

Research on sanda in universities in healthy China

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Abstract: Taking "Healthy China" as the perspective, this paper explores the relevant issues in the research of martial arts sanda in universities. Through an in-depth analysis of the status and development of martial arts sanda on university campuses and its impact on students' physical health, the aim is to provide effective references and suggestions for building a healthy China. The study found that martial arts sanda, as a form of physical exercise, has a positive promoting effect on the physical and mental health of university students. At the same time, this paper provides a detailed discussion on the popularity of martial arts sanda in universities, educational methods, and related policies, offering theoretical support for the further development of martial arts sanda in universities.

1. Introduction

The proposal of the "Healthy China" strategy emphasizes the importance of national health, including the physical health of university students. As a traditional sports project, martial arts sanda has gradually attracted attention in universities due to its unique exercise methods and comprehensive physical exercise effects. However, under the perspective of "Healthy China," the development status of martial arts sanda in universities and its actual impact on students' physical health still require in-depth research. This paper aims to provide a scientific theoretical basis for the development and promotion of martial arts sanda in universities through a comprehensive analysis of relevant issues.

2. Status and Development of Martial Arts Sanda in Universities

2.1. Historical Evolution of Martial Arts Sanda in Universities

The historical evolution of martial arts sanda in universities is rooted in the development of traditional Chinese martial arts. In the early 20th century, martial arts gradually transitioned from martial arts schools to educational institutions. The earliest martial arts sanda courses in universities can be traced back to the 1950s, primarily focusing on the inheritance of traditional martial arts skills. However, with the development of the times, martial arts sanda in universities gradually integrated with modern sports concepts, emphasizing the comprehensive development of students.[1-3]

In recent years, the historical evolution of martial arts sanda in universities has undergone a transformation from traditional to modern. It not only involves the inheritance of ancient martial arts culture but also incorporates modern scientific theories of sports, making it more aligned with the physical and mental development needs of contemporary university students. Throughout this process,

martial arts sanda has established its unique educational status, becoming an integral part of comprehensive sports programs.

2.2. Current Status and Influence of Martial Arts Sanda in Universities

Currently, the status of martial arts sanda in university physical education is on the rise, serving not only as a preserver of traditional martial arts culture but also as an innovator in modern sports education. Many universities offer martial arts sanda courses and even establish dedicated sanda clubs, providing students with a broader space for exercise. As a comprehensive sports activity, martial arts sanda emphasizes not only the proficiency of techniques but also the cultivation of physical fitness, coordination, and teamwork.

Its influence extends beyond academic disciplines and permeates campus cultural life. Through martial arts sanda, students gain a better understanding of traditional Chinese culture while developing qualities such as teamwork and sportsmanship. The status and influence of martial arts sanda in universities have surpassed traditional martial arts boundaries, becoming one of the highlights in university physical education.[4]

2.3. Student Acceptance of Martial Arts Sanda

The acceptance of martial arts sanda by students is gradually increasing, reflecting not only the unique charm of martial arts sanda itself but also its positive impact on physical and mental health. More and more students choose to participate in the learning and training of martial arts sanda, benefiting from the development of qualities such as self-discipline, resilience, and teamwork.

As a comprehensive form of physical exercise, martial arts sanda attracts attention and enthusiasm from students. Through diverse technical movements and practical training, students can comprehensively exercise muscle groups, improving body coordination and flexibility. This holistic physical exercise effect appeals to students seeking diverse workout methods, making them more willing to engage in the learning and practice of martial arts sanda.

Additionally, the positive impact of martial arts sanda is reflected in the enhancement of students' psychological well-being. Through training, students cultivate patience and perseverance, developing a resilient mindset in the face of challenges and setbacks. This has a positive effect on alleviating academic stress and enhancing psychological resilience, helping students better adapt to the various challenges of university life.

Campus culture and promotion also contribute to driving student acceptance of martial arts sanda. Some schools incorporate martial arts sanda into physical education courses, providing students with more opportunities to participate. This not only broadens students' choices for physical exercise but also serves as a platform for them to learn and experience martial arts sanda. Events such as martial arts sanda competitions and performances organized by schools attract widespread attention, further igniting students' strong interest in martial arts sanda.[5]

In conclusion, the increasing acceptance of martial arts sanda by students stems from both the inherent appeal of martial arts sanda itself and the promotion through school physical education courses and campus cultural campaigns. This trend provides robust support for the promotion and development of martial arts sanda in universities, offering students a more diverse range of physical exercise choices and pathways for holistic physical and mental health cultivation.[6]

3. The Impact of Martial Arts Sanda on the Physical and Mental Health of University Students

3.1. Physical Exercise Effects of Martial Arts Sanda

Martial arts sanda, as a comprehensive form of physical exercise, has gained attention among university students and shown significant effects on physical health. Firstly, the training in martial arts sanda focuses on the comprehensive exercise of various muscle groups, including the upper limbs, lower limbs, and core muscles. This holistic exercise enhances students' body coordination, aiding in improving everyday movement coordination and posture control.

Compared to traditional single-motion exercises, martial arts sanda covers various techniques such as boxing, kicking, grappling, and wrestling, requiring coordinated movements of different body parts. This diversified training helps students gain a more comprehensive enhancement of physical fitness, contributing to the prevention of sports injuries by ensuring balanced development of joints and muscles, thus reducing the risk of injuries during physical activities.

Secondly, martial arts sanda has significant benefits for the cardiovascular and respiratory systems. In high-intensity martial arts training, students need to maintain high endurance levels through continuous movement, contributing to improved cardiorespiratory function and more efficient cardiovascular system operation. This aerobic exercise also helps lower blood pressure, enhance blood circulation, slowing down the development of arterial hardening, and reducing the risk of cardiovascular diseases.

Additionally, the rapid explosive power training in sanda is a distinctive feature of martial arts sanda physical exercise. Through repeated practice of fast and accurate movements, students can significantly improve muscle explosive power. This has practical applications in dealing with sudden situations, enhancing the body's stress response speed, making students more agile and responsive in daily life and physical activities.

In summary, the physical exercise effects of martial arts sanda show significant improvements in comprehensiveness, coordination, and explosive power. This not only aids students in maintaining good physical condition but also establishes a solid foundation for the development of their overall physical qualities.

3.2. Relationship between Psychological Health and Martial Arts Sanda

Martial arts sanda, as a holistic physical and skill development sport, has positive and profound effects on students' psychological health. During martial arts sanda training, students face various technical learning and application challenges, not only exercising their bodies but also cultivating resilient mental qualities.

Firstly, through repetitive practice and technical training, students develop patience and perseverance in martial arts sanda. Learning new techniques and movements requires time and effort, and martial arts sanda emphasizes persistent practice, fostering students' perseverance. This training process gradually instills in students the habit of facing difficulties, overcoming setbacks, and cultivating a resilient mindset. This resilience is not only useful in martial arts sanda learning but also has a positive impact on students' daily life and academic challenges.

Secondly, martial arts sanda training emphasizes focused attention and maintaining composure. In high-intensity training, students need to closely follow the coach's guidance and react quickly. This requires students to stay calm in tense situations, enhancing their adaptability. The ability to concentrate and stay calm is particularly important when facing pressure in life and academics. Martial arts sanda helps students develop these essential psychological qualities through practical training.

Furthermore, martial arts sanda training contributes to building students' confidence. By gradually

mastering complex techniques and participating in practical combat training, students continually challenge themselves in martial arts sanda, enhancing their levels of self-confidence. The cultivation of this self-confidence has a positive impact on students' personal development, social skills, and their ability to cope with various challenges in life.

In conclusion, martial arts sanda, through the cultivation of psychological qualities such as patience, perseverance, focused attention, composure, and confidence, provides comprehensive support for the psychological health of students. These positive psychological qualities will play a crucial role in students' future growth, enabling them to better cope with various challenges in life.

3.3. Enhancement of Students' Comprehensive Qualities by Martial Arts Sanda

The training in martial arts sanda is not merely about accumulating technical skills; it is a comprehensive sport that enhances students' overall qualities. At the technical level, students, by learning various martial arts techniques, not only improve body coordination and flexibility but also develop proficient mastery of technical applications. This is reflected not only in martial arts sanda competitions but also positively influences students' daily lives.

On the tactical level, the practical combat training in martial arts sanda cultivates students' self-defense awareness and crisis response abilities. Through simulating various real-life scenarios, students learn to make rapid and correct decisions and coping strategies in emergency situations. This practical application training enables students to remain calm during crises, enhancing their adaptability in the face of sudden situations. This significantly contributes to improving individuals' sense of security and self-protection abilities.

Additionally, martial arts sanda emphasizes teamwork, and students cultivate teamwork and communication skills through collective training and competitions. In the process of teamwork, students need to cooperate and support each other, enhancing team cohesion and developing leadership and teamwork spirit. These experiences of teamwork collaboration will have a positive impact on students when entering society and the workplace.

In summary, the comprehensive training in martial arts sanda plays a comprehensive role in enhancing students' overall qualities. Technical training improves physical fitness and skill levels, tactical training develops students' self-defense and crisis response capabilities, and the emphasis on teamwork cooperation promotes students' adaptability to teamwork. This holistic improvement is beneficial not only for the individual growth of students but also provides robust support for their future careers and social interactions.

4. Popularization and Development Strategies of Wushu Sanda in University

4.1. Application of Wushu Sanda in University Physical Education Curriculum

With the increasing emphasis on comprehensive quality cultivation in society, the application of Wushu Sanda as a comprehensive sports activity in university physical education curricula is gradually gaining popularity. This application not only provides students with diverse opportunities for physical exercise but also stimulates the vigorous development of Wushu Sanda in universities.

Firstly, the application of Wushu Sanda in university physical education curricula helps enrich students' physical exercise content. Traditional physical education courses mainly focus on athletics, soccer, basketball, and the like. Introducing Wushu Sanda diversifies physical exercise. By learning Wushu Sanda, students can not only enjoy the pleasure of physical exercise but also appreciate the charm of traditional martial arts culture, providing them with a broader sports experience.

Secondly, the application of Wushu Sanda in university physical education curricula contributes to cultivating students' self-discipline and perseverance. Wushu Sanda emphasizes repetitive training

and gradual mastery of techniques, requiring students to possess a high level of self-discipline. In physical education courses, students, through continuous efforts, progressively improve their technical proficiency, fostering unwavering perseverance. This self-discipline and perseverance will positively impact students' future learning and professional careers.

Additionally, the introduction of Wushu Sanda also helps enhance students' self-defense capabilities. In Wushu Sanda courses, students not only learn various practical self-defense skills but also develop the ability to respond to emergency situations. This is significant for increasing students' safety awareness and boosting self-confidence. In modern society, individual self-protection skills are increasingly recognized as important comprehensive qualities, and the application of Wushu Sanda aligns with this demand.

Finally, the application of Wushu Sanda in university physical education curricula contributes to the popularization of Wushu Sanda in universities. By introducing it in physical education courses, more students have the opportunity to be exposed to and understand Wushu Sanda, increasing their awareness of this sports activity. This also provides a broader platform for the establishment of Wushu Sanda clubs and the organization of competitions, further promoting the development of Wushu Sanda in universities.

In summary, incorporating Wushu Sanda into university physical education curricula is a positive development strategy. It not only meets students' diverse needs for physical exercise but also nurtures various qualities such as self-discipline, perseverance, and self-defense. Simultaneously, it lays the foundation for the popularization and development of Wushu Sanda in universities.

4.2. Construction and Management of Sanda Clubs

The construction and management of Sanda clubs are crucial factors in promoting the vibrant development of Wushu Sanda in universities. A well-established club can provide students with more exercise opportunities, facilitate technical exchanges, foster teamwork, and contribute to the construction of campus culture. Therefore, when constructing and managing Sanda clubs, various factors need to be considered to ensure the effective implementation of club activities.

Firstly, the construction of Sanda clubs should focus on the improvement of venues and facilities. A well-equipped training venue can provide students with a safe and comfortable training environment. The club should strive to obtain sufficient venue resources and equip necessary Sanda training facilities such as sandbags and protective gear. Additionally, regular inspections and maintenance of these facilities are recommended to ensure they are in good working condition, enhancing the effectiveness of training.

Secondly, the management team of Sanda clubs should possess professional expertise. The management team should include professional coaches, experienced team captains, and proactive administrators. Coaches should have extensive knowledge of Wushu Sanda and teaching experience, capable of formulating scientifically sound training plans. Team captains are responsible for organizing internal activities and promoting communication among team members, while administrators manage the club's daily affairs. Team collaboration and professional competence contribute to the orderly operation and efficient management of the club.

The participation and feedback of students are also crucial in the construction of the club. The club should establish student representatives or a student committee to maintain close contact with students. Organizing regular forums, feedback sessions, and other activities helps gather students' opinions and suggestions on the construction and management of the club, enabling timely adjustments to the club's operation mode to better meet students' needs.

Furthermore, club activities should be diversified, including not only regular technical training but also various competitions, demonstrations, and training events. This diversity not only increases

student engagement but also expands the influence of the club. For example, organizing regular internal competitions enhances competition awareness among team members, and hosting public Wushu Sanda performances helps more people understand and appreciate Wushu Sanda.

Lastly, to enhance the club's sustainable development, clubs can actively cooperate with university sports departments, alumni associations, and other relevant organizations. Seeking more resources and support expands the club's influence. Establishing connections with other on-campus groups and jointly organizing campus activities promotes the spread of Wushu Sanda culture.

In conclusion, the construction and management of Sanda clubs need to consider various factors such as venue facilities, management teams, student participation, and activity diversity. Through scientifically sound management and organized activities, the club will better provide students with a platform for Wushu Sanda training, promoting the healthy development of Wushu Sanda in universities.

4.3. Support from Relevant Policies and Regulations

The popularization and development of Wushu Sanda in universities require active support from relevant policies and regulations to ensure its legal and compliant operation. This support includes legal foundations for Wushu Sanda activities and regulations and guidance for coaches, student participation, venue facilities, and more.

Firstly, relevant policies and regulations need to provide clear legal foundations for Wushu Sanda activities. As a unique sports activity with cultural background and traditional values, Wushu Sanda should be explicitly included in relevant regulations concerning university sports activities. Government departments can establish specific laws and regulations, defining the status of Wushu Sanda in university sports activities, providing legal basis and support to facilitate its broader promotion on campuses.

Secondly, policies should focus on the training and management of Wushu Sanda coaching teams. The proficiency of Wushu Sanda coaches directly affects the quality and safety of student training. The government can establish policies stipulating the qualifications and training standards for Wushu Sanda coaches, ensuring they possess professional skills and teaching experience. Simultaneously, implementing relevant management mechanisms to supervise coaching teams ensures the safety and rights of students during Sanda training.

Thirdly, the government can encourage universities to provide dedicated venues and facilities for Wushu Sanda through policy support. Wushu Sanda requires specific venues and equipment, and the government can use financial support or other policy means to incentivize universities to allocate dedicated training spaces for Wushu Sanda clubs and procure necessary training equipment. This will help improve the effectiveness of Wushu Sanda training and provide students with better training conditions.

Additionally, the government can support Wushu Sanda competitions and demonstration events in universities through policies. These activities contribute to boosting students' enthusiasm, increasing the visibility of Wushu Sanda on campuses. By providing funds, venue support, and other means, the government can encourage universities to organize more Wushu Sanda events and cultural exchange activities.

Finally, through strengthening supervision and guidance, the government can ensure the orderly and legal conduct of Wushu Sanda activities. Relevant authorities can establish a sound regulatory mechanism, conducting regular inspections and evaluations of Sanda clubs to ensure compliance with regulations. Additionally, providing professional guidance helps universities organize and manage Wushu Sanda activities more effectively, promoting its healthy development on campuses.

In conclusion, the active support of relevant policies and regulations is crucial for the

popularization and development of Wushu Sanda in universities. By establishing legal foundations, regulating coaching teams, encouraging venue provision, supporting events, and ensuring compliance, the government can provide robust support for Wushu Sanda, fostering wider recognition and promotion on campuses.

5. Conclusion

Through a comprehensive study of the status, current development, impact on students' physical and mental health, and popularization strategies of Wushu Sanda in universities, this thesis argues that Wushu Sanda plays a positive role in the construction of "Healthy China." It is recommended that universities, when promoting Wushu Sanda, focus on innovative educational methods to increase student participation. Additionally, strengthening the formulation and implementation of relevant policies is advised to promote the healthy development of Wushu Sanda in universities.

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