

# Research and Practice on the Curriculum Construction of "Shaobei Wushu Culture" Based on the Action Plan of Sports Aesthetic Education Infiltration

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**Abstract:** *Nowadays, with the vigorous development of wushu culture, the course "Shaobei Wushu Culture" is set up in colleges and universities, which is conducive to exploring the multi-cultural value of Shaobei Wushu and serving the development of Chinese Wushu. Sports aesthetic education is an important part of all-round quality education and plays an important role in promoting students' all-round growth. Shaobei Wushu culture is an important content of sports aesthetic education infiltration action plan. It actively responds to the call of the Ministry of Education to carry out the research on this subject, and explores the establishment of a working mechanism for the collaborative development of physical education in primary and secondary schools, which has important construction significance. Based on investigation and research, this research deeply analyzes the problems existing in the curriculum construction of "Shaobei Wushu Culture" based on the action plan of sports aesthetic education. The implementation plan is proposed from the aspects of "reform of teaching objectives, reform of classroom teaching, reform of practical teaching, reform of assessment system, development and construction of teaching materials, construction of teaching resources, construction of campus culture, construction of teachers and students", so as to guide teachers and students in colleges and universities to strengthen their awareness of serving society and enhance their ability to serve society.*

**Keywords:** *Action Plan of Sports Aesthetic Education Infiltration; Shaobei Wushu Culture; Curriculum construction; Research and Practice*

## 1. Introduction

To train the socialist builders and successors with all-round development of morality, intelligence, physique, America and labor, it is necessary to establish the educational concept of health first. To help students enjoy fun, enhance physical fitness, improve personality and temper will in physical exercise, we should comprehensively strengthen and improve aesthetic education in schools, insist on educating students with aesthetics and educating them with culture, and improve students' aesthetic and humanistic qualities. In order to fully implement the spirit of the National Education Conference, promote the reform and development of school sports aesthetic education in the new era, promote educational equity, make overall plans and integrate resources, and establish a mechanism for colleges to support the coordinated development of sports aesthetic education in primary and secondary schools. The General Office of the Ministry of Education issued the Notice on Carrying out the Action Plan on Sports Aesthetic Education Infiltration, which has been piloted in some colleges and universities.

Chinese traditional wushu is rooted in China's unique historical tradition and psychological soil. Besides general cultural characteristics, it also has its own unique connotation and national cultural characteristics. Shaobei Wushu originates from Chinese traditional wushu and is rooted in the fertile soil of Chinese excellent traditional culture. Among many sports in the world today, Shaobei Wushu is a more philosophical sport, with various forms of expression and rich cultural connotation, as well as relatively mature wushu value orientation. The course construction of "Shaobei Wushu Culture" starts with the formation of high-level teachers and forms a reasonable teaching team structure. According to the characteristics of students, improve the teaching method and teaching evaluation system, effectively mobilize the enthusiasm of students. On the basis of selecting excellent teaching materials, we enrich

teaching resources, strengthen practical teaching, and introduce the latest research results of the subject.

To carry out the action plan of sports aesthetic education infiltration in an all-round way, aiming at relying on the strength of college sports aesthetic education teachers and students. To provide targeted assistance and voluntary services to the region, especially old revolutionary base areas, ethnic minority areas, border areas, poor areas and vast rural areas. To provide high-quality educational resources for the balanced development of physical education in primary and secondary schools, effectively improve the teaching level and education quality, and promote the daily, diversified and distinctive development of physical education in primary and secondary schools. Strive to make every student can enjoy fair and quality sports aesthetic education. At the same time, it guides teachers and students in colleges and universities to strengthen their awareness of serving society, improve their ability to serve society, nurture people with a public interest heart, and lead social fashion with noble ideals, beliefs and value pursuit.

## **2. Construction Significance and Application Prospect**

With the widespread development of the national fitness campaign, the traditional value of Shaobei Wushu has been continuously excavated, and the modern value has become increasingly prominent, which is of great significance for promoting the inheritance and development of Shaobei Wushu culture. Chinese martial arts has a long history, and its inheritance and development have fully reflected the value of existence. Shaobei Wushu, as an important part of Chinese Wushu, has various forms and rich cultural connotation, and also has relatively mature wushu value orientation. Nowadays, with the vigorous development of wushu culture, the course of "Shaobei Wushu Culture" in colleges and universities is conducive to exploring the multi-cultural value of Shaobei Wushu and serving the development of Chinese Wushu. Shaobei Wushu culture is an important content of the action plan of sports aesthetic education infiltration. It actively responds to the call of the Ministry of Education to carry out the research on this subject, and explores the establishment of a working mechanism for colleges to support the coordinated development of sports aesthetic education in primary and secondary schools, which has important construction significance and application prospect:

### ***2.1 To Provide High Quality Education Resources for the Balanced Development of Physical Education in Rural Primary and Secondary Schools in Western Liaoning***

The economic and social development level of western Liaoning is relatively low, and there is a big development gap compared with the developed areas of Liaoning Province. Due to the influence of economic and social development, the rural primary and secondary schools in western Liaoning have insufficient funds for physical education, weak teachers and lack of basic conditions to carry out sports. Bohai University is located in the center of western Liaoning region. Taking the opportunity of carrying out the action plan of sports aesthetic education infiltration, it promotes the introduction of Shaobei martial arts culture into rural primary and secondary schools, solves the problem of lack of physical education resources in rural primary and secondary schools in western Liaoning region, and improves the ability of higher education to serve society.

### ***2.2 Enrich the Inheritance and Development Path of Shaobei Wushu Culture***

As an important branch of Chinese traditional sports, Shaobei Wushu has important cultural value and fitness value. Inheriting and developing Shaobei Wushu can enhance the soft power of Chinese culture, promote cultural confidence to cultural consciousness. Under the background of the great development of competitive sports, the charm of traditional martial arts culture is lost, and Shaobei martial arts culture is faced with such problems as insufficient resource development, weak innovation ability, fragmented inheritance mode and so on. Through the research and implementation of this project, it will provide a new path for the inheritance and development of Shaobei Wushu culture and enhance the internal development power of excellent national culture.

### ***2.3 Enrich the Practical Teaching of "Shaobei Wushu Culture" Course***

Practical teaching is the continuation, supplement, expansion and deepening of theoretical teaching, and it is an important way for students to verify and deeply understand the theoretical knowledge. The Outline of the National Medium - and Long-Term Plan for Education Reform and Development clearly states that it is necessary to "enrich social practice and strengthen ability cultivation". Martial arts

culture teaching is a highly practical project. The current practical teaching is limited to the campus, with the absence of practice links, single practice content, backward practice method and low practice efficiency. We will carry out an action plan to infiltrate sports aesthetic education, and college students will carry out social practice in rural primary and middle schools to enhance the appeal and appeal of practical teaching.

#### 2.4 We Will Enrich the Protection of National Intangible Cultural Heritage

The Chinese government has established a four-tier list system for intangible cultural heritage protection, namely, the national, provincial, city and county levels. The protection measures include rescue protection, integral protection, productive protection and legislative protection. The inclusion of Shaobei Boxing in the fifth batch of national intangible Cultural Heritage List is an affirmation of the inheritance and protection of intangible cultural heritage in Jinzhou City, and a promotion of Shaobei Boxing and excellent traditional culture. It is of great significance to strengthen cultural confidence and protect the spiritual home of the Chinese nation. Carrying out the action plan of sports aesthetic education infiltration can cultivate more inheritors and implement more effective protection means.

### 3. Questionnaire Survey and In-depth Interview

Investigation is the foundation of planning and the way to success. Without investigation, there is no voice, let alone decision-making power. Investigation is the basis for solving problems, and solving problems on the basis of investigation and research is an important basis for planning and scientific decision-making [1]. As one of the most commonly used methods in scientific research, it is not limited by time and space. It is a method to collect materials about the reality or historical situation of the research object in a purposeful, planned and systematic way. A comprehensive use of historical and observational methods, as well as scientific methods such as interviews, questionnaires, case studies and tests, is used for a planned, thorough and systematic understanding of educational phenomena. And a large number of data collected by the investigation are analyzed, integrated, compared and concluded, so as to form regular knowledge.

#### 3.1 Questionnaire Survey

Table 1: Questionnaire of "Shaobei wushu culture" and "action plan of sports aesthetic education infiltration"

(1) Does the course "Shaobei Wushu Culture" achieve the cultivation goal? <input type="radio"/> Full implementation <input type="radio"/> Basic implementation <input type="radio"/> Partial implementation <input type="radio"/> Not realized	(6) Can the teaching resources of Shaobei Wushu Culture satisfy the teaching? <input type="radio"/> Be fully able to satisfy <input type="radio"/> Basically able to meet <input type="radio"/> Partially able to satisfy <input type="radio"/> Cannot satisfy at all
(2) Is the classroom teaching of Shaobei Wushu Culture attractive to you? <input type="radio"/> Strong attraction <input type="radio"/> General attraction <input type="radio"/> Minimal attraction <input type="radio"/> Unappealing	(7) Is the campus culture related to "Shaobei Wushu Culture" rich? <input type="radio"/> Very rich <input type="radio"/> Basic abundance <input type="radio"/> Not very rich <input type="radio"/> Not at all
(3) Have you participated in the practical teaching of Shaobei Wushu Culture? <input type="radio"/> Full participation <input type="radio"/> Partial participation <input type="radio"/> Little participation <input type="radio"/> Not participate in	(8) Are you satisfied with the teachers of Shaobei Wushu Culture? <input type="radio"/> Very satisfied <input type="radio"/> Basic satisfaction <input type="radio"/> Not quite satisfied <input type="radio"/> Not at all
(4) Is the evaluation system of Shaobei Wushu Culture ideal for promoting teaching? <input type="radio"/> Positive facilitation <input type="radio"/> Good promotion effect <input type="radio"/> Limited promotion <input type="radio"/> No promoting effect	(9) Do you know anything about the sports Aesthetic Education Infiltration Action Plan? <input type="radio"/> Know very well <input type="radio"/> Basic understanding <input type="radio"/> Know something about <input type="radio"/> Not at all
(5) Is the textbook "Shaobei Wushu Culture" applicable? <input type="radio"/> Very suitable for teaching <input type="radio"/> Basically suitable for teaching <input type="radio"/> Not very good for teaching <input type="radio"/> There is no accompanying textbook	(10) Would you like to participate in the Sports Aesthetic Education Infiltration Action Plan? <input type="radio"/> Very willing <input type="radio"/> Can participate <input type="radio"/> Be reluctant to <input type="radio"/> Don't want to participate

Questionnaire survey is a method in which questions are presented in written form for investigators

to fill in and then collect. It is the most commonly used data collection method for research in the field of social science. In the research process of this project, questionnaires were conducted for college students, and the designed questionnaires were composed of questions related to "Shaobei Wushu Culture" and the action plan of infiltration of sports aesthetic education, as shown in Table 1.

### **3.2 In-depth Interview**

As a qualitative research method, in-depth interview plays an important role in the field of sociology. The study was conducted in a natural setting and information was collected through interviews over a longer period of time. Questions were explored in depth, and interviewees were encouraged to elaborate and explain their answers through continuous questioning. The main research idea is inductive method, based on the interview information induction and inference. The research process is a recursive cycle. Interview questions are often changed and adjusted during the research process. Data analysis and collection are carried out simultaneously, and the result inference is a continuous evolutionary process. In the research process of this subject, 10 interview Outlines are designed for teachers. Among them, the first 5 interview Outlines are for college teachers, and the last 5 interview Outlines are for primary and secondary school teachers. The specific content of the interview outline is as follows:

- (1) Has your teaching of Shaobei Wushu Culture achieved the expected teaching objectives?
- (2) What aspects of the teaching of Shaobei Wushu Culture that you are engaged in need reform?
- (3) What practical teaching have you carried out in the teaching of Shaobei Wushu Culture?
- (4) Do you know the relevant requirements of the sports aesthetic education Infiltration action plan?
- (5) What suggestions or ideas do you have in order to carry out the sports aesthetic education infiltration action plan?
- (6) How does your school implement the quality education advocated by the state?
- (7) Can the teaching staff of your school meet the requirements of aesthetic sports education?
- (8) What sports aesthetic education activities have you organized for students in your daily work?
- (9) What influence do you think the sports aesthetic education Infiltration action plan has on rural middle and primary schools?
- (10) Are you willing to actively cooperate with colleges and universities to carry out sports aesthetic education infiltration action plan?

## **4. Data Sorting and Problem Analysis**

Questionnaire survey obtains structured data, while in-depth interview obtains unstructured data. The data obtained from in-depth interviews are processed structurally and integrated with the data obtained from questionnaire survey. After storing in the computer system, SPSS software was used for statistical analysis. SPSS software can provide comprehensive and advanced statistical analysis, easy to use, can be operated quickly, and narrow the gap between data science and data understanding. In terms of specific applications, SPSS provides advanced statistical analysis, a large number of machine learning algorithms, text analysis and other functions. It is open source and extensible, can be integrated with big data, and can be seamlessly deployed into applications. According to the data processing results, this paper analyzes the problems existing in the curriculum construction of "Shaobei Wushu Culture" based on the action plan of sports aesthetic education infiltration, so as to provide a basis for the proposal and implementation of the teaching reform plan.

### **4.1 It Does Not Pay Attention to the Education Value of Shaobei Wushu**

The practical teaching of martial arts and the value-leading teaching of martial arts are mutually promoting and symbiotic, which constitute the complete content of martial arts teaching. The participation of college students in the learning of martial arts skills is only a part of the teaching of martial arts courses, but not the whole composition of the teaching of martial arts courses. The course of Shaobei Wushu Culture still follows the traditional teaching concept of wushu, attaches more importance to the relevant links of wushu skill teaching and practice, and pays little attention to the

teaching of wushu culture such as health knowledge, wushu morality and wushu value, ignores the educational value of wushu teaching, which makes the depth and breadth of wushu teaching insufficient and the development extremely slow [2].

#### ***4.2 Shaobei Wushu Enters the Campus with Difficulty***

Although the country vigorously advocates wushu into the campus, but because wushu is not an examination subject, school leaders, teachers and parents do not pay much attention to wushu. There are many kinds of martial arts, and most schools are more willing to "learn" from the successful "template" of other schools, rather than innovate themselves, which makes the characteristics and regional advantages of the learning sample itself unable to play. At the same time, the content of martial arts education in schools is monotonous and "isolated" by teachers, students and parents, and the development situation in primary and middle schools is not ideal [3]. Many school teachers and parents lack awareness of Shaobei Wushu and believe that if Shaobei Wushu enters the campus, students may become addicted to fighting, which will affect the study of cultural courses.

#### ***4.3 Physical Education Teacher's Aesthetic Education Ability Is Not Strong***

Most physical education teachers in colleges and universities graduated from sports related majors and did not receive too much aesthetic education during their study at school, so the foundation of aesthetic education is weak. After joining the work, there are not too many training opportunities to improve, and the training content is mostly sporting professional knowledge. Due to the influence of higher education enrollment expansion, PE teachers are in serious shortage and the teaching workload is heavy. The teaching workload of many teachers is almost twice the average workload of teachers in other disciplines, and they also bear the pressure of scientific research workload assessment, so they have no more time to delve into aesthetic education knowledge [4]. Physical education teachers' aesthetic education ability is not strong, and the school does not pay attention to physical education ability, which directly affects the improvement of students' physical education.

#### ***4.4 The Educational Means of Sports Aesthetic Education Are Unitary***

Aesthetic education does not exist only in art subject education, but permeates in every subject education. At present, aesthetic education in sports in colleges and universities is mainly carried out by two means [5]: One is teacher explanation. Under the influence of traditional physical education, teachers simply teach sports skills and sports training knowledge, and seldom penetrate aesthetic education into sports or combine sports with aesthetic education. Second, watch videos and organize students to watch videos of sports performances or competitions. Most students are interested in the wonderful process or results of sports competitions, rather than the sports aesthetic education contained therein. This single approach and means cannot stimulate the initiative and enthusiasm of students.

### **5. Curriculum Construction Implementation Plan**

In view of the problems existing in sports aesthetic education and "Shaobei Wushu Culture" course teaching, combined with the practical needs of the action plan of sports aesthetic education infiltration, this project proposes the implementation plan of curriculum construction from multiple perspectives.

#### ***5.1 From the Perspective of "Reforming Teaching Objectives"***

Teaching objective is a clear statement about the changes that teaching will make students. It refers to the expected learning results of students in teaching activities. In the process of teaching, teaching objectives play a very important role. Teaching activities are oriented by teaching objectives and always focus on the realization of teaching objectives. The curriculum construction of "Shaobei Wushu Culture" should not only meet the needs of college students to learn the wushu culture of Shaobei, but also meet the needs of the action plan of aesthetic education in rural primary and secondary schools. The teaching process focuses on inheriting Shaobei Wushu culture, mastering the aesthetic value of Shaobei Wushu, cultivating aesthetic consciousness and improving appreciation ability.

### ***5.2 From the Perspective of "Reforming Classroom Teaching"***

Classroom teaching is a commonly used means of education and teaching. It is the whole process of teachers imparts knowledge and skills to students, including teacher's explanation, students' questions and answers, teaching activities and all teaching AIDS used in teaching. Shaobei Wushu Culture emphasizes traditional cultural knowledge while highlighting wushu sets. Teachers should adhere to the student-centered, create a democratic, equal and harmonious classroom atmosphere. Carry out a series of exploration activities based on the knowledge of Shaobei Wushu culture [6], guide students to carry out analysis and discussion, summarize experience and strengthen knowledge independently. The teacher should go deep into the students and give appropriate guidance or inspiration for the standard and consistency of the students' movements.

### ***5.3 From the Perspective of "Reforming Practical Teaching"***

Physical education is a highly practical discipline, which needs to effectively solve the tendency of "emphasizing theory, neglecting practice, emphasizing classroom and neglecting extracurricular". To promote the deep integration of curriculum teaching and social practice, improve the site and facilities of practical teaching, enhance the richness and vividness of aesthetic education, and cultivate high-quality technical and skilled talents with aesthetic accomplishment [7]. The practical teaching of "Shaobei Wushu Culture" takes the training of wushu routine as the core, takes "learning output" as the goal, changes from quality monitoring to continuous improvement, and pays attention to the all-round development of students. It is necessary to establish a long-term mechanism with system guarantee to mobilize the enthusiasm of all aspects to participate in practical teaching activities.

### ***5.4 From the Perspective of "Reforming the Assessment System"***

The content of PE curriculum evaluation includes physical fitness and motor skills, cognition, learning attitude and behavior, communication and cooperation spirit, expression of affection and other aspects, which can be realized through student self-evaluation, student mutual evaluation and teacher evaluation [8]. The course teaching of Shaobei Wushu Culture has the characteristics of rich content, diversity of approaches and complexity of process, and is restricted by many factors. It has disadvantages to adopt any educational evaluation method alone. It should emphasize the gradual and subtle process, which is more suitable for formative evaluation, and focus on the assessment of students' mastery of Shaobei martial arts cultural knowledge and the formation process of sports aesthetic education ability.

### ***5.5 From the Perspective of "Textbook Development and Construction"***

Teaching materials play a pivotal role in the teaching process as a bridge between teaching and learning. High quality teaching materials in line with the object of use can effectively improve the teaching level. At present, the course textbook of Shaobei Wushu Culture is compiled by the host of this project and published by Liaoning University Press. The core content includes wushu overview, Chinese Wushu brief history, Wushu and Wushu culture, wushu training, wushu competition, Shaobei Wushu Outline, Shaobei Wushu cultural connotation, Shaobei Wushu cultural value, Shaobei Wushu cultural inheritance. In order to meet the needs of the action plan of sports aesthetic education infiltration, it is necessary to increase the content of sports aesthetic education on the basis of the original content.

### ***5.6 From the Perspective of "Teaching Resources Construction"***

Teaching resources are the necessary and usable conditions to ensure the effective development of teaching activities. The course teaching resources of "Shaobei Wushu Culture" must meet the needs of mobile learning. After careful organization and clever arrangement, various teaching contents should be introduced and displayed. The construction of teaching resources must conform to the characteristics of the mobile information age, support remote access, browsing, retrieval, downloading and other functions of mobile devices, and stimulate students' interest in learning. At the same time, in view of the characteristics of martial arts teaching, attention is paid to the wide application of new media technology, the integration of virtual reality technology and artificial intelligence technology, the development of video teaching resources, to meet the needs of students to practice martial arts sets [9].

### ***5.7 From the Perspective of "Campus Culture Construction"***

Campus culture is a part of the whole social culture, the characteristics of campus culture for interaction, penetration and inheritance. Adapt to the curriculum construction of "Shaobei Wushu Culture", integrate scientific spirit and humanistic feelings into cultural consciousness, and cultivate students' cultural heritage in the warm campus. The construction of campus culture should take "deep excavation of the connotation of school culture" as the goal, based on "extensive development of students' cultural and sports activities", so that teachers and students with their own wisdom and talent, from the colorful campus life to dig, extract artistic materials and cultural connotation. The construction of campus culture to a new height, enhance the creativity of students, enhance the cohesion of the school.

### ***5.8 From the Perspective of "Teacher Team Construction"***

Teachers play a leading role in the teaching process and play an important role in the growth of students. The construction of teacher team is an important content of the curriculum construction of "Shaobei Wushu Culture", which requires physical education teachers not only to master the exquisite wushu sets, but also to understand the profound connotation of the wushu culture of Shaobei. Taking the action plan of sports aesthetic education infiltration as an opportunity, establishing and improving the teacher qualification certification system tends to comprehensively improve the sports skills and scientific research and teaching ability [10]. Encourage physical education teachers in colleges and universities to volunteer teaching activities and improve practical skills. More favorable policies will be given to physical education teachers who carry out the action plan of sports aesthetic education infiltration in terms of professional title evaluation, evaluation of excellence, compensation and welfare.

## **6. Conclusions**

The action plan of sports aesthetic education infiltration is based on moral cultivation, guided by socialist core values, and centered on cultivating students' strong body and aesthetic humanistic qualities. We should give full play to the advantages of human resources in colleges and universities, provide high-quality educational resources for the balanced development of physical education in primary and secondary schools, and guide teachers and students in colleges and universities to strengthen their awareness of serving society and enhance their ability to serve society. In the process of implementation, all aspects should be considered comprehensively. Because each aspect has dependence and correlation, it is one-sided to consider from one aspect alone. It is necessary to give full play to the joint efforts of various aspects, but also to consider the actual situation and actual needs of the rural primary and secondary school sports aesthetic education, give full play to the enthusiasm of rural middle school leaders and physical education teachers.

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