

Study on the Interaction and Co-Progress between Cultural Heritage of Choy Li Fut and Civic and Political Education in Colleges and Universities

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Abstract: Traditional martial arts is one of China's excellent traditional cultures, which contains rich cultural heritage and is an important part of China's excellent cultural inheritance. Comprehensively promoting ideological and political construction in colleges and universities is a requirement of the times that is compatible with Chinese modernization and an important measure to implement the fundamental task of cultivating moral character and cultivating people. This article uses the local national intangible cultural heritage "Choy Li Fut" as the platform, and intends to take the cultural inheritance of the national intangible cultural heritage Choy Li Fut and the connotation and value of ideological and political education as the entry point, from the current status of ideological and political education research in colleges and universities, and the relationship between the two. This paper conducts research on the interaction between local intangible cultural inheritance and ideological and political education in colleges and universities from three levels, including implementation possibilities and ideas and suggestions for integrating the two, aiming to fully implement the ideological and political education of Jiangmen Polytechnic students' "Using Forces to Transform People" course, and provide a basis for contributing to the inheritance of intangible cultural heritage and the reform of ideological and political education in higher vocational colleges.

Keywords: National intangible cultural heritage; Traditional Chinese culture; Choy Li Fut cultural inheritance; Ideological and political education in colleges and universities

1. Introduction

Choy Li Fut is a treasure of traditional Chinese martial arts. As an important part of China's excellent traditional culture, Choy Li Fut embodies the unique ideas and concepts in the martial arts spirit of the Chinese nation and also represents the collective wisdom of the Chinese nation. Choy Li Fut originated in ancient Xinhui County (now Xinhui District, Jiangmen City) and has a development history of more than 170 years. Choy Li Fut has noble moral sentiments and martial arts significance, embodying the rationale and morality of traditional Chinese martial arts and the spirit of respecting teachers and ethics. These precious spiritual civilizations are in line with the purpose of ideological and political education in contemporary universities. The unique spirit and philosophical concepts of Choy Li Fut are the most powerful moral education resources in ideological and political education in colleges and universities.

At present, most higher vocational colleges are facing the problem of insufficient attention and implementation of ideological and political education. There is also a single nature in ideological and political education in colleges and universities. This situation has resulted in no significant progress in students' knowledge and understanding of traditional Chinese culture and core socialist values during the learning process. The philosophical connotation of "Choy Li Fut" is to make up for the shortcomings of ideological and political education for higher vocational students. These students generally face challenges as they grow up. In terms of moral development, they do not have strong concepts of respecting teachers, honesty and trustworthiness, weak willpower to overcome difficulties, and weak willpower to overcome difficulties in moral development. In terms of cultural identity, they do not have a deep understanding of China's excellent traditional culture, and their views on local culture are relatively narrow.

This project studies the interaction between local intangible cultural heritage and ideological and political education in colleges and universities from three levels: the current research status of ideological and political education in colleges and universities, the possibility of implementing the relationship between the two, and the ideas and suggestions for the integration of the two, aiming to fully implement the Jiangmen Polytechnic The ideological and political education of students in the "Using Military to Transform People" course contributes to the inheritance of intangible cultural heritage and the reform of ideological and political education in higher vocational colleges.

2. Problem Statement

The hometown of overseas Chinese in Jiangmen are rich and diverse, but colleges and universities have not translated them into public courses well and integrated the connotations of patriotism, love of hometown, and moral and cultural education. Judging from the survey results, the popularity and practice rate of Choy Li Fut is not very high. If we want to effectively promote and protect this excellent national intangible cultural heritage, it should be disseminated through various means and channels. From a promotion point of view, interpersonal communication still accounts for a large proportion, and the promotion utilization rate of widely accepted mass media is relatively low, which seriously affects the effectiveness and coverage of Choy Li Fut communication. In addition, the promotion of practical teaching methods in ideological and political education is not enough. How to enable students to apply what they have learned and learn and understand in practice is a question worth thinking about.

At the same time, the paths and measures for integrating ideological and political education into physical education courses are insufficient. The existing ideological and political education is often a one-way output to students from theory to theory. Most of them focus on the fitness functions and knowledge and skills of traditional sports, but do not mention the humanistic connotations and traditional virtues contained in traditional sports. Ideological and political teaching lacks vitality. Colleges and universities have not explored and utilized their own resources. There is a lack of concrete practice. Students rarely use what they have learned in practice to learn and comprehend. They fail to further deepen the effect of learning. There is a lack of ideological and political education. influence and effectiveness.

3. Literature Review

Choy Li Fut is one of the Lingnan boxing schools. It was founded by Chen Xiang, a native of Meicun, Xijing, Xinhui, Guangdong, in the 16th year of Daoguang's reign (1836) in the Qing Dynasty. Cai Lifoquan, as a traditional folk sport of the people in Wuyi, contains the collective wisdom and cultural logic of the Wuyi overseas Chinese people, and carries the long-term inheritance of moral concepts, spiritual needs, value systems, etc. in Wuyi overseas Chinese hometown. The national intangible cultural heritage Choy Li Fut is not only the acquisition of martial arts skills, but also a profound and simple interpretation of Chinese philosophy and values. It is rich in traditional Chinese cultural philosophy, which can shape students' personality, cultivate students' humanistic qualities and nationality. Spiritual and cultural inheritance unifies the inheritance and promotion of China's excellent traditional culture with the cultivation and practice of socialist core values.

Ding Qiao conducted research on specific issues existing in the ideological quality, physical quality, moral cultivation and other aspects of modern college students. Analyze the spiritual essence of traditional Chinese martial arts culture, explore the significance of traditional Chinese martial arts culture to ideological and political education in colleges and universities, and propose specific measures to integrate martial arts culture into ideological and political education in colleges and universities. (Ding Qiao, 2022)

The excellent traditional Chinese culture is the spiritual lifeblood of the Chinese nation and plays a role in cultivating the core values of college students. Based on the fundamental mission of education of "cultivating people with moral integrity", integrating excellent traditional Chinese culture into college physical education courses has important contemporary value, but there are also deficiencies in ideological understanding, integration methods, and teacher capabilities. (Gao Mingxin, 2021)

4. Literature Review Analysis

Choy Li Fut is a national intangible cultural heritage and a treasure of martial arts culture. It contains rich moral education resources, such as self-improvement, patriotism, benevolence, integrity and other spiritual concepts. Promoting the participation of Choy Li Fut in the process of ideological and political education in colleges and universities will help to highly penetrate the traditional martial arts cultural spirit into the thoughts of contemporary college students. The inheritance of the national intangible cultural heritage Choy Li Fut is conducive to the goal of improving the moral quality of college students, enhancing their cultural confidence and self-awareness, and is also conducive to exchanges and cooperation between Choy Li Fut as a martial arts culture. In the historical development process of Choy Li Fut, there are rich patriotic stories and touching deeds. In the process of inheriting Choy Li Fut into the campus culture of colleges and universities, using the patriotic story of Choy Li Fut to provide patriotic education and ideological and political education to college students can enhance their patriotism awareness and cultural confidence. Introducing Choy Li Fut into the process of ideological and political education in colleges and universities can enhance college students' emotional identification with traditional culture, form a solid cultural fortress in their hearts, effectively cope with the impact of Western self-interested culture and global negative public opinion, and consolidate the patriotism and self-confidence of Chinese college students. It can not only enrich the form of ideological and political education in colleges and universities, but also form a good interactive model in the process of ideological and political education. For example, in the process of training Choy Li Fut, the spiritual connotation of Choy Li Fut is emphasized, and the theory of ancient China and the present can be summarized. The cultural spirit of traditional martial arts is organically combined with the theme of contemporary ideological and political education. Through its own strength, Cai

Lifuquan is promoted to the world and shows the spiritual outlook of the Chinese people.

5. Method

In order to further understand the impact of the implementation of the curriculum system constructed in this study on students' ideological and moral education and learning effects, 166 students were randomly selected as the experimental group, and 170 students in the same major were selected as the control group to conduct the experiment.

6. Research Design

After the experiment, self-compiled questionnaires (Ideological and Moral Scale for Higher Vocational Students and Willpower Questionnaire) were distributed. 166 valid questionnaires were collected, and 145 valid questionnaires were collected from the control group. SPSS21.0 was used to conduct quantitative analysis on the questionnaire questions.

7. Result Analysis

7.1 The impact of the implementation of the national intangible cultural heritage Choy Li Fut "Sports Ethics" curriculum system on students' mastery of theoretical knowledge

Table 1 Comparison of the test results of Choy Li Fut theory between the experimental group and the control group after the experiment

Group	n	\bar{x}	s	t	p
test group	166	86.4	4.65	3.868	<0.05
control group	170	80	4.57		

from Table 1, $p < 0.05$, there is a significant difference in the theoretical knowledge test scores between the two classes after the experiment. It shows that the course teaching content designed by this research is more conducive to improving students' theoretical knowledge level than the original teaching content.

7.2 The impact of the content of the national intangible cultural heritage Choy Li Fut "Sports Ethics" curriculum system on technical mastery

Table 2 Comparison of test results between the experimental group and the control group on the national intangible cultural heritage Choy Li Fut technique after the experiment

Group	n	\bar{x}	s	t	p
test group	166	76	5.00	4.705	<0.05
control group	170	70.3	3.10		

from Table 2, $p < 0.05$, there is a significant difference in the technical examination scores of the two classes after the experiment. It shows that the course teaching content designed in this study is more conducive to improving students' technical level than the original teaching content.

7.3 The impact of the content of the national intangible cultural heritage Choy Li Fut "Sports Morality" curriculum system on students' learning interest

Table 3 Comparison of the test results of students' learning interest in the experimental group and the control group

	test group	control group	t	p
Learning interest	4±0.00	3.1±0.31	9.00	<0.05

from Table 3 that p is less than 0.05, and there is a significant difference in the learning interest of the experimental group and the control group after the experiment. It shows that the course teaching content designed by this research is more conducive to improving students' learning interest than the original teaching content.

8. Discussion

Choy Li Fut is not only a fighting form, but also a profound cultural expression and a precious cultural heritage of the Chinese nation. Therefore, Choy Li Fut not only represents the acquisition of physical skills, but also represents the cultivation and development of the emotions and spirit of the Wuyi people. It embodies the inheritance and continuation of the cultural heritage of overseas Chinese in Wuyi.

Taught in the form of public courses and elective courses in schools, and using these resources to carry out ideological and political education, so that students can not only master boxing, but also realize the cultural essence of respecting teachers, valuing justice, patriotism and loving hometown through boxing, and can make local martial arts Boxing species are well excavated and protected. In order to achieve the purpose of educating people and cultivating morals, the teaching materials developed by the school are used to implement the Choy Li Fut education implementation system that is dominated by moral education. Through the practice of martial arts, students are guided to develop a

strong sense of patriotism, socialism and personal responsibility, thereby improving their moral quality and life principles. Students and their activities are the main body of the mutual promotion and education of boxing ethics. Choy Li Fut emphasizes the main status of students in education. In order to give full play to students' subjective initiative in learning Choy Li Fut, the school has built a "four festivals and one meeting" Choy Li Fut exhibition activity platform. Students will display the results of Cai Lifuquan training at book festivals, technology festivals, art festivals, Internet culture festivals, and sports meets.

9. Conclusions And Recommendations

Colleges and universities should establish a coordinated development mechanism for the coordinated development of ideological and political education and physical health of college students, with moral education as the forerunner, students and their activities as the main body, and the cultural self-confidence of inheriting the national intangible cultural heritage "Choy Li Fut" as the main line to build A people-oriented educational practice system. Ideological and political education in colleges and universities should fully take into account the current situation of contemporary college students' ideological and political education, make scientific judgments based on the thinking habits of contemporary college students, and formulate ideological and political education models that are in line with contemporary college students. Moral education should be the leading factor to strengthen the subjective initiative of contemporary college students. Cultivate their spiritual concepts of self-improvement, self-confidence, and self-encouragement. In order to give full play to students' subjective initiative in learning Choy Li Fut, let students demonstrate the practical results of Choy Li Fut in martial arts cultural exchange events. Highlighting the purpose of inheritance, promoting and disseminating Choy Li Fut as a national intangible cultural heritage is an excellent theme for promoting contemporary youth to enhance their cultural confidence and self-awareness.

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