

Research on Teaching Reform of Taekwondo in Colleges and Universities from the Perspective of Humanistic Spirit

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Abstract: Taekwondo, as a kind of physical exercise, is of great significance to the progress of students' physical and mental health. After the deepening reform in the field of education, college taekwondo has formed a certain scale of education. Reforming taekwondo teaching in colleges from the perspective of humanistic spirit can effectively enhance the teaching quality and effect, and expand the scope of taekwondo application. The teaching reform of taekwondo in colleges should combine students' personalized progress characteristics, innovate teaching concepts, and ensure that students master more professional skills in specific practical teaching. Based on this, this paper analyzes the path of taekwondo teaching reform in colleges from the perspective of humanistic spirit for reference.

1. Introduction

Recently, taekwondo has achieved good promotion results, which has promoted the progress of China's sports industry to a certain degree, and strengthened the competitiveness and comprehensive strength of China's taekwondo in the international arena. The teaching quality of taekwondo in colleges determines the deployment of talents in sports to a certain degree^[1]. Therefore, colleges should carry out teaching reform based on the current situation and progress prospects of taekwondo teaching. Taekwondo mainly exists in the physical education content of colleges, and is generally carried out as an optional course. When colleges reform taekwondo teaching, they should combine students' interests and learning abilities, strengthen teaching pertinence, and then promote the construction and progress of college sports.

2. Significance of Taekwondo Teaching Reform in Colleges from the Perspective of Humanistic Spirit

Taekwondo is a relatively new sports teaching project in college physical education, which often requires students to cooperate and compete with each other. Taekwondo has a long history, which contains extremely rich spiritual and cultural connotations. Based on this, colleges should not only focus on the teaching of sports skills, but also strengthen the dissemination of humanistic spirit when carrying out the teaching reform of taekwondo^[2]. In developing the teaching reform of taekwondo in colleges, the humanistic spirit contained therein should be incorporated into the teaching content. First of all, the traditional spiritual and cultural connotation contained in taekwondo is one of the contents of the cultivation of humanistic spirit. For instance, taekwondo stresses the humanistic spirit of fairness and interests, and teachers effectively integrate it in actual teaching, which can enrich the teaching content to a certain degree, strengthen the physical quality of students, and promote the effective improvement of students' humanistic quality. Secondly, in recent years, with the progress of taekwondo, taekwondo has been listed as one of the Olympic events^[3]. Teachers' teaching reform of taekwondo from the perspective of humanistic spirit can guide students to form a healthy sense of competition, promote students to effectively apply the humanistic spirit learned in taekwondo courses to actual learning and life, and promote students' better progress.

3. Problems in Taekwondo Teaching in Colleges

Owing to the deepening reform in the field of education in China, the new curriculum standards put forward educational requirements for colleges to train students to develop morally, intellectually, physically, and aesthetically. In this context, the teaching scope and number of taekwondo courses are constantly increasing. This course can not only help students to strengthen their body and promote their physical and mental health progress, but also help students form a modest and introverted good humanistic spirit^[4]. However, according to the analysis of the current situation of taekwondo teaching in colleges, teaching mainly focuses on sports, self-defense and other aspects of teaching, and lacks the deep excavation of humanistic spirit.

3.1 Lack of Perfect Assessment System to Guide Teachers to Foster Students' Humanistic Spirit

Due to the long-term impact of exam-oriented education in the field of education in China, teachers often take the assessment system as the leading direction of teaching in the process of teaching. In the evaluation of physical education teaching in colleges, students' physical quality and individual sports skills are often used to assess their comprehensive sports ability. Based on this, college taekwondo assessment and course content are carried out around the above two aspects. In this process, teachers focus more on how to strengthen students' taekwondo skills and physical quality, and then neglect the cultivation of students' humanistic spirit. In the teaching of taekwondo theoretical knowledge, the teaching content involved is mostly limited to action decomposition, popularization of historical knowledge and other contents, and few teachers will give specific explanations about the humanistic spirit contained in taekwondo^[5]. After the end of the course, teachers' teaching assessment of students is only carried out according to the requirements of the curriculum, without strengthening the cultivation and strengthening of students' humanistic spirit.

3.2 Rigid and Single Teaching Method

During taekwondo teaching in colleges, due to the curriculum restrictions, its curriculum mode is mainly based on teachers' explanation of theoretical knowledge, action demonstration and students' imitation. The rest of the teaching practice is used for action decomposition exercise, team competition and so on. Its teaching method is rigid and single, lack of innovation and classroom vitality. This will not only fail to achieve good teaching results, but also reduce students' interest in learning and enthusiasm for classroom participation to a certain degree, which will affect teachers to foster students' humanistic spirit in taekwondo teaching process.

3.3 Incomplete Course Facilities

Perfect course facilities, equipment and sports venues are the important foundation and premise to ensure the effective implementation of taekwondo teaching in colleges. Professional taekwondo equipment and clothing can strengthen the safety of students in the process of sports, effectively strengthen the effectiveness of teaching, and promote the teaching of taekwondo teaching etiquette. However, at this stage, in the teaching of taekwondo in China's universities, students do not have professional taekwondo clothing, and universities lack professional taekwondo venues, and even some universities develop taekwondo teaching outdoors. To a certain degree, the above factors can cause students not to be fully involved in taekwondo teaching, which not only affects the teaching effect of taekwondo, but also is not conducive to the effective integration of humanistic spirit^[6].

4. Analysis of the Reform Path of Taekwondo Teaching in Colleges from the Perspective of Humanistic Spirit

4.1 Strengthen the Curriculum Evaluation Mechanism

In order to strengthen the effect of taekwondo teaching reform from the perspective of humanistic spirit, colleges should strengthen the course evaluation mechanism, incorporate the cultivation of humanistic spirit into the teaching evaluation system, and urge teachers to fully

realize the significance and value of fostering students to form good humanistic spirit quality in taekwondo teaching, so as to strengthen the teaching quality. In addition, colleges should also strengthen the construction of campus culture. Taekwondo is an active sports event. Schools should take this opportunity to publicize the connotation of humanistic spirit, organize and hold sports competitions, stimulate students' enthusiasm for participation, and strengthen the publicity and cultivation effect of humanistic spirit. In order to make more students fully aware of the humanistic spirit contained in taekwondo, colleges should also cooperate with taekwondo associations on campus, actively promote the progress of taekwondo in colleges, and strengthen the infiltration of humanistic spirit, thus laying a good foundation for teachers to foster students' humanistic spirit in actual taekwondo courses^[7].

4.2 Innovate Teaching Methods

Interest is the best teacher. If colleges want to strengthen the teaching quality of taekwondo in the reform, they should also enrich the classroom teaching methods, combine the characteristics of taekwondo projects, and create a good teaching atmosphere. According to the analysis of the current situation of taekwondo teaching, many colleges have given students too much free space in actual teaching. This purposeless activity time is difficult to arouse students' interest in learning, which leads to unsatisfactory teaching effect of taekwondo. First of all, teachers should innovate teaching concepts and guide students to master the basic movement essentials. Secondly, in the actual confrontation drill, teachers should do a good job in demonstrating their actions to make more students realize the charm of taekwondo. Thirdly, teachers can divide students into different groups and carry out confrontation training to stimulate students' interest in learning and strengthen their practical ability of taekwondo. Finally, teachers should properly quote taekwondo spirit, cultural history and other contents in teaching to strengthen students' sports literacy. The above teaching methods can effectively strengthen the teaching quality and effect, stimulate students' interest in learning and enthusiasm for class participation to the maximum degree, and promote students to deepen their recognition of the humanistic spirit contained in taekwondo and master more skills.

4.3 Strengthen Infrastructure Construction

From the perspective of students, if students want to deepen their understanding and learn the humanistic spirit contained in taekwondo, they need to devote themselves to taekwondo teaching. This requires colleges to strengthen the construction of taekwondo infrastructure. In this regard, colleges should not only adjust the proportion of taekwondo courses, but also strengthen infrastructure investment to create a good learning environment and atmosphere. Only in this way can students be more immersed in taekwondo and feel the humanistic spirit contained therein. In addition, strengthening the infrastructure construction of colleges can also reduce the probability of safety accidents in the process of sports, and promote students to learn taekwondo safely and smoothly. Colleges should also use the advantages of information technology to strengthen teaching effectiveness. Teachers can enrich teaching content by means of information technology, deepen students' recognition of the basic movements of taekwondo by playing the latest video, stimulate students' interest in learning, strengthen teacher-student interaction, and achieve good teaching results.

4.4 Increase Communication and Cooperation with Different Colleges

In the field of education, due to certain differences in the basic conditions and teaching concepts of different schools, taekwondo has formed a diversified progress model, which can reflect the humanistic spirit cultivation ideas of different colleges. In order to strengthen the effect of taekwondo teaching reform from the perspective of humanistic spirit, colleges should strengthen teaching exchanges and cooperation with different schools, actively learn from experience and innovate taekwondo training mode. In order to strengthen the teaching effect of taekwondo, colleges should also enrich the teaching concept of taekwondo to the greatest degree, broaden the educational ideas in the process of communication with major colleges, accelerate the reform of taekwondo education system, and lay the foundation for the comprehensive progress of students.

5. Conclusion

To sum up, the humanistic spirit and sports spirit of colleges have laid a good ideological foundation for the teaching reform of taekwondo in colleges and provided a working idea. Therefore, in the actual teaching of taekwondo, teachers should fully realize the significance and value of humanistic spirit in teaching, and strengthen the systematic study of this part. In addition, teachers should also strictly regulate their own behavior in teaching, set a good example for students, and then urge them to internalize the humanistic spirit learned in taekwondo courses, strengthen the effectiveness of humanistic spirit education, and promote students' all-round progress.

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