

# Research on the Application of in-Class and out-Class Integration Models in College Taekwondo Teaching

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**ABSTRACT.** *The in-class and out-class integration model focuses on the organic combination of in-class teaching and extracurricular activities, which can significantly improve students' learning enthusiasm and initiative. Taekwondo can not only promote the physical health of college students, but also promote the mental health and social health of college students. At present, many colleges in China have set up elective courses for Taekwondo, and have achieved remarkable results. However, there are still problems with the old and single teaching mode of Taekwondo teaching in some colleges in our country, which leads to the low quality of Taekwondo teaching. Based on this, this paper discusses the application of the integration of in-class and out-class models in college Taekwondo teaching.*

**KEYWORDS:** *Integration in-class and out-class, Teaching mode, Taekwondo, College physical education*

## 1. Current situation of Taekwondo teaching in colleges

Taekwondo is a popular sport among contemporary college students. At present, many colleges in China offer elective courses of Taekwondo, which can improve students' physical health and cultivate students' good physical exercise habits and moral cultivation[1]. However, as a whole, the teaching quality of Taekwondo in colleges in China is not ideal, and there are still many problems in teaching. Among them, the old and single teaching mode is an important reason that affects the teaching quality of Taekwondo in colleges. Teaching mode is a kind of stable and specific teaching procedure (paradigm) that educators summarize and extract from the whole of teaching according to the laws and principles of teaching in order to realize the established teaching tasks. The teaching model emphasizes macroscopically grasping the relationship and function between the whole teaching activities and each element, and it needs to have rationality, directionality, orderliness, integrity and operability. At present, the teaching mode of Taekwondo in many colleges in our country is old and single, and Taekwondo teachers still adopt the teaching mode of "full filling". Under this teaching mode, students can not give full play to their subjective initiative, and it is not conducive to the cultivation of their own spirit of exploration and innovation.

## 2. The Application Value of in-Class and out-Class Integration Mode in Taekwondo Teaching in Colleges

The integrated mode of in-class and out-class means that teachers start from the teaching tasks and goals, organically combine the in-class teaching and extracurricular activities, and incorporate the extracurricular activities into the students' comprehensive score evaluation according to a certain proportion and method. In this way, in-class teaching and extra-curricular activities form a complementary and mutually reinforcing whole, in order to give full play to the teaching mode of school education. Applying the integrated mode of in-class and out-class to the teaching of Taekwondo in colleges, the focus is to incorporate extracurricular Taekwondo activities into the teaching courses of Taekwondo in colleges. By developing school-based courses of Taekwondo, colleges organize and carry out Taekwondo classroom teaching and various extracurricular Taekwondo activities, so as to integrate Taekwondo activities in and out of class into an organic whole[2]. Compared with the traditional "full filling" teaching mode, the in-class and out-class integration mode has the following four significant advantages: (1) affirm the student's dominant position in Taekwondo teaching, and give students more freedom of learning to meet the individual needs of students at different levels; (2) build an evaluation system that integrates students' in-class Taekwondo learning and extracurricular Taekwondo activities, especially focusing on the evaluation of extra-curricular Taekwondo activities, so as to be more conducive to the development of students' good physical exercise habits; (3) through the colorful extracurricular Taekwondo activities, it creates a strong campus Taekwondo culture and promotes the popularization and development of Taekwondo in colleges; (4) Taekwondo teachers are required to master not only the methods of Taekwondo classroom teaching, but also the methods of organization and management of extracurricular Taekwondo

activities, so as to promote the development of Taekwondo teachers.

### **3. The Application Strategy of the Mode of Integration in-Class and out-Class in College Taekwondo Teaching**

The current teaching mode of Taekwondo teaching in my China is old and single. It is of great significance to apply the integrated mode of in-class and out-class to Taekwondo teaching in colleges. The core content of the teaching model is the teaching objectives, teaching content, teaching methods and teaching evaluation, so this paper focuses on these contents to discuss the application strategy of the in-class and out-class integration model in college Taekwondo teaching.

#### ***3.1 Formulate Teaching Goals of in-Class and out-Class Integration Model in Taekwondo Class***

At present, many colleges in China organize Taekwondo teaching in the form of elective courses, which makes the teaching time in Taekwondo class very limited. In order to give full play to the teaching value of Taekwondo, colleges should formulate more comprehensive teaching goals.

#### ***3.2 Enrich the Content of in-Class and out-Class Integration Model in Taekwondo Class***

The in-class and out-class integration model in Taekwondo class requires reasonable, comprehensive and targeted teaching content. Colleges should combine the teaching practice of Taekwondo, especially the hardware practice, to establish the teaching content that is consistent with it, so as to play the maximum efficiency of the teaching resources of Taekwondo[3]. Specifically, colleges and universities should constantly improve the traditional teaching contents of Taekwondo, such as basic techniques, basic tactics, physical training, character and so on. And on this basis, add some teaching contents that students are interested in, such as the introduction to the growth of domestic and foreign Taekwondo celebrities, competition experience, representative events, sports safety, cultural communication and other knowledge. For example, in the teaching of Taekwondo sports technology, Taekwondo teachers can infiltrate some knowledge of Taekwondo sports safety, so that students can master Taekwondo sports technology, and at the same time master some Taekwondo sports injuries and their prevention and treatment methods. In this way, students can deal with sports injuries in a timely manner during extracurricular Taekwondo activities and enhance sports safety.

#### ***3.3 Optimizing the Teaching Method of in-Class and out-Class Integration Model in Taekwondo Class***

The in-class and out-class integrated teaching mode of Taekwondo class requires that Taekwondo teachers adopt diversified and novel teaching methods. At present, Taekwondo teachers in many colleges in China still use teaching methods such as explanation method, model method and practice method, which mainly focus on teachers and teaching materials, and ignore students' dominant position in learning activities, leading to passive learning and mechanical training. College students are about to enter the society. If their subjective consciousness is weak and they are used to passive learning and mechanical training, which will inevitably affect their social development. Therefore, the in-class and out-class integrated teaching of Taekwondo classes in colleges should adopt diversified and novel teaching methods[4]. Diversity requires that Taekwondo teachers should not use one or two teaching methods for a long time to avoid aesthetic fatigue of students. At the same time, considering the individual needs of different students, Taekwondo teachers should also adopt a variety of teaching methods. The novelty requires Taekwondo teachers to have the idea of keeping pace with the times and to reform and innovate teaching methods. For example, after students take a Taekwondo class, the teacher should encourage them to post pictures or videos of themselves or others learning to practice Taekwondo outside of class through WeChat friends circle and fast video platforms such as Kuaishou and Douyin. Then, encourage students to follow each other, like or comment. Since college students are very familiar with and love small video platforms such as WeChat, Kuaishou, Douyin, etc., Taekwondo teachers use this as a means to carry out integrated teaching in and out of class, which can significantly improve students' enthusiasm and initiative in teaching.

#### ***3.4 Improve the Teaching Evaluation System of in-Class and out-Class Integration Model in Taekwondo Class***

The perfect teaching evaluation system has an important guiding role in the in-class and out-class integrated

teaching of Taekwondo class. In order to promote the construction and implementation of the in-class and out-class integrated teaching model of Taekwondo class, colleges should establish a comprehensive Taekwondo class teaching evaluation system. In terms of evaluation methods, Taekwondo teachers should combine the summative evaluation and formative evaluation, and use dynamic and developmental evaluation thinking to view students' classroom learning results and extracurricular activities performance[5]. At the same time, Taekwondo teachers should affirm the status of students in teaching evaluation, encourage students to evaluate each other and self-evaluation, make it an effective supplement to teacher evaluation, and ensure the objectivity and comprehensiveness of Taekwondo teaching evaluation. In terms of evaluation content, Taekwondo teachers should evaluate students' enthusiasm and initiative in learning and activities on the basis of their technical level. At the same time, Taekwondo teachers should have their own concept of "moral education", focusing on the evaluation of students' moral quality and physical exercise habits in Taekwondo learning and activities.

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