

A Realistic Exploration on the Role of Sanda Teaching in Character Shaping for College Students

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Abstract: This article explores the practical situation of martial arts Sanda teaching in shaping the personality of college students. Through literature research and case analysis, this article found that martial arts Sanda teaching has multiple advantages, which can effectively promote the improvement of students' physical fitness, self-confidence, willpower, and collective sense of honor, thereby having a positive impact on students' character shaping. However, there are also some problems and challenges in the teaching of martial arts Sanda, such as uneven student enthusiasm and insufficient scientific teaching content. Therefore, we need to continue exploring more effective teaching methods and management strategies to better leverage the role of martial arts Sanda teaching in shaping the character of college students.

1. Introduction

In today's society, college students have become the main force for China's future development. As an important place for academic research and talent cultivation, universities should not only teach knowledge and professional skills, but also help shape students' good personalities. However, many college students lack opportunities to exercise their bodies and willpower during their growth, resulting in various unhealthy habits and psychological problems. Therefore, it is very necessary to implement comprehensive Holistic education and pay attention to students' physical and mental health in college students' education.

2. Background and overview of Sanda teaching in martial arts

Sanda is a martial arts competitive event in which both sides engage in a competition mainly through mutual technical attacks, which involves various aspects such as intelligence and skill competition. In past history, Sanda was also known as Xiangbo, Shoubo, Bian, Bian, Bian, Baida, Paizhang, Shouzhang, Xiangsanshou, and so on. Due to the fact that the competition takes place between two people barehanded on the stage, there is also the term 'arena'. [1]

Due to incomplete and inconsistent rules, there is a widespread practice among the people of sparring and fighting against each other. After the establishment of the People's Republic of China, martial arts were vigorously developed and inherited. After ten years of exploration, Sanda was officially approved as a sports event in 1989, bringing a new stage to the development of Sanda. In recent years, many Sanda competitions, such as provincial-level competitions, national competitions,

national sanda king competition, Sino foreign competition, and World Cup Sanda competitions, have been held successively, to promote the development of Sanda and further moving towards the world.

In China, the popularization and development of martial arts and Sanda began in the mid-1990s. With the gradual advancement of China's market economy, people's attention to health and physical fitness continues to increase. As a healthy and active sports activity, martial arts and Sanda have begun to receive more and more recognition and support. Especially in recent years, with the rapid development of online live streaming platforms and mobile internet, the dissemination and audience of martial arts Sanda competitions have also been continuously expanding, in order to provide new opportunities and challenges for the popularization and promotion of martial arts Sanda.[2]

3. The positive effect of martial arts Sanda teaching on character shaping of college students

3.1. Improving physical fitness

As a sport primarily aimed at training physical fitness, martial arts Sanda can effectively improve the physical condition and immunity of college students. During the training process, athletes need to undergo a large amount of muscle exercise, cardiopulmonary function training, and reaction ability training, especially under long-term strong loads, which can exercise their willpower and endurance. This kind of training method not only helps to strengthen self-stamina, but also can improve the players' ability to cope with emergencies and self-protection.[3]

3.2. Enhancing self-confidence

Martial arts Sanda, as a challenging and stimulating sport, can cultivate and enhance students' confidence and courage through a series of challenges and struggles. In the process of teaching practice, the coaching team will provide personalized training and guidance to students, guide them to face and overcome some difficulties and setbacks with a correct attitude. In martial arts Sanda competitions, players need to showcase their strength and skills in a tense atmosphere. This challenge and successful experience can make players more confident and brave, and have more confidence and determination in their future life and learning.

3.3. Increasing collective sense of honor

As an individual and collective competitive sport, martial arts Sanda pays more attention to students' collective consciousness and team spirit. During the process of students participating in martial arts Sanda teaching and competitions, they need to collaborate and cooperate with coaches, teammates, and opponents to complete training and combat tasks together. During this process, students will experience the importance of teamwork and the value of a sense of collective honor, enhance their social and communication skills, and also improve their ability to handle interpersonal relationships. This is not only beneficial for personal growth and development, but also for the improvement of collective cohesion and combat effectiveness.

4. The problems and challenges faced in the teaching of Sanda in martial arts

Although martial arts Sanda teaching has shown positive effects in shaping the character of college students in various aspects, there are also some problems and challenges. The following are some aspects that may affect the effectiveness of martial arts Sanda teaching:

4.1. The teaching content is not scientific enough

In modern society, martial arts and Sanda, as a diverse and distinctive sport, are increasingly popular and valued by people. However, there are still many problems and challenges in the teaching of martial arts Sanda. Among them, the lack of scientific teaching content is a prominent issue. Martial arts Sanda has the characteristics of complexity and professionalism, and requires scientific arrangements and guidance to enable students to better master skills and theories. Only when the teaching content is scientific and reasonable, the system is complete, and the system is clear can the goal of cultivating outstanding talents be achieved. However, in some universities, due to insufficient teaching resources or uneven levels of teaching personnel, there is a lack of scientific methods and systems in the teaching of martial arts Sanda. The foundation of martial arts Sanda teaching is weak. At present, many schools are relatively casual in the arrangement of martial arts Sanda courses, and lack planning and continuity. At the same time, the lack of focus and essentials leads to a lack of systematic learning process for students, making it difficult to understand the theoretical knowledge and skills of martial arts Sanda.

4.2. Unreasonable course setup

The teaching of martial arts Sanda involves multiple aspects, including technical training, tactical guidance, psychological adjustment, etc. However, in the actual teaching process, there are often problems such as unreasonable curriculum design, single teaching form, and repetitive content, which make the teaching effect unable to be fully utilized. For example, some schools' martial arts Sanda curriculum lacks scientific and practical significance, mainly focusing on teaching combat skills, while neglecting the training and protection of students' physical fitness. This has led to some students being prone to injury during the learning process, resulting in a negative impression of martial arts Sanda. In addition, some schools' martial arts Sanda courses have repetitive content and lack diversity, making it difficult to meet the needs of different students. This is also one of the important reasons why students lose interest in martial arts Sanda.

4.3. The talent cultivation model is not mature enough

The teaching of martial arts Sanda requires high-level guidance and management to ensure that students are in a safe and controllable state during training and competitions. However, the current number and quality of martial arts Sanda coaches in China are insufficient, and the management mechanism and talent cultivation mode also need to be improved, which has brought certain difficulties and challenges to the teaching process. For example, due to the great attention and support given to the martial arts Sanda project, situations similar to the disappearance of coach groups after competitions often occur in various parts of China, which brings considerable difficulties and setbacks to students. In addition, due to the relatively new field of martial arts Sanda, coaches lacking a certain level and experience are prone to making mistakes when guiding students in training and competitions, which can have a negative impact on students.

5. Exploring the reform and innovation of martial Sanda teaching

In order to better leverage the positive role of martial arts Sanda teaching in shaping the character of college students, we need to reform and innovate in the following areas:

5.1. Strengthening the construction of teaching resources

In order to improve the quality and effectiveness of martial arts Sanda teaching, it is necessary to

strengthen the construction of teaching resources, which is the foundation for improving the scientific and professional level of teaching. In terms of teaching resources, the first thing to pay attention to is the construction of venues. Schools can purchase more specialized training venues, such as laying specialized ground materials, which will help protect students' physical safety and also increase their comfort. Secondly, it is necessary to strengthen the construction of equipment and facilities, such as purchasing various equipment suitable for teaching, including sandbags, protective equipment, and Sanda uniforms. The quality of these equipment will affect the learning and training effectiveness of students, so it is required that the quality of the facilities be sufficiently high. In addition, attention should also be paid to the construction of special education. For students with lower physical fitness or insufficient experience, targeted education should be adopted to help them overcome difficulties, participate in training, and quickly improve their skill levels. Finally, schools can organize targeted competition activities to provide students with more opportunities for exercise and further improve their skill levels. Strengthening the construction of teaching resources can make Sanda education more scientific and professional, which is conducive to better promoting the development of martial arts Sanda and laying a solid foundation for cultivating more excellent martial arts Sanda athletes.

5.2. Innovative teaching models and methods

In terms of innovative teaching models and methods, attention should be paid to diversified curriculum and teaching forms. In order to stimulate students' interest and enthusiasm for learning martial arts and Sanda, some innovative teaching methods can be adopted, such as multimedia teaching, interactive teaching, open experiments, and so on. These teaching methods will enable students to participate in the learning process and stimulate their thinking and creative thinking. At the same time, we should pay attention to the combination of theory and practice, as well as the combination of foundation and profession. We should establish a scientific and systematic learning path and training plan to enable students to understand problems in theory, solve problems in practice, and absorb deeper professional knowledge. For example, teachers can explain the relevant theoretical knowledge of martial arts Sanda in the classroom, and then organize students to carry out practical operations, such as punching sandbags, practicing technical movements, etc., so that students can truly feel the charm and practicality of martial arts sanda. For different types of students, personalized teaching methods can be adopted, such as adapting to the teaching progress of students' abilities, setting exercise items and time to improve effectiveness. Finally, schools can also focus on practical teaching operations and improving the quality of coaches, using professional skills and advanced concepts to guide students, in order to achieve better teaching results. Innovative teaching models and methods are the key to optimizing the teaching of martial arts Sanda. Only through continuous understanding and exploration can we meet the challenges of the development of martial arts Sanda education in the new era.

5.3. Establishing a sound management mechanism

Establishing a sound management mechanism is an important guarantee for optimizing the teaching of martial arts Sanda. In order to ensure the safety of students and the quality of teaching, it is necessary to establish a sound management mechanism and talent cultivation model. Regarding the cultivation and assessment of the coach team, relevant measures should be strengthened, such as formulating detailed job responsibilities, strengthening training systems, and improving teaching quality, in order to enhance their skills and qualities. At the same time, attention should be paid to strengthening students' safety education and supervision, following scientific methods in teaching activities, making good physical preparations and dressing to prevent accidents from happening. In order to ensure the physical health and fairness of athletes in the competition, standardized and scientific management should be strengthened. For example, standardize the management of competition rules, venues, equipment, referees, etc. to ensure the fairness and scientificity of the

competition system and execution. In addition, establish connections between schools, communities, and cultural and sports departments, share resources, and promote the exchange of theory and experience to achieve efficient and coordinated management work. In short, establishing a sound management mechanism is a very important part, which is the key to ensuring teaching quality and student safety. Only by strengthening the level of management and service can we truly achieve the goal of "teaching first, management first, and service keeping up".

5.4. Continuously exploring reform and innovation

The teaching of martial arts Sanda still requires continuous exploration, reform, and innovation to better adapt to the needs of society and students. Currently, with the development of technology and the changes of the times, the traditional teaching mode of martial arts Sanda can no longer fully meet the needs of students, so it is necessary to constantly try new teaching methods and methods. For example, in recent years, more and more people have begun to focus on physical and mental health, rather than just pursuing the improvement of combat skills. Therefore, in the teaching of martial arts Sanda, we can try to introduce physical and mental training methods such as yoga and pilates into the teaching, so as to help students exercise their bodies, and at the same time, enhance their psychological quality and psychological adjustment ability. In addition, we can also use the internet and technological means to provide students with a more convenient and efficient teaching experience through online classrooms, virtual reality, and other means.

6. Conclusion:

Based on extensive research and case analysis, this article explores the practical situation of martial arts Sanda teaching in shaping the character of college students, and proposes some reform and innovative ideas and methods in response to its existing problems and challenges. The effective development of martial arts Sanda teaching can not only promote the physical health, self-confidence, willpower, and collective sense of honor of college students, but also enhance their humanistic literacy and social skills, thereby better promoting the comprehensive development of universities and responding to the challenges of social development and change.

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