Analysis on the Applications of Interactive Mode in College Wushu Teaching under the Interactive Teaching Background

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Abstract

In this paper, we conduct research on the applications of interactive mode in college Wushu teaching under the interactive teaching background. Chinese martial arts has a long history, it is an important part of the China's outstanding sports culture, has a profound cultural connotation, in the Chinese martial arts to the world at the same time we should attach importance to the younger generation of fine traditional culture and of the school sports shoulder a major responsibility. In view of this situation, the author thinks overall martial arts teaching profession of our country University, to step a new stair, must expand the investment in the martial arts contingent of teachers construction, constantly strengthens to the university martial arts teacher's job training, raises its specialized level. Besides this, the interactive teaching should also be considered to eventually enhance the performance of the theoretical systems.

Keywords: Interactive Mode; College Wushu Teaching; Interactive Teaching; Background.

Introduction

The martial arts are different from other sports, it has rich cultural history. The martial arts are the traditional sports of ethnic minority project of our country, its main collection self-cultivation, the fitness self-defense as one is in our P.E teaching at universities has the national characteristics course content. The martial arts teaching not only can help the university student strong and healthy body, it carries on important means of the national culture inheritance. The main function of the school is the transmission of human knowledge, is an important place to educate people. Wushu as a representative of the traditional sports culture, its inheritance and development must not be lightly dedicated to the transmission of human knowledge of the place and position that cannot easily give up school physical education. The promotion of martial arts, martial arts development and the popularity of the school is an important position. Only then fully understood that the significant role of martial arts as well as it the strategic position in college physical education, possibly does some concrete work in the teaching faculty construction, the teaching material construction and the course content research, the teaching method and educational system research.

According to the literature review, suggestions on promoting the Wushu education performance, we should consider the listed aspects. (1) In order to promote the sustainable development of college Wushu teaching, our college Wushu teaching must continue to deepen the reform and innovation, for our martial arts teaching into fresh vitality. The reform and innovation of Wushu teaching in colleges and universities are not simple to unconventional, but

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more in order to promote modern sustainable development of Wushu teaching in colleges and universities, in order to continuously improve the quality of the Wushu teaching. (2) Our university teaching staff solely depend upon the skill class teaching is very difficult in the martial arts classroom instruction effectively broadly and profoundly makes the university student comprehend the Chinese martial arts culture must constantly strengthen the martial arts theory and martial arts skill effective conjunction, must publicize through classroom instruction activity and the other ways to the university student broad understanding, then enables our university students while mastering the related martial arts skill, understands and grasps the broad understanding of traditional Chinese martial arts. (3) Our martial arts teachers must use their excellent martial arts skills as well as the professional teaching means to infect students, attract students, and further stimulate the interest of college students for martial arts.

Chinese martial art is an urgent need to develop and consolidate the foundation. After years of the exploration, China put forward and carried out martial arts six into work, that martial arts to enter the school, into the community, into the township, into the enterprise, into the organs, into the camp. In this paper, the martial arts in the six work on the basis of the popularization and development of the martial arts requires a basic certain amount of iconic carrier and results. And martial arts martial arts complex is the universal development platform and the carrier's flagship. In the figure one, we show the general characteristics of the Wushu teaching system, and in the later sections, we will discuss the corresponding issues in detail.

Figure 1. The General Characteristics of the Wushu Teaching System.

The Proposed Methodology

The Wushu Education Condition in the Colleges and the Universities. Realistically speaking, currently the university martial arts education has many problems in the actual teaching, the course content lacks the attraction, the teaching form was monotonous, athletics not strong and other reasons will cause the university student to lack the necessary initiative and
enthusiasm to the university martial arts education. The new time should from society, university, student and other characteristics cognition, the adjustment and process and method of improvement university martial arts education, forms various effective measures, while is better to display the university martial arts the function and value, accelerates to advance the college sports and fulfillment of education synthesis goal. To deal with the mentioned challenges, we should consider the listed modifications.

- **Training tenacious will.** To cultivate the spirit of unremitting self-improvement warrior. Due to difficulties in martial arts practice for many years in fear, unremittingly, strong physique to evil, strong, offensive and defensive skills continue to improve, and the harsh environment struggle experience, build a foundation for the existence of the spirit of unremitting he self-improvement.
- **Improve the humanistic quality.** College martial arts as an important part of college sports that should be truly realized for college students to carry out the traditional culture of education, to truly achieve the humanistic quality of college students.
- **Cultivating national spirit.** University student constructs the motherland future reserve force, for this reason, must carry forward and cultivate the national spirit of university student. The martial arts culture is the product of Chinese traditional culture, carries on the martial arts cross-cultural teaching in the university to carrying forward and cultivating the national spirit of university student has the positive role.

Along with the reform of the P.E teaching at universities, the martial arts grade system teaching curriculum as an important content of the martial arts enterprise sustainable development, not only widely has spread in the society is the strategic reform and innovation that everywhere martial arts praised. To routines, for example teachers teach students to organize action and practice arrangements for students to practice part of the group. Each group independently decided to organize the formation and routine transformation formation can be a glyph, awl, square formation and so on. A group of performances, but students played at the same time, it can be progressive increase in the number of such. Students play before, from the ceremony, to complete the ceremony to be at one go and other members of the group to observe and do some evaluation, in addition to the teaching content of the performance, but also self-study martial arts performances. Students will be extra-curricular learning action show to the students is to expand the process of martial arts dissemination process. From the practice point of view, performance links for students to exercise significance is enormous.

Figure 2. The Wushu Education System Condition in the Colleges and the Universities.
The Martial Arts Interaction Pattern and Models. Wushu, as the body culture education is an independent knowledge system integrating practice and theory. Wushu is martial arts. It does not need sports in the west and does not need sports discipline. It itself should be a subject. Therefore, to change the present situation of Wushu education and make Wushu serve the school education better, we must strengthen the subject consciousness, develop Wushu as an independent discipline, and build a new system of Wushu education. Any culture is a reflection of the human practice. In the cultural competition of contemporary society, China's martial arts culture must have a corresponding martial arts practice to do support. Therefore, martial arts only in the development of folk heritage of practice, China's martial arts will be able to achieve sustainable development. For the healthy and balanced development, we should consider the listed issues.

- **Rhythm characteristics.** To complete a single or a set of time and the space changes staggered martial arts movements will inevitably involve the movement of movement, ups and downs, speed, severity, height, hardness, slowness and other opposing transformation rhythm. As to when just, when soft, when slow, when the disease, and how the action changes between the convergence, and this is the crux of the problem. Wushu routine movement rhythm must go through coaches, athletes, well-designed, try to figure out and cleverly conceived.

- **Structure features.** The artistic structure and compilation intention often contains aesthetic ideal. Martial arts repertoire is very particular about the structure of the balanced, the beauty of its structure is mainly manifested in the integrity of the movement of the link between the organic and the layout of the balance.

- **Action feature.** The dynamic motion of the martial arts has the speed of the points, the size of the other. A dynamic action into a retreat, an attack a defense, close with soft, far just; the law, in return have the potential of bidding, in order to soften; just to the enemy, surprise, just avoid the solid and strike the weak. The martial arts static state modeling has the ordinary modeling and the balanced modeling two types, balanced modeling key prominent "steady" character, steady obviously healthy, healthy sees features. The ordinary modeling also has the division and pitching different of the height. The high movement such as raises knee bright palm, resembles the pine to set up the top and the low modeling has to do splits inserts the palm, such as thick patch of grass lying tiger. Martial arts movement in moving, static performance process, portrays differ in thousands of ways artistic image with shape, but pleased heart.

- **In the context of globalization,** Chinese martial arts should have an international perspective that abandons a single perspective and overweight of the local complex, with a modern, global perspective to take care of Chinese martial arts culture. Wushu intercultural communicator refers to the staff whose specialize in the external communication of the Wushu. They are the cultural exchanges, martial arts skills and messenger is also the martial arts of "gatekeeper." "Gatekeeper" role of the martial arts communicators must have the overall quality.
The Martial Arts Teaching Further Suggestions. As having the national sports project of certain history, the martial arts not only have extremely high art of attack and defense value and value in exercising, but also have big humanity value and entertainment value. In the university teaching, opens the martial arts curriculum already to make the traditional Wushu project be inherited, we can centralize the resources to unearth its potential value well, and provides quite practical self-defense skill through the martial arts teaching for the student. Under this background, we consider the listed aspects of the modification as the implementation.

- The refinement and concrete application of teaching aim. In the current teaching outline of PE, it points out the developmental goals and basic goals of physical education teaching, and divides them into five parts according to their teaching characteristics: the mental health goal, sports skill goal, social adaptation goal, physical health goal as well as participation goals.

- Teaching methods of diversification and general flexibility. Because the diversification and integration of university martial arts course content develop, to guarantee high-quality of the teaching, the martial arts teacher must flexibly use many teaching methods, to aim at the level levels of individual difference and different period of student, highly effective organization "teaching" and "study" entire process. Meanwhile, student in martial arts learning process can unify own factors, formulates the science the study goal, and continually promotes itself in the martial arts practice and the corresponding breakthrough.

- Strengthens the school martial arts educational model integrity. College student according to PE related rule and actual situation in, solely depends upon several class hours the classroom instructions unable to achieve the martial arts teaching aim from the listed perspectives. (1) Through the reasonable improvement of martial arts curriculum mode, such as basic courses, special courses and elective courses to match the curriculum model, providing students with long-term with the regular learning and the development opportunities. (2) From the lessons outside the reasonable and effective extension and combination, the formation of the class integration, such as the basic establishment of the club, tutoring group, constructing tutoring mechanism and let the students master the teaching content and digest outside, put it into a self-training method.
Conclusion

In this paper, we conduct research on the applications of interactive mode in college Wushu teaching under the interactive teaching background. The martial arts in the promotion work of college physical education depend on the technology and teaching material content that the gym instructor masters to a great extent. Teaching material that the ordinary institutions of higher learning use profits from the teaching material of sports institute, some carry on some choices according to the request of PE specialized cultivating target, uses the content of the sports colleges martial arts teaching material partially, the teacher strength quite abundant school, has compiled the teaching material according to the actual situation, in this school scope, or uses in this regional area. To solve the mentioned related issues, this paper proposes the applications of interactive mode in college Wushu teaching under the interactive teaching background. In the future, we will combine more theoretical modification and the implementation to achieve the better performance.

References


