

# Research on the Problems and Countermeasures of Taekwondo Teaching in Colleges and Universities

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**Abstract:** Taking the characteristics of taekwondo as the starting point for research, this article analyzes the problems in taekwondo teaching and training in colleges and universities from the aspects of teaching and training equipment, potential safety hazards in teaching and training, teaching methods, emphasis on theoretical knowledge, and professional training level of teachers, and proposes improved methods for taekwondo teaching and training in colleges and universities.

## 1. Introduction

Colleges and universities are the bases for cultivating outstanding talents for the country. College education should not only focus on the cultivation of students' knowledge and skills, but also on the cultivation of their physical qualities. Taekwondo is a combat sport that has the functions of defense and physical fitness, with a certain degree of aggressiveness and antagonism. It also attaches great importance to the cultivation of moral etiquette for learners. Incorporating it into college physical education elective courses can not only enhance students' physique, but also exercise their will, cultivate their sentiment, and promote the comprehensive and healthy development of their body and mind. However, there are still some problems in the teaching and training of taekwondo in Chinese universities. Therefore, universities and teachers should formulate targeted solutions and measures to enable students to fully experience the charm of taekwondo, improve students' safety in taekwondo training, and better promote the development of taekwondo education in universities.

## 2. Characteristics of Taekwondo

Taekwondo mainly focuses on leg attacks, so the leg techniques of Taekwondo account for the vast majority of the entire competitive system, and the attack power of leg techniques is also far greater than that of boxing. Taekwondo's fist techniques are more focused on defense and blocking. In taekwondo competition, breathing is emphasized, and sound is used to enhance deterrence when making moves. According to the results of scientific research, the speed of muscle contraction can be accelerated through sound, so shouting and breathing coordination have also become one of the characteristics of Taekwondo. In addition, taekwondo has a strong and fast force, and can achieve relatively good results after playing. Players in competitions generally use a straight line attack method, but rarely use it in defense and evasion. Most of the time, they use attack instead of defense. From a cultural perspective, Taekwondo also places a high value on etiquette, emphasizing the use of intense fighting processes to enable both parties to respect each other. Therefore, both sides will salute each other at the beginning and end of the game to cultivate moral cultivation.

## 3. Common Problems in Teaching and Training of Taekwondo in Colleges and Universities

Currently, it is common for colleges and universities to carry out taekwondo courses, which provides a variety of options for cultivating students and meets the personalized needs of students to learn physical education courses. However, due to the incorrect concept of taekwondo training in some universities and the impact of many unfavorable factors, there are still some problems in taekwondo teaching in domestic universities that need to be solved urgently.

### **3.1 Colleges and universities lack sufficient teaching and training equipment**

Many colleges and universities have the problem of insufficient hardware equipment for taekwondo. This situation mainly stems from the lack of attention paid to taekwondo or physical education in colleges and universities, resulting in insufficient funding, so hardware facilities have not been improved. In teaching and training, many participating students have a high interest in taekwondo, but they cannot fully practice the techniques of taekwondo, making it difficult to apply some theoretical knowledge to taekwondo. Due to the lack of protection, it is easy to cause injuries to students, and it is difficult for teachers to exert themselves in teaching, which can only reduce the intensity of teaching training.

### **3.2 Potential safety hazards in taekwondo teaching and training in universities**

The potential safety hazards in taekwondo teaching and training in colleges and universities are partly due to poor hardware conditions. However, due to the lack of attention paid to taekwondo and physical education in colleges and universities, there are also problems in safety knowledge and teaching management. Taekwondo itself is a highly confrontational sport, and college students have relatively high strength. If students do not properly control their strength and speed, they can easily cause self injury. Many Taekwondo teachers do not have professional medical knowledge and sports medical knowledge, and lack on-site guidance to students. They are also unable to take timely measures, resulting in students being unable to handle bumps in a timely manner.

### **3.3 The teaching method of taekwondo in universities is single**

Although many colleges and universities have already offered Taekwondo courses, their teaching methods are still relatively simple. For example, Taekwondo teachers only explain their skills in sports to students, while their theoretical knowledge of Taekwondo is relatively weak. There is also a lack of teaching of Taekwondo culture, leading to a very non three-dimensional teaching and becoming purely competitive training. Or in teaching, they only explain the theoretical and cultural knowledge of Taekwondo without sufficient practical teaching. Any teaching method does not meet the needs of taekwondo teaching, and universities need to innovate around the teaching objectives of taekwondo.

### **3.4 Lack of attention to theoretical knowledge of taekwondo in teaching**

Most Taekwondo teachers do not provide students with professional theoretical knowledge of Taekwondo, and students cannot truly master the development, movement essentials, and skills of Taekwondo. Although many students have a certain understanding of taekwondo, most of them obtain it through various channels such as television, the Internet, and the media. The overall understanding of Taekwondo is relatively one-sided. During training, it will be affected by psychological and physical qualities, making it difficult to master the movement skills of Taekwondo for a while. If a taekwondo teacher is unable to provide skills guidance to students during training, over time, students will naturally decrease their motivation to learn taekwondo by taking avoidance measures due to fear of pain. In addition, some students may also believe that they will not engage in taekwondo sports in the future. The purpose of school taekwondo courses is to reduce learning pressure and gradually begin to despise taekwondo sports training, which may be an important reason why taekwondo theory has not really been taught to students.

### **3.5 Low professional training level of Taekwondo teachers**

With the reform of China's education system, the level of physical education has been improved to a certain extent, but there will be a shortage of taekwondo teachers in both rural and urban schools. Even some schools are also teaching taekwondo in multiple disciplines, because taekwondo sports are more valued. Due to the heavy teaching work, taekwondo teachers do not have time to consider professional training in taekwondo teaching, although taekwondo sports have been opened in schools, However, the professional training level of Taekwondo teachers cannot be effectively improved, and the training level of students is also seriously hindered.

## **4. Teaching and Training Improvement Methods of Taekwondo in Colleges and Universities**

### **4.1 Improve the hardware facilities for taekwondo teaching and training in universities**

Taekwondo teaching in universities needs to be based on hardware facilities, which are the foundation of teaching work and the prerequisite for ensuring teaching level. To this end, colleges and universities need to set up special venues for taekwondo teaching, and reasonably arrange taekwondo teaching schedules for different classes. Through sharing teaching and training equipment resources with taekwondo and some indoor projects, they can fully optimize teaching resources, achieve maximum utilization of hardware facilities, and ensure the overall effect of teaching. The support of hardware facilities is conducive to promoting the smooth progress of taekwondo teaching.

### **4.2 Increase the importance of taekwondo teaching**

In order to enable colleges and universities to increase the importance of taekwondo teaching, the Ministry of Education needs to provide sufficient support and guidance to colleges and universities, so that colleges and universities have a clear direction after increasing the importance of taekwondo. At the same time, it is necessary to ensure that funds are earmarked for specific purposes to avoid misappropriation of funds for taekwondo equipment purchase, hardware construction, and other aspects. In order to improve the level of taekwondo teaching and expand the impact of taekwondo culture in universities, scholars and athletes can be invited to tell students about the history of taekwondo sports and the stories that occurred during competitions. Cooperate with various parties to enhance the professional training level of taekwondo teaching and improve the teaching level of taekwondo.

### **4.3 Improving the overall level of Taekwondo teachers**

In the teaching and training of taekwondo, teachers are in a dominant position and play a significant role in improving the teaching level of taekwondo. However, due to the relatively short start time of Taekwondo in China, there is still a shortage of teachers in China. In order to ensure the smooth development of Taekwondo teaching, it is necessary to improve the overall level of teachers. Therefore, colleges and universities should do a good job in training Taekwondo teachers to ensure their theoretical level.

### **4.4 Improve the informatization level of teaching**

The information age has brought a lot of convenience to teaching, so internet teaching is becoming increasingly popular. In response to the current shortage of teaching resources and skills in taekwondo, we can use the Internet to help teachers provide students with multi-level and multi-angle explanations, demonstrate the technical and cultural charm of taekwondo, and let students understand the essentials and skills of taekwondo movements. Professional information equipment can help students break down their movements and improve the actual effect of teaching work through slow playback.

### **4.5 Improving the safety of taekwondo teaching and training in universities**

It is easy to get injured in taekwondo teaching and training, so it is necessary to ensure that attention is paid to safety issues in training. In order to avoid injuries caused by excessive training intensity among students, it is necessary to improve the professional ability and sports knowledge level of teachers. Teachers need to know how to respond to dangerous situations that may occur during taekwondo training. Before teaching and training begins, it is necessary to prepare students for activities and conduct training for positions where students are prone to physical injury. It is necessary to provide guidance for taekwondo training that may exceed the physical tolerance of students.

### **4.6 Strengthen investment in taekwondo teaching**

The teaching and promotion of taekwondo in colleges and universities need to be equipped with

professional standard venues, which directly reflect the importance of taekwondo in colleges and universities. Colleges and universities should create a good teaching environment for students. Colleges and universities need to purchase sound and complete medical facilities, etc. Currently, only a few colleges and universities purchase sports insurance for students. By purchasing personal safety accident injury insurance for students, it is necessary to eliminate students' concerns about safety injuries in taekwondo sports and mobilize students' enthusiasm to participate in taekwondo sports. Colleges and universities should increase investment in taekwondo to ensure that students can use taekwondo teaching facilities and equipment at any time. Schools should plan venues for students to practice and improve the efficiency of taekwondo teaching.

#### **4.7 Improving the evaluation mechanism**

On the one hand, taekwondo is a highly comprehensive sports event that requires high physical and psychological conditions for participants. On the other hand, there are significant differences in physical and psychological qualities among students who participate in Taekwondo courses. Therefore, the currently commonly used single scoring system for taekwondo courses can have significant adaptability issues, which can easily lead to students' mechanical routine exercises targeting the scoring standards, resulting in poor training effectiveness. To address this issue, colleges and universities should combine the characteristics of taekwondo sports, adopt a diversified reform of the student's scoring system, including students' classroom attitude, psychological quality, technical mastery, professional literacy, and other aspects into the evaluation system, so as to avoid a single technical scoring standard, allowing students to have a deeper understanding of the morality and spirit of taekwondo while learning and mastering skills, Promote the integration of theory and practice.

#### **5. Conclusion**

To improve the teaching and training level of taekwondo in universities, it is necessary to ensure that teachers have sufficient quality, improve teaching level, and ensure safety in the teaching process. Using teacher training and enhanced communication between teachers can better enhance the experience and quality of teachers and enrich teaching methods. At the same time, modern technology can also be introduced into teaching, such as using multimedia teaching, which can enable students to more intuitively understand taekwondo and ensure teaching effectiveness. Finally, universities should also strengthen the construction of hardware facilities to ensure the smooth implementation of teaching.

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