

# The Curriculum Teaching Reform and Practice about <Wushu Routine> of Martial Arts and the Traditional National Sports Major in Colleges and Universities of Jishou University

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**Abstract.** Jishou university is located in the border region of Xiang, Er, Yu, Qian, which is a comprehensive university. Sports and science college of Jishou university was founded in 1978. It has two undergraduate programs physical education major, martial arts and traditional sports major, the level 1 discipline of sports science award authority, the sports specialized master's degree award authority, etc.. The school-running characteristics of college and traditional advantages are obvious. Through a series of effective measures, it has cultivated many excellent talents, and summarized some successful experience. The teaching effect is outstanding, which well meet the needs of school physical education and nationwide fitness programs in west national regions.

## Introduction

The precursor of the martial arts and the national traditional sports major is the undergraduate Wushu major of common institutes of higher learning in China. In 1998, the ministry of education, in order to solve the problems how the high levels of wushu athletes obtain employment after they retired and how to inherit the excellent Chinese traditional culture and carry forward the national spirit, martial arts major developed into traditional national sports major. In 2011, the traditional national sports major was renamed "martial arts and traditional sports major" by the ministry of education. At present, there are 47 national universities that recruit and train the martial arts and the national traditional sports major. In 2007, sports and science college of Jishou university began to recruit the martial arts and traditional national sports major. Over the years, the professional characteristics of martial arts discipline have been focused on, but the education teaching of the traditional ethnic minority sports culture has been played down. Which led to the lack of the professional connotation of the martial arts and traditional sports discipline; The competitive tendency of education inheritance is serious; Personnel training specification is single; Professional education quality lacks the unified evaluation criteria; The professional characteristics and the traditional advantage of universities are not obvious and so on. How to better meet the needs of the national fitness and school physical education in west national regions are the core problems of how the research project solve.

## The Main Teaching Problems

The mechanism of collaborative innovation and development of curriculum, experimental platform and teaching materials construction, the students' innovative ability training "and so on in the construction of professional teaching team.

The basic education is backward; The overall teachers have a relatively low level; The equipment is of shortage; The quality of students are poor at the present situation in the western ethnic areas, which conflict with the training goal of higher education talents.

How to combine the basic theory teaching with the second and third class, how to cultivate students' innovative spirit and practice ability.

How to cultivate the martial arts and traditional sports teachers with the comprehensive, professional ability that the western national regions need “Who can work at the grass-roots, and stay at the grass-roots, and can realize his values and has flexible methods.”.

## **Education and Teaching Plane**

To Build Professional Reform Team and Construct the Teaching Team led by famous teachers.

Give full play to the function of mentoring activities of the national teaching masters and provincial teaching masters and backbones in subjects; Specialization and cooperation; the full integration of intercollegiate resources. Cultivate young teacher through the system “cultivating the talents by the university itself and absorbing the talents from outside university + further education abroad + practice and examination”, to build up a national physical education curriculum teaching team.

The construction of curriculum system and curriculum group, development and construction of curriculum resources, building professional characteristics. Taking the teaching team as the main construction body, to build the course module such as “comprehensive teaching courses, Discipline-based courses, optional course, key course for major” and so on, and the curriculum group such as wushu routine, wushu sanda, folk sports and so on. The team combines the discipline superiority, teaching team construction with the course construction organically, which support each other and promote each other, further optimize the allocation of resources, and consequently formed the National-Level excellent course, Shared resource course, province – Level excellent course, bilingual demonstration course and so on; Formed a series of excellent course curriculum system and the model such as the theoretical course, the Imparting course and the expansive courses.

Build a Training Mode is Suitable for the Professional Course in Western National Regions. Set up the “platform + module” cultivation mode. Platforms are the research base of sports culture of the state general sports administration, Province – Level key disciplines, base for practice both inside and outside school. The modules are “theoretical teaching, experimental teaching, guiding students' practical innovation, science and technology activities, and all kinds of practical competition” and so on, which both adapt to the regional teaching characteristic, and conform to the professional training mode, the knowledge structure of curriculum, and significantly improved the talent training quality of the martial arts and the national traditional sports major.

Compile good textbooks with teachers as the main force. Textbook is the fundament of course, which combined the teaching content, course system and teaching method into one body. The construction of quality textbooks is the guarantee of course quality, also is the important foundation of quality engineering construction. Jishou university martial arts and the national traditional sports professional construction team compiled and published 16 teaching reference books and quality textbooks with the local characteristics and matching with the curriculum system.

Depends on the diversity of experimental platform, the internship practice base, the implementation of the “three classrooms” financing practice training methods, to improve students' innovation ability to carry forward the value basis, respect the choice “characteristics, teaching practice training of” according to their aptitude, tap “reform ideas, practice the” student many times choose, target gradually achieve “teaching mode. In education based on the service for the purpose of professional construction, adhere to the “broadening caliber, solid foundation, according to their aptitude, culture” as the guiding ideology, construct the curriculum system, curriculum group of western ethnic areas training mode and curriculum; Platform construction of diversified practice, practice base, the implementation of the “three classrooms” combining the practical training methods.

Innovate the education inheritance model of Martial arts and national sports culture and formed a effective set of “five- promotion model” with characteristic. This model includes the martial arts and traditional sports teaching resources and “five- promotion model” such as “promotion on campus, interscholastic promotion, local promotion, athletics promotion, and international promotion in teaching activities.

## Implementation Process

**Overall Planning, Breaking Through Key Points.** "Quality project" is an important project implemented in the field of higher education in China, and the major measure to improve the quality of undergraduate teaching and to deepen reform of undergraduate teaching in the new period. Six aspects of quality engineering are the foundation, leading, and overall importance. The party committee and maladministration of university summarized the promotion of the several rounds of construction of teaching reform on the overall development of college. Combining the reality of colleges at present, analyzed the propulsive role of the implementation of the teaching quality project on the construction of the college teaching. put forward clearly the guiding ideology of implementing teaching quality engineering: Borrow the East Wind of "teaching quality engineering", take advantage of the force of the whole school, gather the wisdom of all the school teachers to promote the construction of the teaching. Therefore, the university established the implementation strategy of "quality project": "give play to strong points, work in all areas by drawing upon the experience gained on key points, lay the foundation, the key breakthrough." Catching the eternal theme "teaching quality" in the school, beginning from the reform and update of teaching concept, teaching means, teaching methods, teaching contents, implement the team construction, teaching material construction, subject construction and infrastructure construction all-round and three-dimensional to improve students' practical ability, innovation spirit and comprehensive quality.

**Full Participation, Policy Support.** The essences of the teaching quality of engineering construction is to improve the teaching quality and benefit students, cultivate high-quality talents. To mobilize the enthusiasm and initiative of student learning is the premise and the key to improve teaching quality. To tie in with the implementation of the teaching quality of engineering, started from the construction contents of quality engineering, which almost involved all the content of university teaching work, demanded all the teachers of teaching and research section must be involved. Specialty construction is the precondition of talent training; Curriculum and teaching material construction is the key to improve the quality of teaching; Practice teaching platform is the core of improving teaching quality; Teaching team and teaching masters construction is the guarantee of improving teaching quality; to establish teaching quality monitoring system and evaluation system are important means to improve the quality of teaching.

**Concise Characteristic, Serious Construction.** On the basis of analysis of teaching work of sports college, the college carefully studied, analyzed the present situation, established the advantage, concise the characteristics. Determined that take the martial arts and traditional sports education as the major breakthrough, concise out "construct the curriculum system and the course contents of the ethnic minority areas in western China.

**Insist that the Scientific Research Feeds Back the Experiment Teaching.** Cultivate the excellent teachers with good foundation "Who can work at the grass-roots, and stay at the grass-roots, and can realize his values and has flexible methods." Pay attention to the connotation construction of the martial arts and traditional sports education major. Enhance the comprehensive strength, highlight the characteristics itself. Integrate the teaching resources, optimize and complement the teaching field, equipment. Strengthen the training of the teachers group, optimize the team structure, etc.

**Strengthen Exchanges and Expand Horizons.** For a long time, the Sports College has been tightly engaged in the college center work, formed a "bundled", "integration" model of development, strongly promotes the college reform, development and construction, and achieved some achievement. Jishou city is located in the border areas. The communication with the mainland universities is not enough. The information is poor. We do not know the advanced teaching information, and the experts also do not understand many of the features we work. Adopt the methods that go out, invite some experts come. And set up communication with some of the well-known experts, colleges and universities. To introduce our practices and ideas to experts, in order to gain the experts' understanding and support. Invite some teaching masters, the experiment teaching experts to guide work in our school, to help us improve the level of teaching and management. Collecting the experts' advice and our thoughts, constructed the platform that integrates teaching, scientific research and subject construction into one body. Insist that the scientific research guides the teaching, and

bring the scientific research and scientific research projects into the undergraduate course teaching. We expect to solve the two skin problems in teaching and scientific research for long-term.

## **The Achievements**

**Theoretical Achievements.** Using standard subject research methods, improved the theoretical system of martial arts and traditional national sports major; Integrated the the traditional sports teaching content into the course teaching; Basically solved the problems that the students' theory is divorced from practice, the school is divorced from the society. Improved the student's professional theoretical knowledge ;cultivated the students' sense of responsibility, sense of national identity and inheriting the traditional national culture; enhanced the students' ability of theory guiding practice. Through reform, the students major in the traditional national sports who participate in the postgraduate examination increase. In recent 5 years, 15 of the students have passed the postgraduate examination, 2 of them abroad. The students who get the teacher certification developed from nothing, currently more than 10 people have gotten the teacher certification, 13 students have obtained national Level 1 certificate of wushu judge; 13 students have obtained national Level 1 certificate of wushu judge; 38 students have obtained national Level 2 certificate of wushu judges.

**Practical Achievements.** Through in-class teaching and training and extracurricular practice, realized the integration of teaching inside and outside the class, strengthened students' competitive ability and practice ability. By "a mechanism, the three platforms ",the students' skills and ability, theory and practice have been integrated. The goal of improving students' comprehensive quality has been achieved. Since 2009, the students major in wushu routine have taken part in Hunan province university students game, national university students wushu championship, they won 107 gold medals , 91 silvers,65 bronzes ; Has won the first, second and third prize of National-level and Province- level dragon dancing and lion dancing many times, etc., received the common praise from the Regulating Authority and participating members.

## **The Further Perfection**

**To Improve the Practice Teaching Condition.** Build 1 dance studio where teachers and students can use multimedia and take the interaction between the teachers and students, or between the students and students, 1 laboratory about teacher training, education researchers training,1 large multimedia course-ware studio with more advanced equipment..

**Practice Teaching Curriculum Structure Optimization.** Strengthen the proportion of education practice curriculum such courses as education practice, education research and education practice, graduation thesis design and so on. The courses account for about a third in the existing curriculum system. Emphasis on practice teaching course. Make the students be familiar with the teaching contents and curriculum reform, compile teaching plans of primary and secondary schools. Carry out trial lecture and let the teachers and the students evaluate the teaching activities. Develop the students' ability of practical teaching. Make them gain the more solid teaching exercise training and have actual physical training.

**To Strengthen the Construction of "Teaching and Practice Base".** On the basis of the four bases, expanded to 10 "teaching and practice bases", and according to the construction goal of pedagogy special major, strengthen the guidance of "teaching and practice base "from the education concept, teachers' teaching level and quality, education scientific research level and the school management level and so on.

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