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Research on the Construction of Teaching Mode of Zhuang Boxing Club in Guangxi Higher Vocational Colleges

Dong Chen*[1], Bing Fang[2], Miaoyi Ou[2], Hang Wang[1], Yuanwang Huang[1], Xiaoming Wang[1]
[1] Guilin University of Technology AT Nanning, Nanning, Guangxi
[2] The NO.31 Middle School of Nanning, Nanning, Guangxi
*Corresponding author, e-mail: 154275816@qq.com

Abstract: *Physical education is a compulsory course for college students. It shoulders the mission of improving the physical health level of college students and helping the construction of healthy China. It is also an important carrier of inheriting and developing China's excellent traditional sports culture. Zhuang boxing is a kind of sport with national characteristics spread in Guangxi Zhuang region. It has been opened and passed down in some higher vocational colleges in Guangxi. Club teaching is a mode promoted by higher vocational colleges in recent years. Compared with the traditional classroom teaching, this mode is more popular among college students. This study discusses the construction of the teaching mode of Zhuang boxing club in Guangxi higher vocational colleges.*

Keywords: *Guangxi higher vocational colleges; Zhuang boxing; Club; Teaching mode; Construction*

Introduction

The “Healthy China 2030” program outlines “Healthy China, National Fitness” as a top-level national strategy, while clearly proposing to vigorously develop popular sports, to support and promote Wushu, a traditional national sport. “Developing traditional sports, rescuing endangered traditional sports, and incorporating traditional sports into the national fitness project” was also proposed in the “Opinions on the Implementation of the Project of Inheritance and Development of Excellent Traditional Chinese Culture” issued by the State Council of China on January 25, 2017.

Wushu is the essence of Chinese traditional sports. Zhuang Boxing is a traditional martial arts of Zhuang nationality, which is spread in Zhuang Nationality Area in the Guangxi Zhuang Autonomous Region. It is a typical representative of Zhuang culture. It has obvious regional characteristics and brand culture of Zhuang nationality, and is one of China's outstanding minority traditional martial arts.

In recent years, with the curriculum reform of higher vocational colleges, new changes have taken place in the teaching reform of physical education in Guangxi Higher Vocational Colleges. The physical education activities in the form of clubs have been carried out in Higher Vocational Colleges in many parts of the country, and have achieved certain results.

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Figure 1. Guangxi Zhuang boxing performance on March 3 of the lunar calendar, 2015

Introduction of Sports Clubs in Higher Vocational Colleges

"Club"refers to the social, cultural, artistic, sports, entertainment and other activities of the group or place. And the "sports club in higher vocational colleges" is the teaching mode of dividing classes according to the interests and hobbies of college students and the level of sports ability when the higher vocational colleges carry on the sports classroom teaching, the guidance of extracurricular sports training, the management of various sports competitions and the construction of sports teams (Wang, 2021).

The teaching mode of sports club system in higher vocational colleges is a new mode that can stimulate the enthusiasm and initiative of college students, which takes lifelong sports as the guiding ideology and students' interest as the starting point, we should attach importance to the improvement of physical ability and the cultivation of physical consciousness, the relationship between school physical education and life-long physical education, modern physical education and physical education, and the establishment of modern physical education concept (Luo, 2020).

At present, the club teaching in higher vocational colleges is generally carried out in the sophomore year of college, while the freshman year is conducted according to the traditional classroom model, and the extracurricular running is used as the assistant of the PE course evaluation.

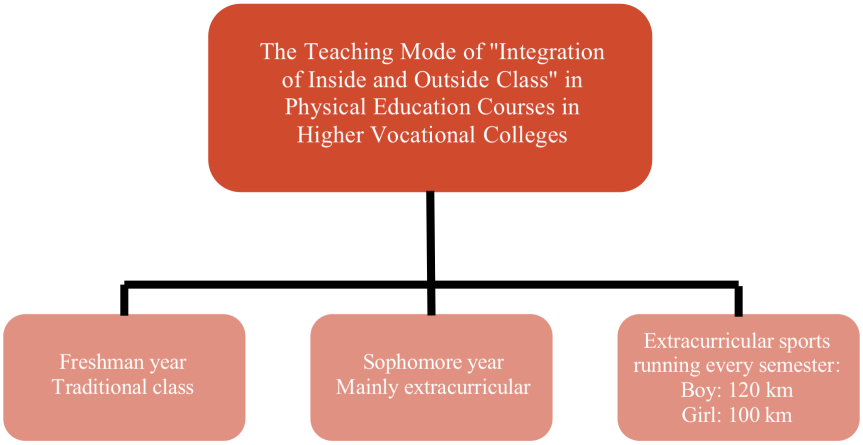

Figure 2. The Teaching Mode

Construction of Zhuang Boxing Club Teaching Mode in Higher Vocational Colleges

The integrated teaching mode of sports clubs in and out of class in higher vocational colleges is based on the whole education view, taking life-long sports as the goal, taking "Health first, lifelong sports"as the guiding ideology, and cultivating the students' consciousness of physical training. This model takes classroom physical education and substitute class as the main body, and takes extracurricular physical education as the auxiliary (club organization is used outside class) (Liu, Wang & Shi, 2020). The teaching mode of Zhuang Boxing Club in higher vocational colleges is extended and constructed on the basis of the existing physical education. The students of Zhuang Boxing Club are mainly composed of wushu elective course of freshman year and students who are interested in Zhuang Boxing.

Table 1. Teaching mode of Zhuang boxing club in higher vocational colleges

	Traditional teaching	Strong boxing club teaching	Extracurricular sports
Time	Freshman year (traditional class)	Sophomore year (mainly extracurricular)	Freshman year, Sophomore year
Content	Optional teaching, quality training, extracurricular running	Optional teaching, quality training, extracurricular running	120KM for boys and 100KM for girls each semester
Teaching format/ Performance evaluation	The selected projects are taught in large classes with 40-50 students in each class	The number of students in each class is about 30	"Sports World Campus"APP

The teaching of Zhuang Boxing Club in higher vocational colleges is based on the "Trinity" mode of traditional optional teaching, Zhuang Boxing Club teaching and extracurricular sports running, it is of great significance to cultivate the healthy idea of physical exercise, to form good exercise habit, to improve the physical quality and to cultivate good will quality of contemporary college students.

The Significance of the Construction of Zhuang Boxing Club Teaching Mode in Higher Vocational Colleges

Physical education is the basis of carrying out physical education and extracurricular physical education in colleges and universities. A series of outlines have been put forward from the state to the local, which plays a guiding role in the development of physical education in colleges and universities, at the same time, it also makes clear the training goal and working direction of physical education in Guangxi higher vocational colleges. Combined with the outline of "Healthy China 2030" program, and according to the characteristics of Guangxi being located in the minority areas, sports items with national characteristics and interesting will be added in project teaching and extra-curricular sports competitions to stimulate the exercise interest of college students, conducive to the promotion of physical and mental health of college students (Chen, 2019). The

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physical education curriculum in higher vocational colleges shoulders the mission of improving the health of college students and strengthening the country of physical education, and it is also an important carrier of inheriting and developing Chinese excellent traditional sports culture. The teaching of sports clubs in higher vocational colleges can arouse the enthusiasm of college students in class, improve their physical quality, and promote the inheritance of traditional ethnic sports culture.

Zhuang Boxing Club Teaching to Promote Physical and Mental Health of College Students

"Health First" is an important guiding ideology in physical education in Chinese universities. As a kind of wushu, compared with ball and track and field, Zhuang boxing has less intensity and lower threshold of participation. It is popular among young college students. The teaching content is the main information which is transmitted in the interaction of learning and teaching, and the choice of the teaching content is the beginning of achieving the teaching goal. Zhuang boxing is a minority culture with Chinese characteristics. As a part of the physical education curriculum in higher vocational colleges, the teaching activities of Zhuang boxing club can not only promote the improvement of the physical quality of college students in an all-round way, can also enable the university student to carry on the catharsis in the life and the study bad mood. At present, the physical quality of Chinese college students shows a downward trend. Teachers should pay attention to the cultivation of students' physical quality when teaching in the strong boxing club, such as asking students to relax bodies, breathe evenly and stabilize emotions before each practice, to bring harmony to the heart, mind, breath, body and spirit, at the same time, this simple method of eliminating stress can be used in daily life and study" (Gu, Zhu, Li & Ma, 2019). Through Wushu teaching, students can improve their psychological quality and temporary coping ability, and balance the healthy development of body and mind.



Figure 3. Zhuang boxing teaching

Zhuang Boxing Club Promotes the Inheritance and Development of National Traditional Sports in Higher Vocational Colleges

There are 56 ethnic groups in China. In the long process of production, living and labor, the people of all ethnic groups have formed a rich traditional culture, and thus a rich variety of traditional sports have been created. Campus is an important place for the inheritance and development of traditional sports culture, so it is imperative to actively integrate excellent traditional national sports culture into school physical education

(Zhang, 2021). Wushu, as a treasure of Chinese traditional culture, contains rich national spirit and patriotism. It can not only enhance the physical quality of students, but also enhance the inner accomplishment, national identity and cultural confidence of college students.

Guangxi higher vocational colleges carry on effective inheritance and development of national traditional sports culture through Zhuang boxing club mode, which is conducive to the promotion of national fitness in higher vocational colleges and helps to integrate national traditional sports into the national fitness system, in order to achieve multi-ethnic vision of sports development needs of diversification (Ding & Huang, 2019). At the same time, it not only promotes the social responsibility of physical education in higher vocational colleges, but also effectively promotes the inheritance and development of Chinese excellent traditional sports culture in the new era.

Zhuang Boxing Club Promotes Extracurricular Sports Activities in Higher Vocational Colleges

The sports club in higher vocational colleges is a kind of cultural phenomenon in the development of campus sports, which is based on the students' common sports interests and the need of self-improvement, the free choice sports item has the association nature sports activity group, also is one kind of organization form in the school sports activity. According to the diversified individual needs of college students, the Zhuang Boxing Club has organized, planned and targeted teaching activities around Zhuang boxing, which can effectively integrate the limited teachers, sports venues and other resources in higher vocational colleges, for implementation and organizational management.

Sports competition plays an extremely important role in the sports work of higher vocational colleges. It can activate the extracurricular exercise atmosphere of college students, release the passion of competition, and enhance the communication between college students. In addition, this competition mode has the function of testing the results of physical education and sports training in higher vocational colleges, and it is also the best way to attract students to participate in physical exercise.

In the past, sports competitions in higher vocational colleges were mainly basketball, football, volleyball and track and field events, with limited coverage. In order to effectively promote the club teaching and training, improve the level of physical education, competition and students' awareness of exercise, so as to achieve the purpose of strengthening physique, reserve sports talents for higher vocational colleges and prepare for all kinds of college students' Zhuang boxing competition.

Conclusion

The establishment of Zhuang boxing club in Guangxi higher vocational colleges plays an important role in promoting higher vocational colleges to complete the task of physical education teaching, improving the physical quality and physical and mental health of students in higher vocational colleges, inheriting and developing traditional Chinese minority sports culture, and enriching the development of extracurricular sports activities in higher vocational colleges.

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