

DOI:10.18686/cle.v2i3.4753

# Research on the Reform of Wushu Teaching Mode in Colleges and Universities under the Background of “internet plus”

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**Abstract:** As an indispensable part of China traditional culture, Wushu is not only an important way of physical exercise, but also embodies the spiritual connotation of Chinese traditional culture. With the rapid development of “internet plus”, Wushu teaching mode in colleges and universities has met with great development opportunities and challenges. Based on this, this paper first analyzes the significance of reforming the teaching mode of Wushu in colleges and universities under the background of “internet plus”, and puts forward a series of innovative strategies of Wushu teaching based on the Internet, aiming at providing important reference for promoting the further development of Wushu education in colleges and universities.

**Keywords:** “Internet plus” background; Wushu in colleges and universities; Reform of teaching mode; Study

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With the social progress and development, the level of scientific development is constantly improving, and Wushu teaching in colleges and universities is facing more opportunities and challenges. In the information age, “internet plus” is playing an increasingly important role in promoting the reform and progress of all walks of life. Through the application of “internet plus”, we can promote the change of the content and mode of Wushu teaching in colleges and universities, comprehensively improve the overall quality of Wushu teaching in colleges and universities, and cultivate more outstanding Wushu talents.

## 1. The significance of Wushu teaching mode reform in colleges and universities under the background of “internet plus”

### 1.1 Enhance the popularity and accessibility of Wushu education

Based on the development background of “internet plus”, the popularity and accessibility of Wushu education can be expanded by strengthening the reform of Wushu teaching mode. In the past, due to geographical location, teaching time, venue and other factors, Wushu teaching could not meet the specific learning needs of all students. With the effective application of advanced Internet technology, the spread of Wushu educational resources can be expanded to meet the needs of more and more students in Wushu learning. Martial arts teachers can publish teaching videos, course contents and cultural knowledge through the effective application of the Internet online platform to meet the needs of students’ martial arts learning materials. With the help of the Internet platform, students can choose their own learning content and learning time according to their own actual situation, so as to meet their individual learning needs. At the same time, the advantage of internet technology is that it can get rid of the geographical limitations, and even students in remote areas can get high-quality martial arts education resources. By promoting the reform of Wushu education mode, not only the popularity of Wushu education is constantly improved, but also the autonomy of students’ learning can be enhanced, and students’ interest in Wushu culture can be fully stimulated <sup>[1]</sup>.

### 1.2 Promote the individualized and diversified development of Wushu teaching

Through the effective application of “internet plus”, the diversification and individualization level of Wushu teaching mode can be improved to meet the specific learning needs of different students. Different students have different learning bases and learning goals, but in the past, Wushu teaching adopted a “one size fits all” teaching model, which was difficult to meet the diverse learning needs of students. With the effective application of Internet technology, teachers can make personalized learning plans for students

according to their physical fitness, learning progress and hobbies, so as to meet their personalized learning needs. In addition, through recording and broadcasting, live video teaching and online courses, teachers can provide students with one-on-one guidance and answer students' specific questions in time, thus promoting the rapid improvement of students' Wushu skills. In addition, the advantage of Internet technology is that it can explore various teaching forms. For example, through the effective application of augmented reality and virtual reality, it can bring students an immersive martial arts learning experience. In the virtual environment, students can feel the endless fun and charm of martial arts learning during practicing martial arts, and at the same time deepen their mastery and understanding of martial arts action essentials. These personalized teaching modes enable students to learn Wushu according to their own learning rhythm, which provides an important guarantee for the final effect of students' Wushu learning. At the same time, the cultivation of students' innovative thinking ability and practical ability is realized in this process, which urges students to constantly surpass themselves and challenge themselves in the process of Wushu learning [2].

### **1.3 Promote the inheritance and development of Wushu culture**

Under the background of the in-depth development of the Internet, comprehensively promoting the reform and innovation of Wushu teaching mode is not only an innovation of Wushu technical means, but also reflects the inheritance and development of traditional Wushu culture. With the development of globalization, Chinese traditional Wushu is facing the challenge of cultural transmission and inheritance. With the help of the effective application of Internet technology, Wushu philosophy, history and technology can be displayed in all directions in the process of Wushu teaching, so as to further spread Wushu culture. Through the use of Internet platform, colleges and universities can organize all kinds of Wushu cultural theme activities, such as Wushu cultural sharing meetings and online lectures, to deepen students' understanding and understanding of Wushu spiritual connotation and cultural background. In this way, not only can Wushu teaching content be enriched, but also students' pride and identity with Wushu culture can be enhanced. In addition, the application of Internet can promote the international spread of Wushu culture, and comprehensively use various ways such as cultural exchange and online teaching, so that more and more foreign students can know and learn China Wushu. In this way, the exchange and collision between various cultures can be realized, the international spread of Wushu culture can be promoted, and the soft power of Chinese culture can be comprehensively enhanced. In this process, students are not only martial arts learners, but also disseminators of martial arts culture, spreading martial arts technology and ideas to more people, thus realizing the spread and development of Chinese martial arts on a global scale.

## **2. Reform measures of Wushu teaching mode in colleges and universities under the background of "internet plus"**

### **2.1 The use of network platform to expand martial arts teaching resources**

With the rapid development of "internet plus", colleges and universities can enrich Wushu teaching resources and create diversified Wushu learning channels for students with the help of network platform. In the past, due to the limitations of the venue, classroom and time, it was difficult for students to carry out Wushu continuing learning activities after class. Teachers can upload various Wushu teaching resources to the online platform through the use of the Internet platform, so as to facilitate students to carry out independent Wushu learning activities after class. In this way, not only can Wushu learning get rid of the limitation of time and space, but also students can carry out more in-depth Wushu learning according to their own learning progress and hobbies. Rich Wushu cultural resources are collected on the network platform, including the stories of famous Wushu artists, the introduction of schools and the origin of Wushu, which can deepen students' understanding and understanding of Wushu culture, strengthen students' all-round mastery of Wushu skills and make students have a deeper understanding of the profound cultural connotation of Wushu [3].

### **2.2 With the help of online teaching to enhance Wushu skills personalized counseling**

Through the application of Internet technology, the individualized level of Wushu teaching can be improved. Each student has different learning progress and hobbies in Wushu. Through online teaching activities, teachers can provide students with personalized guidance. Teachers provide one-to-one guidance to students according to their actual situation by using online question and answer, live broadcast and video recording and broadcasting. For example, teachers can provide students with detailed explanations and evaluations by watching martial arts action videos recorded by students, and on this basis, put forward targeted improvement suggestions. In addition, students can ask questions and feedback to teachers at any time through the application of real-time interactive platform, and teachers can provide personalized guidance according to the actual needs of students. Some students are deeply interested in a martial arts genre. For these students, teachers can provide some special information and guidance. By adopting online teaching mode, the pertinence and flexibility of martial arts teaching can be improved, which can not only fully stimulate their interest in martial arts

learning, but also promote the overall improvement of students' martial arts skills.

In Wushu teaching activities, through the use of social media, we can create a good social interaction platform, strengthen the interaction between students, and deepen students' understanding and understanding of Wushu. For example, by building online martial arts learning communities, such as QQ group, WeChat group and social platform group, teachers can guide students to share their martial arts learning experiences with each other in various learning communities, discuss martial arts skills, and at the same time make good records of martial arts learning and feedback on progress. In addition, through the application of social platforms, teachers can release martial arts learning resources to students, recommend high-quality martial arts learning videos, and fully mobilize students' enthusiasm for participation through online martial arts competitions and thematic discussions. With the important support of all kinds of social media, students can maintain their enthusiasm for Wushu learning after class, create an interactive and supportive atmosphere for Wushu learning, and lay an important foundation for promoting students' continuous learning of Wushu.

### 2.3 The use of virtual reality technology to enhance martial arts teaching experience

In Wushu teaching activities, the effective application of virtual reality technology can bring students a brand-new learning experience. Through the application of VR technology, students can not only experience the drill scenes of famous martial arts masters, but also really participate in the fierce virtual martial arts battle activities, which can bring students a sense of realism and immersion in martial arts learning. At the same time, for colleges and universities, it is necessary to speed up the introduction of virtual reality martial arts teaching system, so that students can practice various martial arts movements with guidance in a virtual environment. In this way, not only can the interest and vividness of martial arts learning be enhanced, but also students can more intuitively understand the essentials and skills of martial arts movements<sup>[4]</sup>. In addition, another advantage of VR technology is that it can provide multi-directional teaching demonstrations, so that students can observe the details of martial arts movements in depth and in detail, so that students can imitate and master martial arts movements more efficiently. This immersive martial arts learning experience can not only help students deeply understand the connotation and essence of martial arts culture, but also promote students' practical operation ability in the interactive process. In a word, the effective application of VR technology not only opens up a new path for Wushu teaching, but also effectively guarantees the overall effect of Wushu teaching and mobilizes the enthusiasm of students to participate in Wushu teaching activities.

## 3. Conclusion

With the in-depth development of "internet plus", the reform and innovation of Wushu teaching mode in colleges and universities have been promoted. With the effective application of Internet technology, the individualized and diversified level of Wushu education has been improved, and the widespread spread of Chinese traditional culture has been realized. Looking forward to the future, colleges and universities should continue to practice and explore the innovation of Wushu teaching mode, so as to cultivate Wushu talents who understand traditional culture and have high quality. By constructing a teaching system that combines tradition and modernity, Wushu teaching can be integrated into students' lives and the value of Wushu can be fully exerted.

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