

## Exploration on the Cultivation Mode of Micro-professional Talents in Taekwondo University

Lu MEN<sup>1,a</sup>

<sup>1</sup>Department of Physical Education, Shandong Women's University, Jinan, Shandong, China

<sup>a</sup>130222806@qq.com

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**Abstract.** The wide application of information technology and the rapid change of social and economic environment have put forward higher requirements for the training of talents in Colleges and universities. Micro specialty, which is oriented by employment, can make up for the shortage of traditional talent training mode, and is one of the important ways to reform teaching mode. Taekwondo education micro professional talent training design, with a centralized, efficient and flexible training mode, enables students to quickly master the professional skills in Taekwondo education industry, supplement professional short board, improve professional skills and promote successful employment. It not only breaks through the traditional talent training mode in Colleges and universities, but also opens a new chapter of cooperation between industry and learning and collaborative education.

In order to implement the spirit of the National Conference on undergraduate education of colleges and universities in the new era, promote the construction of "new engineering" and "new liberal arts", innovate the talent training mode, effectively make up for the problems of too small division of majors, too narrow caliber and too long training period, improve the matching degree between professional training and employment career development needs, and promote the cross integration of students' interdisciplinary knowledge and ability, this paper puts forward some suggestions High quality of personnel training.[1] Therefore, micro professional education and teaching came into being.

### 1. Overview of The Ministerial

Micro specialty is developed under the background of education informatization. It is a group of core courses set up outside the undergraduate specialty catalog, around a specific professional needs, post ability or core literacy. Through the combination of online and offline, it highlights the professional skills and post competency training in a specific field with intensive specialized course content as the carrier It's a new education mode.

MOOC (MOOC) teaching method can be adopted in the teaching of micro professional courses, including Online Autonomous Learning (network mutual evaluation, discussion, homework, test and question answering) and classroom live interaction (according to the agreed time of the course, watching live courses online and participating in interaction), etc.; the teaching mode of online and offline, theory and practice integration can also be designed according to the training objectives.

Fitness, self-defense and self-cultivation are the development trend of mass sports in the new era. People have gradually realized that Taekwondo plays an irreplaceable role in fitness, self-defense and self-cultivation. It is easy to learn and constantly innovates. Therefore, the number of people practicing taekwondo is increasing every year. Taekwondo has a broad mass base in China, especially in recent years, the Ministry of education attaches great importance to the improvement of young people's physical fitness and preschool, primary and secondary schools for physical education curriculum, plus the taekwondo practice spirit of "courtesy, honesty, patience, self-restraint, indomitable" and the code of conduct of "starting with courtesy and ending with courtesy", which is in line with the current education background of moral education Taekwondo clubs in school, taekwondo clubs outside school and young taekwondo competitions have become the main trend of students' sports. To carry out Taekwondo education micro specialty in University

pedagogy, and to increase the training of Taekwondo theory, taekwondo technology, taekwondo physical fitness and other related skills on the basis of pedagogy, can not only solve the current Taekwondo teachers' lack of cognition of teaching theory and rules, but also solve the pre-school teachers' lack of sports skills, at the same time, it is of great significance for colleges and universities For students, it can increase the weight of employment and improve the employment rate. Therefore, the integration of Taekwondo education micro major and existing preschool education major is inevitable.

## **2. Necessity of Micro-professional Development of Taekwondo**

To explore the construction of sports micro specialty in Colleges and Universities under the healthy Chinese background is an effective measure to solve the demand of sports talents in the new era and a new way of running a school to respond to the needs of market talents.

The development of sports micro specialty under the concept of subject integration is the countermeasure for colleges and universities to adapt to new technology, new business form, new mode and new industry, and also provides the latest "footnotes" for "accelerating the modernization and upgrading of undergraduate majors and realizing the development of higher education connotation".

The design of Taekwondo education micro professional talent training, with a centralized, efficient and flexible training mode, enables students to quickly master the professional skills in the field of Taekwondo education industry, supplement the professional short board, improve their professional skills and promote successful employment. It not only breaks through the traditional talent training mode in Colleges and universities, but also opens a new chapter of cooperation and cooperation between industry and learning.

## **3. Feasibility of the Development of Development of Taekwondo**

Taekwondo education micro major intersects physical education discipline and education discipline, realizing the "targeted supply" of physical education curriculum system; discipline intersection is a beneficial attempt to break discipline barriers and promote the mutual penetration and integration of disciplines on the premise of recognizing the differences between disciplines; through fast, centralized and efficient physical education curriculum module learning, it can meet the needs of preschool education, primary school education and other professional students To serve the needs of preschool children, young children sports.

Scientifically set up taekwondo education micro professional curriculum module, quickly achieve the skill requirements in this field through career oriented professional curriculum learning, effectively solve the matching problem between curriculum setting and school and enterprise employment needs; cultivate the ability to engage in school Taekwondo Teaching, Taekwondo Club, social sports instructor, taekwondo event organization and management and other post needs It is necessary to cultivate the compound sports talents.

Adopting the mixed teaching mode of online and offline, it effectively makes up for the lack of practical teaching resources and the lack of pertinence of teaching content. Invite industry experts, off campus experts and enterprise senior managers to participate in the teaching, timely understand the frontier hot theoretical trends, grasp the post skills, and realize multi field collaborative education.[2]

Introduce multiple evaluation subjects, combine different professional teachers, teaching administrators, teaching supervisors, physical education teachers, etc. to demonstrate the construction of the curriculum system, continuously evaluate and supervise the teaching content and quality, and form a long-term mechanism to ensure the pertinence and effectiveness of the curriculum.

## 4. Training Programme for Micro-specialists in Taekwondo

### 4.1. Training Objectives

Taekwondo education micro professional education project, mainly for college education college "preschool education" and "primary education" professional students and other professional Taekwondo loving students, the establishment of the micro professional project, closely relying on the characteristics of professional courses, aims to cultivate moral, intellectual, physical, all-round development, with modern education concept and good professional ethics and innovation spirit God and practical ability, not only can master the relevant knowledge and skills of children's sports, guide children to carry out sports, but also can be competent for the organization and management of Taekwondo competition. (as shown in Table 1)

Table 1. Curriculum schedule of Taekwondo education micro major.

| Serial number | Course name  | credit | Class hours | Theoretical hours | Practice hours |
|---------------|--|--------|-------------|-------------------|----------------|
| 1             | Development history and teaching theory of Taekwondo | 1      | 16          | 16                | 0              |
| 2             | Taekwondo fitness                                    | 1      | 32          | 2                 | 30             |
| 3             | Taekwondo Teaching (competition, character)          | 2      | 64          | 4                 | 60             |
| 4             | Operation and guidance of Daoguan                    | 2      | 64          | 4                 | 60             |
| 5             | Organization and management of Taekwondo Competition | 1      | 16          | 8                 | 8              |

### 4.2. Curriculum

In the course setting, we should follow certain principles: first, we should unify the theoretical understanding and physical exercise practice; second, we should unify the physical development law of children and teenagers with sports training; third, we should unify the competitiveness and safety; and we should pay attention to the differences of students' gender and sports foundation, and make sports and life-oriented and professional according to the age characteristics of college students And practicality.

### 4.3. Teaching Form

According to the analysis of the actual classroom and learning situation, the teaching form embodies the advanced nature and interaction, and applies the mixed teaching mode reasonably (online and offline mixed teaching), emphasizing the interaction between teachers and students, and carrying out deliberative and open classroom.[3]

### 4.4. Course Assessment

We should implement diversified curriculum assessment system and evaluation methods, pay attention to process assessment, and monitor, evaluate and feedback the learning process of students.

### 4.5. Expected Effect

The implementation of micro professional courses can effectively realize the integration and intersection of disciplines, cultivate comprehensive and practical talents in line with the trend of the times, and increase weight for students' high-quality employment.[4]

## 5. Conclusion

New era, new idea, new technology, new form to realize the new development of education, the construction and implementation of micro professional teaching mode theory in Colleges and universities are still in the preliminary stage. The author thinks that this mode will be widely used in the future. This teaching mode deeply integrates interdisciplinary, online courses and offline classroom teaching. It not only breaks discipline barriers and promotes interdisciplinary infiltration and integration, but also realizes communication and cooperation between teaching and learning through network and information technology, and constructs an intelligent classroom integrating theory classroom, practice classroom and open classroom, realizing the integration of inside and outside classroom, inside and outside campus and individual collective teaching The multi-stage integration of organic teaching mode. This is a kind of teaching wisdom and a new teaching mode suitable for colleges and universities. After exploration and deep integration, this mode can guide the development of college curriculum towards a diversified, personalized and lifelong mode.

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