

Analysis of the Problems and Countermeasures in College Students' Physical Training of Martial Arts

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[**Abstract**] Based on the actual situation of college students' physical training of martial arts, this paper finds out the factors that are not conducive to the improvement of teaching effect, and puts forward concrete and feasible countermeasures, aiming to improve the physical training methods of college students and enable students to get progress and development from them.

[**Key words**] college students; martial art; physical fitness

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1 Problems in college students' physical training of martial arts

1.1 Emphasize knowledge indoctrination while neglect the cultivation of martial virtue

Looking at the current teaching practice, it is easy to find that many martial arts coaches pay attention to the training of students' martial arts activities and physical fitness in their daily work. Their focus is on whether students master martial arts movements and skills or whether they have gained physical growth from them. However, few coaches will pay attention to whether students have received relevant education and training in the cultivation of martial virtue. It can be said that emphasizing knowledge indoctrination while neglecting the cultivation of martial virtue has become a major defect in the physical education for young people.

1.2 Simple teaching method, lack of flexibility and interest

In the ordinary physical training of martial arts, the author observed that many coaches teach students in oral way and movement demonstration. There are no other teaching methods. In the past, it was easy for students to produce monotonous and rigid inherent impression, but now they are no longer willing to actively participate in the related learning activities of physical training of martial arts, which then affect the final learning effect. From this level of significance, the teaching method is simple and lack flexibility and interest, which undoubtedly is a major shortage in the current physical education process for college students.

2 Effective coping strategies for college students' physical training of martial virtue

2.1 Strengthen the cultivation of martial virtue while explain martial arts movements

Under the background of "moral education", any knowledge teaching and explanation should not be limited to the simple knowledge indoctrination, but should actively tap the moral education resources, so that students can form good psychological quality while learning knowledge, so as to obtain the balanced and coordinated development of knowledge and quality. Therefore, coaches should strengthen the cultivation of students' martial virtue while explain martial arts movements and teach martial arts skills.

The author has actively implemented the above principles in his own work practice. For example, one of his students is very smart. He can explain the movements and skills as soon as he hears them, but his attention is not focused. As a result, he always does the next move in a hurry before he really achieves the standard, let alone

achieving improvement in physical fitness. In view of this situation, the author told him that the physical training of martial arts is an activity that requires a high degree of concentration and participation. If you are in a hurry when doing actions, it will not only make martial arts action not standardized, but also fail to be in line with the physical training of martial arts itself. In the process of track and field classroom teaching, teachers should have a plan targeted at the guidance and training for students, develop a teaching plan in line with the learning and training of secondary vocational students and in teaching students basic professional track and field knowledge, and strengthen the guidance of students' psychological problems, so as to improve the comprehensive quality of students.

2.2 Track and field curriculum reform in secondary vocational physical education should pay attention to its content

The choice and the setting of curriculum—When choosing the teaching content and curriculum of track and field course, we usually take the teaching objectives formulated by the school, the development needs of the current society and the interests of students as reference, and also take the actual track and field training ground of the school as reference. The specific teaching content can be adjusted according to the actual learning situation of students.

2.3 Improve the way of track and field teaching, enhance the teaching effect

In the actual track and field teaching process, to encourage students to actively participate in track and field teaching activities, we must take students' interest as the starting point, so as to achieve efficient classroom teaching effect. Therefore, in the actual classroom teaching, teachers should fully stimulate students' interest, maintain the activity of classroom atmosphere, guide students to carry out autonomous learning while respecting their classroom subjectivity, and give students sufficient learning time and space, so as to turn the boring field classroom teaching into a lively and interesting classroom that students like, and then effectively improve the efficiency and quality of teaching.

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