaluation of students, teachers can timely understand the students' learning situation and problems, and timely adjust the teaching content and methods. For example, in the practice of martial arts, teachers can evaluate students' actual combat ability and artistic level by observing students' movements, performance and skill application, and provide targeted guidance and guidance in time. Such personalized evaluation and guidance can improve students' learning effect and strengthen the interaction and communication between teachers and students.

5. Building a complete martial arts culture system

By building a complete martial arts cultural system, the inheritance and development of martial arts culture can be promoted, and students' professional knowledge and cultural literacy can be enriched. On the one hand, building a complete martial arts culture system

can provide systematic teaching content and knowledge structure. Martial arts is a comprehensive subject, including a variety of martial arts schools, moves and skills, equipment application, theoretical knowledge and so on. Through the construction of a complete martial arts culture system, these knowledge contents can be classified and systematized, so that students can establish a comprehensive subject knowledge structure. For example, in the martial arts culture education, the corresponding knowledge system can be established according to the school, technical essentials, equipment classification, etc., to help students understand and master the important components of martial arts culture. On the other hand, building a complete martial arts culture system can promote the innovation of teaching methods and means. In the teaching process, through the systematic cultural system, teachers can adopt flexible and diverse teaching methods and means according to different levels and different skill requirements. For example, electronic teaching AIDS, virtual reality technology, practical training and other teaching means can be combined to help students better understand, learn and apply the knowledge of martial arts culture. At the same time, this innovative teaching method can also stimulate students' interest and enthusiasm in learning and improve the teaching effect.

Conclusion: The inheritance and development of college martial arts culture education is a long-term and continuous task. Through this discussion, we have a deep understanding of the significance of college martial arts culture education and the effective strategies to optimize education. Giving full play to the education function of martial arts culture, carrying out colorful teaching activities, improving the construction of martial arts teaching facilities, strengthening the assessment and evaluation of students, and building a complete martial arts culture system, these strategies will help promote the inheritance and development of martial arts culture. At the same time, we should also realize that only through continuous efforts and practice, give full play to the role of martial arts culture education in colleges and universities, can we truly realize the inheritance value of martial arts culture, and make due contributions to the cultivation of outstanding talents with high cultural literacy and moral accomplishment. It is believed that with the joint efforts of all walks of life, college martial arts culture education will usher in a more brilliant future.

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