

Teaching Dilemma and Promotion of Taekwondo in Colleges and Universities

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Abstract. With the development of society and economy, taekwondo sports integrates fitness, sports, entertainment and art, and has become a popular sport. With the popularization and promotion of taekwondo in the society, colleges and universities across the country offer taekwondo elective courses to activate the outdated teaching mechanism. It plays a positive role in improving the physical quality of students. The promotion of taekwondo sports teaching in colleges and universities plays an important role in cultivating students' fighting spirit and exercising good physical quality. At present, due to various reasons, there are many problems in the promotion of taekwondo sports teaching in colleges and universities, which restrict the popularization of taekwondo projects. This paper discusses the value of Taekwondo in physical education in colleges and universities, and puts forward the promotion strategy of Taekwondo teaching.

Keywords: Taekwondo in Colleges and Universities; Teaching Predicament; Promotion Strategy.

1. Introduction

With the rapid development of my country's economy, taekwondo has been rapidly emerging all over the country in recent years. The goal of modern physical education is to focus on the comprehensive development of students' knowledge and ability. Our colleges and universities should cultivate outstanding sports talents to meet the needs of social development. Taekwondo combines Chinese martial arts to form modern Taekwondo. Taekwondo was first created by General Cui Hongxi of South Korea. Colleges and universities are important bases for the promotion of Taekwondo. Taekwondo plays an important role in enhancing the quality of students' physical training. At present, there are many problems in Taekwondo teaching in colleges and universities, and it is of great significance to study the promotion strategies of Taekwondo teaching in colleges and universities.

2. Overview of the Teaching and Promotion of Taekwondo Projects in Colleges and Universities

Taekwondo is a modern competitive sports activity originated from the Korean folk. It has a history of more than 2,000 years. It is a traditional sports event that is cultivated through physical ability training. It has the characteristics of speed, strength and education. Taekwondo movements are simple and easy to learn. The course is very popular among students [1]. Taekwondo is an important part of oriental national sports. Good business operations make Taekwondo occupy an important position in the international sports and fitness industry. Taekwondo is a fashionable modern fighting sport. The promotion of Taekwondo in physical education in colleges and universities is good for cultivating students to be polite, modest and friendly. Quality plays an important role.

Taekwondo is a kung fu art that emphasizes footwork. In competitive training and competitions, the lower limbs are the main attack. The footwork accounts for 70% of the Taekwondo technique system, and the boxing attack emphasizes defensive separation [2]. Taekwondo is deeply influenced by traditional Chinese Confucianism. Taekwondo etiquette is in line with Chinese traditional culture. Taekwondo sports have the martial arts spirit of courtesy, righteousness and shame, and have a strong practical and educational nature. College physical education is the last stage of school physical education, and the university stage is the best period to cultivate students' lifelong sports awareness. Taekwondo conforms to the science of human fitness and meets the psychological needs of modern

people for self-cultivation. The promotion of Taekwondo in college physical education can improve the physical quality of college students and help promote the development of the Sunshine Sports Project [3]. It is of great practical significance to study the promotion of Taekwondo in physical education in colleges and universities.

The entry of Taekwondo into colleges and universities is prompted by many social factors. The Taekwondo Association has vigorously promoted it. Taekwondo has developed into a mature stage in the early stage of college promotion. It is of great value to offer taekwondo courses in colleges and universities. The promotion of taekwondo sports in colleges and universities has feasible and favorable conditions to strengthen college taekwondo sports teaching. Promotion is very necessary. Taekwondo has a profound cultural background, and it is necessary to learn the skills of strengthening the body during the practice of Taekwondo. The mass taekwondo exercise has the characteristics of bodybuilding. Taekwondo practice requires the coordination of the whole body and limbs, which is conducive to cultivating a good posture. Popular Taekwondo has the characteristics of satisfying people's psychological needs, and the simple and easy-to-learn movement is easily accepted by the general population. The number of people participating in the public taekwondo sports is relatively large, which creates favorable conditions for the practitioners to establish friendship. The role of colleges and universities as the main position of the public taekwondo movement is increasingly prominent, and the school activities are displayed in the form of performances, which can attract more students to participate in the movement and promote the popularization of the public taekwondo movement.

3. Taekwondo Physical Education in Colleges and Universities is Facing Difficulties

In recent years, great reforms have taken place in the teaching mode of physical education in colleges and universities, and the idea of lifelong sports has penetrated into the physical education teaching in colleges and universities. Taekwondo contains different movement structures, suitable for people of different genders and physiques. With the dissemination of the concept of lifelong sports, the content of taekwondo exercises has been continuously innovated to meet the needs of exercise groups of different age structures [4]. Many college sports workers see the advantages of taekwondo in cultivating students' awareness of sports ability, and taekwondo is gradually introduced into college physical education. At present, Taekwondo physical education in colleges and universities faces the problems of single teaching method and insufficient teaching content.

3.1 Problems in Taekwondo Physical Education in Colleges and Universities

At present, many colleges and universities offer taekwondo courses, but most colleges and universities lack attention to the teaching of elective courses. Taekwondo has a lot of content that needs to be improved, and the traditional physical education teaching method in colleges and universities is single. The content of taekwondo physical education in colleges and universities in my country is not comprehensive enough. Most schools only focus on theoretical skills in taekwondo teaching, and lack the training of students' corresponding martial arts, which affects the overall teaching quality of taekwondo and is not conducive to students' future learning and development [5]. Due to the lack of emphasis on taekwondo teaching in colleges and universities, the basic teaching equipment cannot meet the needs. Some teachers can only carry out teaching activities on the playground. Due to the lack of teaching equipment, sports injuries occur in students' practice [6]. Taekwondo sports teaching involves a lot of knowledge content. At present, most of the physical education teachers in colleges lack the professional quality of Taekwondo. Teachers cannot adopt scientific teaching methods according to the actual situation of students, resulting in students' serious lack of practical confrontation ability.

3.2 Analysis of Taekwondo Sports Teaching Problems in Colleges and Universities

At present, the main problems of taekwondo teaching and promotion in colleges and universities in our country are that the teacher training mechanism is not perfect, the development of taekwondo is unbalanced, there are few taekwondo competitions, and the safety measures are not perfect. Due to the different talent introduction mechanisms in colleges and universities, the development of taekwondo sports in different colleges and universities is unbalanced, and the construction of school representative teams affects students' enthusiasm for taekwondo sports. Only a few college leaders pay attention to the development of taekwondo sports and are equipped with professional training venues, so that the culture of taekwondo etiquette can deepen into student action. With the reform of college education, newly introduced young teachers are required to have doctoral degrees and master's degrees. The high-end talents in the field of sports are not well-equipped, and there is a shortage of high-level teachers in taekwondo, which affects the construction of taekwondo teachers. The development of taekwondo in colleges and universities can be promoted by holding competitions. In the development of taekwondo in colleges and universities, there are few competition activities, which do not mobilize the enthusiasm of fans, and the lack of student participation atmosphere hinders the promotion of taekwondo sports teaching.

4. Strategies for the Promotion of Taekwondo Sports Teaching in Colleges and Universities

Taekwondo is suitable for the reform of physical education in colleges and universities. Many colleges and universities offer taekwondo courses to provide protection for students to actively participate in practice and to meet students' personalized sports needs. At present, there are many problems in taekwondo sports teaching in colleges and universities. The promotion of taekwondo sports teaching in colleges and universities is restricted by the lack of reasonable curriculum arrangement and the lack of high-quality professional teachers, which hinder the development of taekwondo sports in colleges and universities. Measures should be taken to promote the teaching and promotion of taekwondo from the aspects of increasing the importance of taekwondo, optimizing curriculum settings, and enriching teaching methods.

4.1 Increase the Emphasis on the Teaching of Taekwondo

Colleges and universities can cultivate students' courage and enterprising spirit through Taekwondo teaching. The national education department attaches great importance to the development of taekwondo, and promulgated relevant documents to increase capital investment, aiming to create a good educational environment. Colleges and universities should attach importance to the teaching of taekwondo, and regularly invite relevant industry experts and scholars to give lectures to the school to stimulate students' interest in taekwondo, to deeply grasp the spiritual connotation of taekwondo, and to better strengthen students' physical and mental quality. The promotion of taekwondo in colleges and universities needs to improve the quality of teachers. Colleges and universities should encourage taekwondo teachers to participate in training courses at all levels to ensure the standardized development of taekwondo coaches in colleges and universities.

4.2 Improving Traditional Teaching Content Methods

Taekwondo teaching should be based on traditional techniques to increase appreciation; enhance the authority of teaching content, and high-quality teaching materials are tools for students to correctly understand basic knowledge, techniques and movements. Colleges and universities can compile teaching materials suitable for local teaching needs according to the development of Taekwondo. In order to guide students to understand taekwondo from different angles, physical education teachers should enrich teaching methods based on the actual situation of students and eliminate the drawbacks in traditional teaching, such as displaying and introducing taekwondo technical movements through multimedia playback and other functions. In addition to teaching

relevant knowledge and skills in the classroom, it is necessary to integrate taekwondo elements into campus cultural activities, and enrich the teaching content through the integration of extracurricular activities. Colleges and universities should promote the development of taekwondo sports by strengthening taekwondo exchanges and other methods. They can transform teaching materials to make them into college physical education curriculum resources, modify the content that is difficult and not in line with the physical and mental characteristics of students, reduce the difficulty of movements, and make the venue equipment meet the physical and mental development characteristics of students.

4.3 Strengthen Investment in Taekwondo Sports Teaching

The promotion of taekwondo sports teaching in colleges and universities needs to be equipped with professional standard venues. The standard venues directly reflect the importance of taekwondo sports in colleges and universities, and colleges and universities should create a good teaching environment for students. Colleges and universities should purchase sound medical facilities, etc. At present, only a few colleges and universities purchase sports insurance for students. By purchasing personal safety accident insurance for students, students should eliminate their concerns about safety injuries in taekwondo sports and arouse their enthusiasm for participating in taekwondo sports. Colleges and universities should increase capital investment in taekwondo to ensure that students can use taekwondo teaching venue equipment at any time. Schools should plan venues for students to practice and use to improve the teaching efficiency of Taekwondo.

5. Promotional Measures for Taekwondo Physical Education in Colleges and Universities

Taekwondo is a sport that originated from the Korean folk. Taekwondo has the functions of fitness and shape, and exercise of will and quality. Taekwondo sports teaching in colleges and universities faces good opportunities such as the growth of students' educational needs and the development of lifelong education concepts. However, there are many difficulties in the current promotion of Taekwondo, such as insufficient sports facilities, uncontrollable teaching effects, and insufficient teachers. In the new era, the development of taekwondo in colleges and universities should be based on my country's national conditions, and the law of taekwondo development should be studied in combination with our country's education.

Taekwondo sports play an active role in enriching the life of freshmen in colleges and universities, and the development of taekwondo sports in colleges and universities should follow the principle of innovative development. The old educational concept that is not conducive to the development of Taekwondo must be eliminated, and colleges and universities adhere to the principle of reform and development in the development of Taekwondo. It is necessary to promote the development of taekwondo in combination with the actual situation of the school. Taekwondo teaching in colleges and universities is a cultural education. It is necessary to adhere to the student-oriented approach and promote the development of taekwondo on campus.

The promotion of taekwondo physical education in colleges and universities needs to reform the traditional education model, strive to promote the development of taekwondo in colleges and universities, strengthen the construction of infrastructure, and promote the development of high-efficiency curriculum projects. The development of taekwondo courses in colleges and universities should give full play to its own academic advantages. At present, the infrastructure of taekwondo in colleges and universities in my country is relatively backward, and it is necessary to give full play to various resource advantages. The State Council's Opinions on Strengthening School Sports proposed to promote sports venues to serve school sports, and to promote the orderly opening of school sports venues to teachers and students after class. Adequate venue infrastructure can meet the practical needs of teachers and students. Some colleges and universities have not invested enough support for post-maintenance and other aspects. Taekwondo projects have higher requirements on actual battlefields,

and school budgets are limited. Government funding and other support can be used. Schools should provide venues and other support for students participating in extracurricular taekwondo activities, and continue to guide and support the popularization and development of taekwondo.

6. Conclusion

Taekwondo is a traditional folk sports project originating from the Korean peninsula. Taekwondo sports teaching in colleges and universities plays an important role in training students' physical fitness. my country is a big sports country, but due to various reasons, there are many problems in the teaching of taekwondo in colleges and universities. Colleges and universities should attach importance to the promotion of taekwondo sports teaching, improve students' understanding of taekwondo, increase the introduction and training of professional coaches, and improve the quality of taekwondo teaching. Innovate teaching methods according to school conditions, actively improve the content of traditional teaching methods, fully stimulate students' interest in learning, and promote students' physical and mental development.

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