



# Research on the Value of National Defense Education Infiltrated by Physical Education in Colleges and Universities—Shooting as an Example

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**Abstract.** “Under the background of “building morals and educating people”, teaching education in colleges and universities has been given a new connotation. Colleges and their teachers not only need to play the role of “preaching and teaching”, but also need to cultivate students’ humanities and moral character from teaching practice, so as to achieve the goals of “educating people” and “educating morals”. In the new era, universities and their teachers need to play the role of “preaching and teaching”, but also to cultivate students’ humanistic and moral character through teaching practice, so as to realize “educating people” and “educating morality”, and then to shape the positive “three views” of university students. In the new era, there is a close connection between college sports and national defense education. The penetration of national defense education in college sports teaching is of great practical value, which helps to promote the curriculum, regularization, and institutionalization of national defense education. This paper will take shooting as an example and introduce the value of penetrating national defense education in college physical education by analyzing the intrinsic relationship between college physical education and national defense education. It will focus on the effective path of shooting training in physical education for reference.”

**Keywords:** Sports in higher education · national defence education · shooting training · implementation path

## 1 Introduction

“The Opinions of the General Office of the State Council and the General Office of the Central Military Commission on Deepening the Reform of Students’ Military Training and the Syllabus of Military Courses in General Higher Education Schools point out that all educational practices should always be carried out around the fundamental task of “establishing moral education”. Because of the homogeneity and similarity between physical education and national defense education, it is very important to infiltrate national defense education in physical education in colleges and universities. Since

physical education and national defense education have the same nature and similarity, the penetration of national defense education in physical education of colleges and universities is in line with the law of discipline development and highly suitable for the background of the times. It is of great significance to cultivate students' national defense concept and national defense awareness. In addition, the military training office of the whole army and the national defense education office of the Ministry of Education jointly carry out military gun shooting competition for college students. This also puts forward higher requirements for shooting training in national defense education in colleges and universities. It is worth considering how to better carry out shooting training in college physical education according to the actual situation of learning, teaching, and national defense education" [1].

## **2 Relationship Between College Sports and National Defense Education**

Sports can help students develop teamwork skills, leadership skills, and other important qualities that are useful in many areas of life [2]. In addition, the tactical, confrontational, and competitive characteristics of sports are highly compatible with military skills. The purpose of sports training is similar in that it cultivates the spirit of students who are not afraid of hardships, who know how to overcome difficulties, and who are hard-working, and encourages students to strive for glory for the country and to be positive. The process of China's national development and national defense construction also requires the above-mentioned spiritual qualities, and the ideology of national defense education is expressed as "advocating martial virtue", "patriotic teaching war" and "enriching the country and strengthening the army".

## **3 The Important Value of Using Shooting Training for National Defense Education in College Physical Education**

### **3.1 Enhance Students' National Defense Awareness and Inspire Patriotic Enthusiasm**

Relying on President Xi Jinping's idea of strengthening the military, the Syllabus for Military Courses in General Higher Education focuses on the national conditions of China in the new era as well as the international environment and further reflects the important value of national defense education and military training in national defense construction and national education in colleges and universities. The Syllabus clarifies the specific contents and principles of light-weapons firing training and national defense education for students' military training in colleges and universities. For colleges and universities, integrating shooting training into physical education can make students understand and master military skills, national defense knowledge, and military power, enhance their national security awareness and national defense concept and promote the realization of curriculum and institutionalization of national defense education. In addition, while receiving military shooting training, students can master the corresponding military skills, such as the key points of lying down, standing up, and prostrating on the

side, and learn the key points of shooting semi-automatic rifles at immobile targets, so as to guide students to start from shooting and strive for the realization of the dream of a strong army and the dream of China.

### **3.2 Enhancing Students' Psychological Quality and Shaping Healthy "Three Views"**

As an item requiring high static endurance of the trainer, the psychological state during shooting greatly affects the final result, so it is very important to apply shooting actions in a standardized way and maintain psychological stability. In addition, some students have distorted values and fall into the whirlpool of bad thoughts such as money-worshiping and unmotivated, which eventually cause serious consequences. For shooting, calmness, quick and decisive reaction, and concentration are necessary qualities, and shooting training can improve students' ability to control their emotions, make them calm quickly in crisis situations, and cultivate their spirit of not being afraid of difficulties, bravery and perseverance, and hard work, thus helping to enhance students' psychological stability and help them establish a healthy outlook.

### **3.3 Helps Promote the Construction of Curriculum Thinking and Politics and Enhance Students' Ideological and Political Literacy**

As an important part of the curriculum system of colleges and universities, the integration of national defense education into it fully embodies the idea of "curriculum thinking and politics", which is of great significance to the realization of the fundamental task of "establishing moral education for people". It is of positive significance to realize the fundamental task of "establishing moral education". Both physical education and national defense education in colleges and universities are collective, standardized, practical and mission-oriented, aiming to cultivate high-quality talents in the context of the new era. At present, China is promoting the comprehensive construction of military courses, and "national security" as an independent teaching board, prompting the construction of military courses into a rapid development stage. Shooting, as a branch and entry point of national defense education, is of outstanding significance to enhance students' ideological and political literacy, and drive the military training and national defense education of college students to be more perfect [3].

## **4 The Path to Realize National Defense Education Through Shooting Military Training in Physical Education in Colleges and Universities**

### **4.1 Introduction of Micro-lessons, New Lesson Introduction, Stimulating Interest**

In the background of the Internet, the micro-lesson mode has been verified in the teaching of many disciplines, therefore, in the college sports military shooting course, teachers can make or organize shooting-related course clips, so that students can comprehensively understand shooting-related knowledge through a series of micro-lessons and expand the way to acquire knowledge [4]. Specifically, in the introduction of the new lesson, the following content can be designed:

[Micro Lesson] Power Comes from the Barrel of a Gun.

Scenario introduction.

The development of the Chinese rifle.

Introduce ancient Chinese firearms and “carry a gun”,

“Hanyang made”, “81 type rifle”, “53 type rifle”, and “Type 56 semi-automatic rifle” to stimulate students’ interest in shooting and enhance their perception of rifles and shooting.

Small meter plus rifle.

Introduce the “Hanyang-made” rifle millet plus rifle, the prototype of which is the German 1888 type committee rifle, which has the following problems: the reliability of extracting shells is not high; the problem of blowing up the chamber; and the difficulty of loading and returning the shells. In 1896, Hanyang arsenal began to produce this rifle, and named it type 88, also known as Hanyang made, and the production time lasted until 1944, and the cumulative production time was about 50 years, and during the war of resistance in China, it was used as one of its main rifles, and the war of resistance against Japan was won by Hanyang made.

The famous marksman in the history.

Lone hero” Yan Long in the battle against Vietnam in 1979.

Deeds: Using a Type 56 semi-automatic rifle, he killed more than 20 Vietcong soldiers and took the first credit for the company to capture the 78th highland.

Zhang Taofang, the legendary combat hero of the volunteer army.

Deeds: He shot cold guns in Shangganling and set a record of killing 214 enemies with 442 bullets.

Sports and Shooting.

Since 1896, along with the successful implementation of the first Olympic Games, “shooting” has also become a sports competition. The following year, the first World Shooting Championship was successfully carried out. In 1921, the International Federation of Shooting Associations officially changed its name to the International Shooting Federation, and since the 1940s, the rules and programs of worldwide shooting competitions have stabilized. The Chinese shooting team has always been a strong team, winning several medals for China in international competitions.

Classroom interaction.

What qualities are needed to become a “marksman”?

What is the impact of shooting training on self-growth?

In the form of the above micro-lesson, students initially understand the background knowledge related to rifle and shooting, and gradually become interested in shooting. How to use simple and clear words and phrases to explain, but also make students feel interesting, in just 5 to 10 min to fully motivate students eager to learn shooting, and then strengthen national defense awareness.

#### **4.2 Clarify the Important and Difficult Points of Shooting Training and Enhance the Standardization of Shooting**

The infiltration of shooting training in physical education in colleges and universities needs to focus on the starting point of cultivating excellent military skills, and for shooting

training, the key contents include the gun, aiming and firing. Teachers should clarify the standardized operation actions according to students' actual performance, and will explain to students the action essentials in detail, explain easy mistakes, and correct students' bad operations in shooting in time. The specific implementation process is as follows:

According to the gun.

Screening dependency and practical use.

According to the gun is divided into non-dependence according to the gun and have dependence according to the gun, and non-dependence according to the gun, have dependence according to the gun body is more stable and slightly less difficult, need to establish dependence to start shooting. And the determination of the height of the support is determined by the shooter's body as a reference, usually the height is controlled between 25 and 30 cm, and the side close to the shooter's side because of the steep slope, when facing an emergency, it is necessary to observe the surrounding terrain and features and seek the best time to shoot.

Points of action according to the gun.

Place the lower bail of the gun on the top of the buttress, hold the lower bail of the scale with the left hand, lean the back of the hand against the buttress, in addition, the hand can be placed on top of the buttress, lean the left elbow in as far as possible, and project the elbow tip near the longitudinal axis of the gun. The right hand holds the neck of the gun, the first knuckle of the index finger is near the trigger, and the right arm is close to vertical. The two hands work together to bring the butt of the gun to the shoulder socket. The head is slightly tilted forward, the right cheek is attached to the neck of the gun and the buttstock, the eye is looking at the notch and the sights, and the target is fired.

Common mistakes and correction strategies.

Common problems with the gun include wrong position against the shoulder, improper force with both hands, etc. Therefore, it should be emphasized to students that they should keep the gun upright and exert force towards the rear appropriately during the process of the gun, and the direction of force should be the same as the recoil. In particular, you should avoid wrong movements such as drawing the gun backward, raising and pressing down with the right hand.

Aiming.

For the military gun shooting training, aiming is one of the core aspects. Aiming should ensure that the aiming line points to the target in the natural state, if you can't point to the target, you shouldn't force to adjust the gun body, you should adjust the posture, for example, try to let the two elbows lean in, or adjust to the support.

The connection between aiming error and hit. Aiming error mainly includes three kinds of situations: improper gun body and gun surface tilt, deviation in the relationship between the collimator and notch position, the wrong pointing of the aiming line, etc.

Aiming training check strategy. Usually, the aiming training check includes the following forms: personal check, fixed gun check, four-point aiming check, and inspection mirror check. Take the personal check as an example, the specific operation process is as follows, the head moves slightly to the left and right to confirm whether the tip of the collimator and the upper edge of the notch is flush. If there is sunlight, you can still use

the notch shading method to analyze whether the collimator is pointing directly at the target. The student should fix the scope and the gun, and the checker should check on the shooter's left side. The good shooter and the coach can play the role of the checker and remind the shooter to adjust it in combination with the aiming situation.

#### Shooting.

To achieve accurate shooting, firing is one of the keys, the first section of the right index finger is pulled back to pull the trigger, and a certain gap needs to be maintained between the index finger and the gun. If the aiming line is close to the aiming point, you should pre-press the trigger and slow down your breathing. If the aiming line points to the aiming point, stop breathing as much as possible and keep increasing the power of pulling the trigger until firing, and need to keep the correct posture until firing. During the firing process, the problems are summarized as follows: the timing of firing and the timing of stopping breathing is not good enough, and there is a tendency to shrug shoulders and blink their eyes. In the case of shrugging and blinking, the importance of a natural shot was explained during the correction process, and the key to the shot was the position of the aiming line and the target, which should be highly concentrated.

### **4.3 Integrating Resources and Carrying Out Diversified National Defense Sports Competitions**

As far as colleges and universities are concerned, they should organize or undertake different forms of national defense sports competition activities, so that national defense education and college sports can further integrate and develop, and form a campus military sports culture atmosphere, and the competition activities include not limited to military fist shooting competition and military obstacle competition, etc. [5]. In addition, colleges and universities should cooperate with local troops, go to troops to study, observe shooting drills, and launch shooting sports activities with departments, so that college students can improve shooting skills and enhance national defense awareness in the context of close to actual combat [6].

## **5 Conclusion**

To sum up, under the background of new era, the deep integration of national defense education and college sports is of great practical value. For shooting training, teachers should examine the integration of shooting training and physical education work with new thinking, and pay attention to both the introduction of the curriculum and the important and difficult contents of shooting training, while colleges and universities should also organize different forms of military sports competition activities to promote the systematization and comprehensiveness of national defense education.

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