A Study on the Cultivation of Youth Quality by Taekwondo in the Context of National Fitness Activities

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Abstract. This paper analyzes the influence of taekwondo on youth quality training from the perspective of national fitness which use literature method, logical analysis method. The result shown that there are 24 aspects could be improved by taekwondo. Also taekwondo training has the following key points for the quality training of youth: 1) carefully interpret the relationship between comprehensive fitness and youth quality training; 2) make clear the training objectives and main contents of teenagers’ quality; 3) elaborate promotion and teaching steps of taekwondo.

Keywords: national fitness activities, youth, quality.

1. Introduction

In order to respond to the call of public fitness activities, comprehensively improve the national physical fitness and health level, with the focus on teenagers and children, advocate the people to do more than once a day to participate in physical fitness activities, learn more than two fitness methods, physical fitness measurement every year.

Taekwondo movement originated in the Korean peninsula, South Korea in the 80 s began to systematically promote to the world taekwondo, because South Korea attaches great importance to and vigorously promoted, taekwondo movement are spreading quickly all over the world, has become one of the most popular sport in the world, and extensively developed in the youth group taekwondo for teenagers healthy development of the significance of body and mind. Zhang na. Effects of taekwondo on physical and mental health development of adolescents [J]. Youth sports, 2019(07):44-45.

The so-called sports accomplishment is the level of sports culture, which is the motivation, confidence, physical ability, understanding and knowledge of individuals to maintain appropriate levels of physical activity throughout their lives. Physical literacy is produced through the influence of acquired environment and physical education.

The formation of adolescent physical literacy has the characteristics of regularity, plasticity and long-term, and its main factors include innate genetic quality, the cultivation of acquired physical literacy and acquired sports conditions.

Teenagers are in an important stage of physiological and psychological changes, and are susceptible to the influence of external factors, such as bad habits and mood swings. Therefore, the cultivation of teenagers' sports literacy has become the priority among priorities.
This paper analyzes the influence of taekwondo training on teenagers' quality from the perspective of national fitness, and explores the main aspects and effects of taekwondo on teenagers' quality.

2. Research object and research method

2.1. object
The cultivation of youth quality by taekwondo in the context of national fitness activities.

2.2. Method

2.2.1. Iterature method. Through Web of Science™ and CNKI database, "disabled athlete", "disabled person" and "taekwondo" are used as search keywords and relevant literature is searched by subject to understand the current research status.

2.2.2. Logical analysis method.

3. Results and analysis

1. Under the background of public fitness activities, the requirements for physical health of teenagers are put forward. Taekwondo, as a popular item in popular sports, has become one of the ways to improve the overall health of teenagers. Due to its strong cultural background, taekwondo plays an important role in the overall quality training of teenagers.

2. As one event of the sports for all, the Taekwondo can become one of the methods of quality education to improve people's civilization quality. These qualities involve three types of modules: self-worth, interpersonal relationship, and social justice; A total of 24 kinds of qualities: 1) etiquette, 2) integrity, 3) patience, 4) responsibility, 5) honesty, 6) frugality, 7) confidence, 8) self-esteem and self-respect, 9) prudence, 10) courage, 11) opinion, 12) enthusiasm; 13) care, 14) friendship, 15) tolerance, 16) trust, 17) respect, 18) leadership, 19) love, 20) fairness; 21) coordination, 22) law-abiding, 23) patriotism, 24) justice.

3. The goal of public fitness activities is to improve overall health. The main contents of teenagers' quality from taekwondo include: strengthening self-awareness, establishing correct family concepts, teacher-student relationship, clarifying the purpose of learning, cultivating the ability to express emotions and needs, learning to praise, improving interpersonal skills, self-confidence, attention concentration ability, self-seeking ability to solve problems, and learning to make plans.

4. To fully understand the three categories and twenty-four qualities involved in the goal setting and method selection can be used as a way to improve the whole teenagers' comprehensive quality.

4. Summary
Under the background of public fitness activities, taekwondo training has the following key points for the quality training of youth: 1) carefully interpret the relationship between comprehensive fitness and youth quality training; 2) make clear the training objectives and main contents of teenagers' quality; 3) elaborate promotion and teaching steps of taekwondo.

References