

# A Brief Analysis of the Factors Affecting Teaching Quality in Taekwondo Teaching in Colleges and the Countermeasures

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**ABSTRACT.** *Based on the new situation of the development of college education, people from all walks of life have begun to pay attention to the improvement of the overall physical quality of students. As a popular and fashionable sport, Taekwondo has been sought after and loved by many young students. The scientific and effective development of Taekwondo can play a role in strengthening the body, cultivating the body and mind, and promoting the overall development of college students' sports learning. Therefore, modern colleges and universities should attach great importance to the innovation and reform of Taekwondo teaching, combine different factors that affect the teaching quality of this course, and take effective improvement measures in time to continuously improve the teaching level of Taekwondo. This article will further analyze and discuss the factors and countermeasures that affect the teaching quality in university Taekwondo teaching.*

**KEYWORDS:** *Taekwondo in colleges and universities, Teaching quality, Influencing factors, Countermeasures*

## 1. Introduction

Based on the background of the reform and development of quality education, in addition to cultivating students' good professional abilities, Chinese colleges and universities must also improve students' overall quality and promote the overall development of students' learning. By actively organizing students to participate in Taekwondo teaching activities, colleges and universities can not only enrich students' sports learning content, but also strengthen their physical fitness and promote their physical and mental health. However, due to the influence of different factors, the teaching effect of Taekwondo in many colleges and universities is not satisfactory, and it is difficult to really play its practical role. In response to this, Taekwondo educators in colleges and universities should improve their innovative and practical ability, and take effective measures to deal with current problems in a timely manner to promote the smooth development of Taekwondo teaching in colleges and universities.

## **2. Analysis of Specific Factors Affecting the Quality of Taekwondo Teaching in Colleges and Universities**

### ***2.1 College Students Have Low Physical Fitness***

Compared with conventional sports, Taekwondo is a more fierce fighting sport. Students need to use both hands and feet in the process of learning Taekwondo, and fight against each other through scientific, efficient, swift and powerful fighting, which is comprehensive for each student's body. Quality puts forward higher requirements. However, due to the improvement of modern people's living standards, families are overly spoiling their children, and college students generally lack strong labor exercises. Therefore, their overall physical fitness is low and it is difficult to keep up with the rhythm of Taekwondo teaching and meet relevant teaching requirements, which affects the practice and the quality of teaching of Taekwondo in colleges and universities.<sup>[1]</sup> At the same time, due to the influence of traditional test-oriented education concepts, both teachers and students focus on teaching and learning during the middle and high school learning stages. Students have less time and opportunities to exercise each week, and most students are lacking in physical fitness, good flexibility and coordination. As a result, students will be prone to inadequate technical movement training in the process of Taekwondo learning, and it is difficult to master various Taekwondo skills correctly, which will affect the teaching of Taekwondo in colleges and universities for a long time. So the overall effect can't get effective improvement.

### ***2.2 Being Lack of Professional Knowledge of Taekwondo Principles***

In their daily study and life, the sports that students come into contact with are mainly focused on ball games, track and field sports, etc. Most of them have little knowledge about Taekwondo, and have never participated in any Taekwondo training. I have seen Taekwondo performances on online platforms, and there is a serious lack of practical training. In addition, some female students believe that if they participate in Taekwondo training, they will easily cause the calf muscles to become developed, which will affect the beauty of their legs, so that they will have a psychological resistance to learning Taekwondo teaching. Due to the lack of hard-working quality, some students mistakenly believe that Taekwondo exercise requires a lot of physical effort, and the difficulty and technical requirements are high, which leads to a retreat and reduces the interest and enthusiasm for learning Taekwondo, which will also affect colleges and universities. The improvement of the teaching quality of Taekwondo cannot ensure that teachers complete the expected teaching tasks and goals.

### ***2.3 Teachers' Practical Teaching Level is Limited***

In the Taekwondo teaching reform, colleges and universities lack the training and organization of high-capacity and high-quality professional Taekwondo teachers.

Most of the current Taekwondo teachers have low professional and comprehensive qualities. They generally do not have good practical and innovative awareness and ability. In strict accordance with the requirements of the new curriculum reform, the innovation and improvement of the Taekwondo teaching model have been launched, which has led to the inability to fully stimulate students' interest in learning and ensure the quality of classroom practice teaching. In the process of Taekwondo practical teaching, whether the teacher's own professional ability is directly related to the overall teaching effect.<sup>[2]</sup> For example, when a Taekwondo teacher demonstrates a certain skill to students personally, it is difficult to perform a correct demonstration if the teacher's own professional skills are limited. It will affect the actual learning effect and habits developing of the students and cause them to develop errors. Some Taekwondo teachers did not apply much energy and time to the scientific and standardized teaching of students. They are still using traditional indoctrination teaching methods, unilaterally explaining Taekwondo theoretical knowledge and movement skills to students, ignoring students' practical training. This will also reduce the quality of Taekwondo teaching, and will not be able to effectively cultivate students' good Taekwondo learning ability and quality.

### **3. Measures to Improve the Teaching Quality of Taekwondo in Colleges and Universities**

#### ***3.1 To Strengthen the Physical and Psychological Qualities of Students***

In the reform of Taekwondo teaching in modern colleges and universities, it is necessary to attach great importance to cultivating students' good physical and psychological qualities, and to help students lay a good learning foundation. Therefore, Taekwondo teachers in colleges and universities should change their teaching concepts in time. In view of the actual learning situation where college students' physical fitness is generally low, teachers should actively strengthen the daily training of students' basic skills and comprehensively improve students' comprehensive physical fitness. Taekwondo teachers should have close and interactive communication with students, fully grasp and understand students' physical fitness and learning needs, so as to reasonably carry out Taekwondo training projects, set different training difficulties, and promote students of different learning levels to get intensive exercise and progress. In the process of basic Taekwondo training activities, teachers should be good at guiding students to overcome the monotony of basic skills training. By organically combining game teaching methods with basic skills training, students can continuously improve their physical fitness through entertaining to fully guarantee the effect of students' special training. Taekwondo training and learning also requires students to have a good psychological quality, to have the spirit of never giving up and indomitable. Therefore, in daily teaching, teachers can also promote and spread the sports spirit culture of Taekwondo competition by introducing practical cases, and exercise students' psychological quality in actual combat competitions, helping students to master the basic knowledge and movement techniques of Taekwondo.

### ***3.2 To Improve Students' Cognitive Level of Taekwondo Learning***

In the teaching of Taekwondo practice in colleges and universities, teachers must first focus on improving students' correct cognition of the Taekwondo sport, so that every student can experience the charm of Taekwondo competition firsthand and devote their interest to classroom practice teaching. Therefore, Taekwondo teachers should enrich the teaching of basic theoretical knowledge in the classroom, and show students intuitively and clearly the theoretical knowledge of Taekwondo in the form of videos, pictures and texts. This will help students to improve their learning and understanding of Taekwondo knowledge and promote students to master various Taekwondo movement techniques more smoothly. Based on the in-depth exploration and learning of advanced theoretical knowledge, students can fully understand the basic technical knowledge of Taekwondo and the principles of fitness defense,<sup>[3]</sup> and effectively improve students' Taekwondo training level. In the teaching of Taekwondo theory, college teachers should combine the actual life and hobbies of students to introduce more content such as various competitions and scientific research. This can make the teaching of Taekwondo theory more vivid and interesting, thereby effectively mobilizing students' initiative in Taekwondo learning.

### ***3.3 To Establish a Team of Professional Teachers***

Under the new situation of educational development, colleges and universities should actively organize and train professional Taekwondo teachers to meet the requirements of the new curriculum reform and comprehensively improve the teaching level of Taekwondo in colleges and universities. Colleges and universities should regularly organize Taekwondo teachers to participate in professional training and education, invite well-known social Taekwondo teachers for guidance and exchanges, so that teachers in this school can understand the latest Taekwondo knowledge and skills, and integrate this knowledge into practical teaching to improve the classroom teaching quality. In addition, colleges and universities can also adopt certain incentive measures to encourage Taekwondo teachers to innovate and improve Taekwondo teaching content and methods, combine student needs and learning characteristics, and give full play to the role of teaching methods such as multimedia teaching, project teaching and cooperative teaching, so that students can be fully integrated. The heart is devoted to the teaching of Taekwondo, which can help Taekwondo teachers in colleges and universities to effectively complete the expected teaching tasks and goals.

## **4. Conclusion**

To sum up, Taekwondo is a sports item that is popular among college students in college physical education. Actively developing Taekwondo training can not only strengthen the physical and psychological quality of students, but also promote the overall development of students' sports learning. Therefore, colleges and

universities should pay attention to improving the teaching level of Taekwondo, combining students' learning needs, optimizing and improving teaching content and methods, and creating a good teaching environment.

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