

# ***Research on Problems and Countermeasures in Taekwondo Teaching and Training in Colleges and Universities***

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**Abstract:** With the continuous development of sports in recent years, the college sports curriculum has also undergone some new updates and developments, and many new subjects and sports have been added. Taekwondo is one of them. Taekwondo has received a lot of support and attention to a certain extent since joining the university sports, and many students choose to study Taekwondo. But as far as the development of the Taekwondo course is concerned, there are also many problems in Taekwondo. For example, the lack of attention to Taekwondo in schools, the inadequacy of Taekwondo related equipment and the lack of professional Taekwondo teachers to teach and other problems have hindered the development of Taekwondo in colleges and universities.

## **1. Introduction**

Taekwondo course is a newly added program in universities in recent years. On the one hand, it is mainly due to the comprehensive and comprehensive national quality education and the call to promote the all-round development of students; on the other hand, it is formed due to the importance of traditional culture. Taekwondo is a competitive sports event. Its competitive nature is very strong in sports events. Colleges and universities are not only a place to promote the development of student education, but also a platform to promote the overall development of students. The use of Taekwondo in college sports can improve students' physical fitness and cultivate their perseverance. At the same time, Taekwondo also pays great attention to the cultivation of students' ideological and moral level. Therefore, the active development of Taekwondo can not only promote the physical enhancement of students, but also improve the psychological quality and morality of students psychologically. The article explores the problems of Taekwondo in the development of colleges and universities, and puts forward a series of countermeasures against these problems, so as to better promote the development and progress of Taekwondo in college sports.

## **2. Problems of Taekwondo in the Development of Colleges and Universities, and Its Positive Significance for Student Development**

## **2.1 Problems of Taekwondo in the Development of Colleges and Universities**

### **2.1.1 School is Not Paying Attention to the Taekwondo**

Although Taekwondo is an emerging project in sports development, it has been developed in major colleges and universities and has fully entered the college physical education curriculum. It has also inspired many students who like Taekwondo to take this physical education curriculum. However, as far as schools are concerned, most colleges and universities still have an attitude of neglecting physical education. Many colleges and universities still remain in traditional sports for the development of sports, and most colleges and universities still attach importance to traditional sports. For example, running, long jump, football, basketball, and other sports with a long history. The emergence of this situation is very detrimental to the development of Taekwondo. As a new sport, Taekwondo needs more support from schools, and needs to increase the promotion of Taekwondo and the improvement of Taekwondo facilities. Only in this way can we make better use of external conditions to promote the development of Taekwondo. In the process of university education development, the importance of physical education has gradually received attention from social development, but there are still many college students who think that learning physical education in university is a very meaningless thing, mainly due to their primary and secondary schools and high schools in the course of exam-oriented teaching, every day is based on test scores, while ignoring the cultivation of comprehensive quality capabilities. In university education, quality education is one of the main goals of university education, but due to the relatively short promotion time of quality education, the depth of popularization is not so obvious. Some new types of physical education courses are also set up due to national policies. They have not really realized the importance of new physical education for student development. Therefore, the school's lack of attention to Taekwondo has led to the application of Taekwondo in physical education curriculum is not so perfect. In the development process of physical education, physical education has been neglected in the education stage of high school and junior high school. Therefore, when it comes to the education stage of the university, let them fully understand the importance of physical education, improve students' personal comprehensive ability, cultivate the improvement of students' ability, so that students can better adapt to the development of society, improve their own ability, and contribute to the development of society. Therefore, it is necessary to change the students' test-oriented education thinking in universities, and promote students to convert the traditional test-oriented education thinking into a new physical education thinking, and this kind of ideological change is mainly realized through the practical courses of colleges and universities. Therefore, if colleges and universities do not pay enough attention to the development of Taekwondo courses in physical education, it will be detrimental to the improvement of students' comprehensive ability, and it will also be detrimental to the development of Taekwondo in colleges and universities.

### **2.1.2 The School Lacks Relevant Facilities**

Because colleges and universities do not pay much attention to the development of Taekwondo. Therefore, Taekwondo lacks corresponding supporting equipment in colleges and universities, such as professional training venues, professional training services, professional training equipment and so on. The lack of these equipments will hinder the development of Taekwondo in colleges and universities, because Taekwondo is a competitive fighting sport. Therefore, he needs enough venues to train the students, and if the school lacks training venues for the students, then there is no guarantee that the Taekwondo project can be carried out well. Similarly, the lack of professional training equipment will greatly reduce the effectiveness of training.

### **2.1.3 Lack of Professional Taekwondo Teachers to Teach**

There is a lack of professional Taekwondo teachers to teach students in the teaching of Taekwondo in colleges and universities. Because taekwondo is a relatively professional sports, it is not like running, sitting forward bending and other sports, you can get good results and progress through multiple exercises. If you want students to learn Taekwondo well, you must have a professional Taekwondo teacher to teach students Taekwondo knowledge, so that students know and understand the basic theories of Taekwondo and the important skills of learning Taekwondo. Then in the process of learning, the taekwondo teacher's movements are corrected and corrected to improve the accuracy of the movements and promote the improvement of the quality of teaching. But it is precisely because of the lack of such professional teachers that the progress of Taekwondo in colleges and universities has not been very good. Although many students choose the taekwondo course, they do not have a professional taekwondo teacher. Every time I take a taekwondo class, there are some simple movements, repeated exercises cannot achieve any good teaching results.

### **2.1.4 Single Teaching Method**

Nowadays, many college physical education teachers don't pay enough attention to the taekwondo course and fail to fulfill their responsibilities. Teachers in colleges and universities should have a clear understanding of their majors and continuously optimize their teaching methods. According to students' physical and mental development and teaching requirements, they should formulate suitable physical education courses for students. The single and boring teaching method in the past is no longer suitable for contemporary college students. Teachers should entrust physical education to students, communicate with students more and respect their ideas, so that college students can develop personalized sports in terms of sports, so that students can love physical education unconsciously. In addition, teachers seldom lead students to engage in interesting Taekwondo sports activities, which hinders students' development to a certain extent. Many Taekwondo teachers are not professional themselves. Therefore, there is a lack of innovation in the teaching methods of Taekwondo, which is to adopt common theoretical teaching methods and time teaching methods, and does not carry out some interesting explorations to increase students' interest in Taekwondo.

## **2.2 The Positive Significance of Adding Taekwondo in Colleges and Universities to Students**

Improve students' physical fitness. In the development of contemporary school physical education, due to the lack of attention to physical education in schools, most students lack basic physical exercises, and their physical fitness is very poor. Therefore, most students will have many small problems in their bodies. The emergence of this phenomenon is extremely unfavorable to the development of our country's education. Because our country's requirements for the development of education have shifted from test-oriented education to quality education, the individual requirements for students are no longer limited to the improvement of cultural class performance, but the comprehensive development of students' moral, intellectual, physical, and artistic, especially for sports. At present, the emphasis on has been rapidly developed. Actively promoting the development of Taekwondo can improve students' physical fitness and their enthusiasm for physical exercise. At the same time, physical exercise is of great help to students' mental health. It can improve students' physical health, enrich students' after-school life, promote students' inner world relaxation, and enrich students' extracurricular activities. Taekwondo exercise activities enable students to relax their inner world and relieve the pressure of life.

### 3. Improve the Development of Taekwondo in Colleges and Universities

#### 3.1 Improve Related Taekwondo Equipment

In the setting of school taekwondo class, the first thing that needs to be complete is the sports facilities of the taekwondo class. In class, teachers should actively teach students the usage of various Taekwondo theoretical knowledge, conduct their own exercises, and tell students some safety precautions. Schools also need to provide professional training venues for taekwondo to ensure that taekwondo training in class can be carried out normally and effectively. Now that the school has perfected the relevant Taekwondo equipment and equipment, it can increase students' support for Taekwondo, and better improve students' enthusiasm for learning Taekwondo.

#### 3.2 Active Classroom Atmosphere, Innovative Teaching Methods

The teaching method of the Taekwondo class is the most monotonous and boring among all subjects. It only tells the students some precautions for the Taekwondo project, and then starts to correct the students' movements. Therefore, it is also very important for the innovation of classroom teaching methods. An active classroom atmosphere may increase students' interest in learning this lesson and have a great impact on students. In the innovation of teaching methods, teachers can adopt competitions to create an active atmosphere, such as grouping students to practice, and after each class, the results of the exercises are checked and accepted, and the outstanding combination in the group is evaluated. Give them material rewards, so that the way of entertainment can increase the interest of the students, and unconsciously understand the positive meaning of Taekwondo. Therefore, teachers need to adopt some active and effective methods to analyze and classify these skills. For example, vivid and effective teaching can be carried out through video animation, which can better promote the development of Taekwondo in colleges and universities.

### 4. Discussion

In summary, Taekwondo, as an emerging sports course, has some problems in the development of universities. However, it has also been welcomed and supported by many students. The development of Taekwondo in colleges and universities has not only improved the physical fitness of students, but also promoted the development of sports in the new era. Therefore, colleges and universities need to actively solve the problems in the development of Taekwondo and create a better space for students to learn Taekwondo.

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