

# Investigation and Analysis on the Present Situation of Wushu Teaching in Middle Schools in Wudu District of Longnan City

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## Abstract

Through the methods of documentary, questionnaire, statistical analysis and interview, this paper investigates and expounds the current situation of Wushu teaching in middle schools in Wudu district of Longnan city, after comprehending the problems existing in the physical education curriculum of middle schools in Wudu district of Longnan City, the results show that there are many problems in the teaching of middle schools in Wudu district of Longnan city, other school leaders do not pay attention to the teaching of martial arts, these circumstances make teachers lose the enthusiasm for classes, a variety of reasons to reduce the students love of martial arts learning. In order to ensure the smooth development of Wushu teaching in middle schools in Wudu district of Longnan city and promote the development of Wushu teaching in Wudu district of Longnan city, this paper puts forward relevant suggestions and countermeasures.

## Keywords

Martial Arts; Teaching.

## 1. Introduction

Carrying out martial arts teaching in schools has a special effect, it can also enrich campus life, and it has active promotion significance to the campus culture of the whole school. Wushu teaching is an important part of school physical education. Its reform must meet the requirements of cultivating talents in socialist countries. According to the reform of school physical education, Wushu teaching should cultivate teachers who can guide students to exercise and promote the overall development of students' moral, intellectual and physical. . So I chose to investigate and analyze the status quo of martial arts teaching in middle schools in Wudu District, Longnan City. This article investigates and analyzes the status quo of martial arts teaching in some middle schools in Wudu District, Longnan City, and finds out the existing problems in order to promote the better development of martial arts teaching.

## 2. Research Objects and Research Methods

### 2.1. Research Object

The investigation and analysis of the status of Wushu teaching in middle schools in Wudu District, Longnan City are the main subjects of investigation.

### 2.2. Research Methods

#### 2.2.1. Literature Data Method

In the China Knowledge Network and the Library, you can read about middle school martial arts teaching books and papers to understand the development characteristics and current situation of middle school martial arts teaching, and lay a theoretical foundation for the reform suggestions of middle school martial arts teaching in Wudu District, Longnan City.

### 2.2.2. Statistical Analysis

Through the statistical analysis of the data from the questionnaire survey on the martial arts teaching status in the middle schools of Wudu District, Longnan City, it quantitatively explained the problems existing in the teaching of martial arts in the middle schools of Wudu District, Longnan City. The data was collected through the 2010 version of excel.

### 2.2.3. Questionnaire Survey Method

According to the needs of this article, a questionnaire on martial arts in the middle school of Wudu District, Longnan City was developed. Questionnaires were issued to students and related teachers and scholars of martial arts teaching in Wudu District of Longnan City to provide evidence for the rationality and scientificity of martial arts teaching in Wudu District of Longnan City.

### 2.2.4. Questionnaire Distribution and Collection

According to the problems of martial arts teaching in schools, a related questionnaire was formulated. There were 200 copies in total, 181 copies were recovered, with a recovery rate of 90.5%; among them, 150 copies were recovered from students, and 129 copies were recovered, representing 86% of the recovery rates; 30 copies were recovered by teachers. 29 copies were recovered, 97% of which were recovered.

## 3. Research Results and Analysis

### 3.1. The Development of Martial Arts Teaching in Middle Schools in Wudu District, Longnan City

#### 3.1.1. Status Quo of Wudu Classes in Middle Schools in Wudu District

The environment in which the school offers martial arts classes can reflect the popularity of martial arts in the school, and an investigation into the establishment of martial arts classes in middle schools in Wudu District. An independent high school in Wudu District conducted a questionnaire survey on 42 students, and 93% of them offered martial arts classes. 7% was not opened; 38 students in independent junior high schools were surveyed, 32% were opened martial arts classes, 68% were not opened; 49 students in mixed middle and high schools were surveyed, and 65% were opened martial arts classes. Open 35%. It can be seen that the percentage of independent high schools offering martial arts classes is higher than that of junior high schools and mixed middle schools, and the percentage of martial arts courses offered in junior high schools is much higher than that of junior high schools.

#### 3.1.2. Wudu District Middle School Martial Arts Teaching Content

The amount of martial arts teaching content reflects whether the martial arts content is rich or not. According to the survey, as shown in Table 2, the Wudu district middle school martial arts teaching content mainly includes: basic skills accounted for 52%, and Changquan accounted for 28%. Table 3 shows It is known that the basic skills and Changquan are offered more because the teaching of the glove course is simple and easy to learn, and there is no one to learn the traditional Tai Chi routine, so it is not offered. The proportion of equipment is 14%, and the proportion of others is very little 5%.

#### 3.1.3. The Importance of Wudu District Middle School Leaders to Martial Arts Teaching

Whether a school martial arts class goes on smoothly or not depends primarily on the position of school leaders. For example, the construction needs of the site and the supplement of equipment must be funded by school leaders. According to Table 3, there are few leaders who attach great importance to martial arts teaching. There are 2 people who pay more attention to martial arts teaching, and 12 people generally pay attention to it.

## **3.2. The Status Quo of Wudu District Middle School Students' Cognition of Martial Arts**

### **3.2.1. The Methods of Wudu District Middle School Students' Understanding of Martial Arts**

There are many ways for students to learn about martial arts. The main way for students in Wudu District to learn about martial arts is through TV films, with 75% of them reaching 58% of the total; 14 from martial arts novels, accounting for 11%; from school martial arts classes 17, accounting for 14%; from folk martial arts, 2, accounting for 1%; from other sources, 21, accounting for 16%.

### **3.2.2. Motivation of Middle School Students in Wudu District to Learn Martial Arts**

The survey results show that as shown in Table 5, the number of students who use physical fitness as the motivation to learn martial arts is 41, the percentage is 33%; the number of students who use self-defense as self-defense is 24, the percentage is 18%; the number of students who inherit martial arts culture is 13, Accounting for 10%; 37 people are interested in hobbies, the percentage is 29%; there are 14 people who don't know the reason for learning martial arts, accounting for 11%.

## **3.3. Status Quo of Wushu Teachers in Middle Schools in Wudu District**

### **3.3.1. Majors of Physical Education Teachers in Middle Schools in Wudu District**

According to Table 6, randomly surveyed 29 middle school physical education teachers in Wudu District, 5 martial arts professional physical education teachers, 24 non-professional martial arts teachers, non-professional martial arts teachers accounted for 83% of the total physical education teachers, but professional martial arts teachers only accounted for 17%.

### **3.3.2. Male and Female Martial Arts Teachers in Middle Schools in Wudu District**

Although there is a difference in the gender ratio between men and women in martial arts majors, the difference should not be too great. As shown in Table 7, among the 5 martial arts teachers in Wudu District Middle Schools, 4 are male teachers, with a percentage of 80%, and one female teacher, with a percentage of 20%. It can be seen that the relative lack of female teachers is relatively serious. Through interviews, Wudu District No. 6 Middle School, Chengguan Middle School, and Old Chengshan Middle School had no female martial arts teachers at all, and all male teachers.

## **3.4. The Situation of Martial Arts Teaching Design in Middle Schools in Wudu District**

### **3.4.1. Does the Wudu District Middle School Martial Arts Teacher Write Teaching Plans?**

Writing lesson plans in class is the most basic, and you can see the pace of the teacher's class. So we investigated whether the teachers in Wudu District wrote lesson plans. The number of teachers who wrote lesson plans in each class was 0, and there were no teachers. Occasionally 6 people wrote. The percentage is 20%, 24 people who do not write basically, and the percentage is 80%, which shows that many teachers in Wudu District do not pay much attention to martial arts teaching.

### **3.4.2. Wudu District Middle School Wushu Teaching Goals**

Judging from the design of Wudu District Middle School's teaching objectives for martial arts classes, it generally meets the requirements of the country. It is understood that martial arts teachers only value the requirements in practice, only as a form of expression in physical education, and ignore the essence of martial arts teaching-culture. Martial arts not only require technical teaching, but also cultural inheritance and inheritance. To carry forward, one cannot

ignore the educational function of martial arts itself. As a result, martial arts teaching is only set up for physical fitness and fitness, which seems a little monotonous.

### **3.4.3. The Teaching Methods of Martial Arts Classes in Wudu District**

The use of teaching methods is the key to a good martial arts class. Usually the class method used in martial arts teaching is: Demonstration Method. Most of the model methods have the following types: teacher training, student demonstration, cooperative demonstration. In the actual process of martial arts teaching, it is important to design suitable demonstration teaching methods according to the needs of teaching objectives and teaching content. Among them, teacher demonstrations The most important thing is that the teacher demonstrates in the front and the students imitate. According to the survey, Wudu District lacks martial arts teachers. There are few professional martial arts teachers, and most of them are non-professional martial arts teachers.

### **3.5. Current Situation of Venues and Equipment in Wudu District**

The martial arts class venue is the most critical. If there is no venue, it will be impossible to conduct martial arts class teaching. As shown in Table 10, the percentage of 11 people satisfied with the venue is 38%. These 11 teachers who think they are satisfied are basically from Wudu District No. 1 Middle School and Wudu District No. 2 Middle School. The playground is made of plastic, which is not only soft, Clean and flexible, the teacher loves the class, and the students love it.

In martial arts teaching, martial arts equipment seriously affects the development of martial arts courses. According to Table 11, Wudu District Middle School thinks that there is only one person with complete martial arts equipment (swords, spears, swords, sticks) but only 9% of them are considered complete. It is 25, the percentage is 19%, and the percentage is 77 if it is not enough, and the percentage is 60%. It is 16 and the percentage is 12% if there are no people.

### **3.6. The Development of Martial Arts in Extracurricular Activities in Wudu District**

It can be seen from Table 12 that only 6 teachers think that they often carry out martial arts extracurricular activities, accounting for 21%, 18 teachers think that martial arts extracurricular activities are occasionally carried out, the percentage is 62%, and 5 teachers think that they never carry out martial arts extracurricular activities. The percentage is 17%.

## **4. Conclusion**

The situation of Wudu district middle schools offering martial arts courses is not very optimistic, so the popularization of martial arts courses will be very difficult. The content of martial arts teaching in Wudu District Middle School is relatively simple, and there are few other content involved. Wudu district middle school martial arts teachers are relatively scarce, there are very few martial arts teachers, and some martial arts courses are taught by non-professional physical education teachers. The leaders of Wudu District Middle School did not pay much attention to martial arts teaching, and their teaching concept of martial arts was relatively backward. The venues for martial arts teaching in Wudu District Middle School are basically adequate, rarely enough, and the equipment is not sufficient to meet the needs of teachers and students. Wudu District Middle School has problems with the way to understand martial arts, mostly from TV dramas and movies.

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