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# Reform of Martial Arts Teaching Mode in Colleges and Universities under the Background of “Internet +”

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**Abstract:** With the continuous deepening of China’s modernization process, the construction of education informatization continues to promote and deepen the application of the “Internet +” learning environment, build a new mode of online and offline teaching interaction, improve the education process, enhance the effectiveness of teaching interaction and promote its integration into daily teaching activities. Therefore, under the background of “Internet +”, it is necessary to fully take into account the characteristics of the digitalization of higher education and the actual needs and development direction of the reform of wushu teaching in colleges and universities, and conduct an in-depth analysis of the role of “Internet +” teaching in the reform and innovation of wushu teaching in colleges and universities, which is conducive to promoting the overall progress of higher education and accelerating the progress of higher education. It is conducive to promoting the overall progress of higher education and accelerating the development of wushu teaching.

**Keywords:** “Internet +”; Colleges and Universities; Wushu Teaching

## Introduction

“Internet+Education” promotes the education industry, leads the effective coordination of teaching activities in the network and physical space, and integrates the educational resources, and emphasizes the main position of students in the learning process. In the teaching of wushu in colleges and universities, the traditional way of teaching wushu has gradually exposed many problems, so in the current background of the continuous development of information technology should be constructed to integrate education and the Internet, and to promote the innovation and upgrading of the teaching of wushu in colleges and universities.

## 1. The significance of reforming the teaching mode of wushu in colleges and universities under the background of “Internet+”

The Internet has strong communication power, sharing and openness, which can rapidly spread the information related to wushu and make the people deeply realize the profound cultural heritage of wushu, which not only greatly enhances the public's knowledge and interest in wushu, but also creates favorable conditions for the protection and development of wushu culture. Under the background of “Internet +”, colleges and universities have opened wushu courses and used online platforms to create wushu cultural exchange forums or communities, while inviting international wushu celebrities to teach and demonstrate online, so that the teaching of wushu can reach a wider range of student groups, and further promote the inheritance and development of the culture of wushu<sup>[1]</sup>.

## 2. “Internet +” under the background of the university martial arts teaching mode reform strategy

### 2.1 Build wushu teaching resource base

In the context of “Internet + education”, teachers can make full use of big data technology to realize the extensive collection of teaching resources. However, in the process of screening and integrating these resources, teachers need to strictly follow the syllabus and implementation plan of the college wushu course, and fully consider the students' learning conditions and educational goals. When selecting teaching resources, teachers need to ensure that the source of the material is accurate, the content is legal and compliant, the knowledge is correctly guided and the culture is positively led. For the core teaching resources such as live videos of fine courses and action demonstration decomposition, teachers should carefully select the materials according to the difficulties and priorities in teaching wushu in colleges and universities, so as to improve the actual effect of the resource library in teaching practice. When collecting and integrating teaching materials, teachers can independently create learning materials such as microclasses and short videos, which can maximize the close integration of textbook content

and wushu teaching practice. After collecting the required materials, teachers can carry out fine editing and processing, and with the help of illustrations, video animation and other forms of expression, the teaching content is vividly and intuitively presented to students.

## 2.2 Creating an exchange platform for teachers

In the context of “Internet +” education, information processing ability has become one of the basic skills necessary for teachers in colleges and universities. Teachers should take the initiative to improve their personal network information processing ability, deeply recognize the advanced nature of the digital education model, follow the development trend of education reform, and actively explore the “Internet +” education method for practice. Internet +” education methods for practice. Colleges and universities can build a network platform for teachers to interact and communicate, and use this as the basis to create a “martial arts home” online platform. Through the “martial arts home” for college martial arts teachers to build mutual communication space, and gradually develop it into a network training platform for the professional development of martial arts teachers, encourage and urge in the context of “Internet + education” to continuously improve the teachers' personal information technology Quality. In order to build a system to promote teachers' exchange, the relevant departments should actively promote the establishment of a regional exchange network, and organize martial arts teachers of colleges and universities in the region to register on the platform of “Wushu Homeland” with their real names, and after the registration is completed, the teachers need to pass the examination of information literacy, focusing on the acquisition of network resources and the application of skills, and using this as the basis for a preliminary evaluation of the teachers' information processing ability. Teachers are required to pass the information literacy assessment after registration, which focuses on their skills in acquiring and applying online resources, as a basis for the initial evaluation of their information processing ability. After the assessment, teachers can be divided into four levels according to the professional assessment standards to help teachers accurately understand their own skill levels, with the highest level being Level I. In the “Wushu Home” platform, teachers are required to pass the information literacy assessment, which focuses on their access to and application of online resources. Under the “Wushu Home” platform, the first two tiers, i.e. Tier 1 and Tier 2 instructors, who are more capable, can publish teaching resources, quality videos and other content. Level 3 and 4 instructors can participate in information literacy learning and training through the platform, and continue to grow through active self-improvement<sup>[2]</sup>.

## 2.3 Introducing microcourse education model

First, strengthen the linkage and optimize microcourse training. In the context of educational reform, the academic affairs management department, physical education teaching and research department, and digital information management department of colleges and universities work closely together to make full use of resources such as online teaching platforms, campus networks, social media platforms (e.g., WeChat, microblogs), and various types of mobile smart terminals, and adopt online communication means to provide students with microcourses in martial arts. Students can easily use tablet computers, smart phones or personal computers and other devices to watch micro-lesson videos at any time and place, thus realizing flexible learning and fully meeting their needs for diversified learning of martial arts knowledge. In addition, in order to ensure that the microteaching method can play an effective role in the reform of wushu curriculum in colleges and universities, it is necessary for teachers and students to implement a systematic microteaching application guidance to ensure that teachers are able to skillfully master the use of microteaching techniques, and to guide students to scientifically and reasonably utilize the microteaching for learning, to enhance the students' theoretical knowledge of wushu and combat skills. Secondly, build a trinity model. Colleges and universities can build a teaching model that closely integrates pre-study, classroom teaching and post-study, using microteaching as a bridge to ensure that the three phases can be effectively combined. Under the joint exploration and efforts of martial arts teachers and students, the formation of innovative teaching methods such as classroom flipping is promoted, thus further promoting the reform and development of education and teaching. With the in-depth implementation of the strategy of “Education Informatization 2.0”, wireless network and 5G technology have achieved extensive coverage on campus, colleges and universities can build well-equipped, technologically advanced wushu training ground, and equipped with LED display screen, through the wireless network connection can be the LED screen with computers, smart phones and other terminal equipment for Real-time synchronization, to promote teachers to quickly access microclasses and other network teaching resources, to meet the needs of the teaching of martial arts courses. In the early stage of teaching, teachers can encourage students to watch online courses in advance to promote students to understand the upcoming learning of martial arts knowledge in advance, thus reducing the difficulty of learning martial arts movements. During the teaching process, teachers utilize martial arts video tutorials to analyze complex martial arts movements step by step, helping students to accurately master the skills and improve classroom efficiency. At the end of the course, students can consolidate what they have learned by watching microclasses according to their own mastery of martial arts. Under the trinity teaching mode, it can improve the teaching quality of wushu courses in colleges and universities and provide a new path for the innovation of wushu education.

### 3. Conclusion

In conclusion, under the background of “Internet +” teaching, teachers can use information technology thinking to promote the transformation and optimization of the teaching mode for the improvement and innovation of wushu courses in colleges and universities. Teachers can deal with the problems faced by wushu education through the application of digital teaching resources, and at the same time, with the help of modern information technology, they can create a new digital teaching platform for teachers and students to promote and accelerate the teaching reform and development of wushu education in colleges and universities. Therefore, teachers should make full use of the advantages of “information technology” to effectively make up for the shortcomings of traditional teaching, and continue to stimulate students' innovative thinking, which is not only in line with the fundamental purpose of cultivating innovative talents in colleges and universities, but also helps to cultivate high-quality talents with comprehensive abilities.

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