



# Reform and Practice of Wushu and National Traditional Sports Courses in Colleges and Universities under the Background of Big Data

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**Abstract:** With the development of the times, big data and cloud computing have brought a certain influence to the field of Wushu and national traditional sports. In order to better inherit and develop Chinese Wushu and national traditional sports, and realize the modernization of Wushu and national traditional sports, the reform of Wushu and national traditional sports courses under the background of big data should be accelerated. Based on the background of big data, this paper analyzes the current situation of the development of Wushu and national traditional sports courses in colleges and universities, studies the existing problems, opportunities and challenges, and proposes effective measures for course reform and practice.

**Keywords:** big data, Wushu and national traditional sports, course reform and practice

## Introduction

National traditional sports is an integral part of Chinese national traditional culture, which is the material and spiritual wealth of the Chinese nation in its long history. However, there is a close connection between traditional Wushu and national traditional sports. By contrast, Chinese people have a better understanding of traditional Wushu, because Wushu has been widely spread among the people. Chinese Wushu is a national culture created by Chinese people in their long life. With the progress of history, Wushu has gradually been integrated into the society with certain development space not only in the army but also in universities. The courses of Wushu and national traditional sports in colleges and universities are made to cultivate students to master the basic theories and knowledge of traditional sports and national and folk sports as well as basic technical skills so as to develop the ability to exercise themselves and guide others to exercise scientifically.

## 1. Application of big data in sports

Big data is also known as data with numerous quantity. From the literal meaning, it can be seen that big data refers to the large scale of data involved, which is far beyond the data set of traditional databases in terms of data analysis, acquisition, management and induction. The application of big data in the field of sports involves various aspects, such as the data collection and application in the physical health of Chinese people, the application in the sports media industry and the application of sports materials. The application of big data in the field of sports plays a very important role. It also provides convenient conditions for relevant data investigators to obtain more data sources for scientific research and maintain the authenticity of data, thus effectively improving people's lifestyle. Especially in terms of information dissemination, people are no longer relying on traditional TV media. The emergence of new media and "we media" leads to a new form of sports communication, which better meets people's demand for sports information. Definitely, there are still some untapped potentials in the application of big data, such as some basic problems existing in big data, and further research and development are needed for the professionalism of structural model[1].

## 2. Opportunities and challenges encountered in the development of Wushu and national traditional sports courses in colleges and universities under the background of big data

### 2.1 Research method innovation

In the past, questionnaire survey and experimental research were basically used for data research, which were, however, actually affected by many unknown factors, which led to the lack of ability to collect data information, and the authenticity of data remains to be confirmed. However, under the background of big data, it is more convenient than in the past for people to collect relevant data and information, and they can even obtain a large amount of real data and information without touching real objects. In terms of Wushu and traditional ethnic sports, it is difficult to comprehensively collect data from various

aspects by artificial means, such as sports events, age structure of participants, venues and times, etc. , which all produce a large amount of data. Therefore, in terms of research methods, the laws and development value brought by big data are innovative to traditional research methods.

## **2.2 Selection of cultural communication path**

Traditional culture is the foundation of a nation. Culture is the material and spiritual wealth of a nation condensed in its long life and development. In terms of the dissemination of national traditional sports culture, the application of big data actually presents some opportunities and challenges. People's basic thoughts and corresponding practical actions can be understood from big data, which contains abundant value significance and law research. So for the spread of Wushu and the national traditional sports culture, we can select the route of sports culture transmission based on actual research, so as to master the ideological situation of the people who participate in national traditional sports, and give play to the spiritual significance of national traditional sports culture with the help of big data research, which fully meets the development of the times and people's needs[2].

## **2.3 Data integration method**

In the application research of big data, data analysis is the most important research stage. To find out the most valuable information in a large amount of data, to achieve effective integration of data, and then potential value can be discovered through the analysis of relevant data. There are many programme in the course of Wushu and traditional ethnic sports in universities, and these traditional programme also enjoys strong characteristics of ethnic culture. For example, Chinese Wushu have obvious cultural inheritance in training and learning and competitive competition. Therefore, it is of great significance to the data collection and integration of wushu and ethnic traditional sports, and it is also difficult to find the most valuable data information from a large amount of data.

# **3. Problems in the teaching of Wushu and national traditional sports courses in colleges and universities**

## **3.1 Lack of reasonable teaching objectives**

As a general special course, there is a big gap between Wushu and national traditional sports courses courses in colleges and universities. At present, the course development of Wushu and national traditional sports courses is relatively short compared with other majors, and it is still in the primary stage. There are still some immature methods in teaching and management. The premise of teaching work is always to establish correct teaching objectives, formulate teaching plans according to the teaching objectives, strictly implement the prescribed teaching content, and make timely adjustments to cultivate qualified professionals and teaching results.

However, currently, some colleges and universities regard Wushu and national traditional sports courses courses as simple Wushu courses and sports programme, without a correct understanding of the teaching objectives of their courses, and even some colleges and universities do not train students according to the prescribed teaching objectives, which affects their stable development in the future. Moreover, it is certainly true that Wushu can be made for physical practice as the main body, but the purpose to enable students to know the reason why they are required to do so fails to be achieved in the training class with rigid daily exercise. Compared with the one-one-step teaching guidance based on active learning combined with theoretical and cultural background, the old-fashioned teaching process is more similar to the spoon-feeding teaching mode.

## **3.2 Lack of effective course structure**

In Wushu and traditional sports course in colleges and universities as a special class. In terms of structure, most of them refer to other professional sports courses and require practitioners to have the necessary professional learning background. The educational conditions, teaching process and teaching quality of the school and its major should meet certain standards to cultivate talents with professional qualities. However, in terms of the current teaching situation, the content of Wushu and traditional ethnic sports courses is mainly based on Wushu routine, with more attention to practical teaching, lacking of attention to relevant theoretical knowledge and to innovation in teaching content, which greatly reduces the teaching quality[3].

## **3.3 Lack of setting of professional courses**

There is a disproportion between compulsory courses and optional courses in Wushu and national traditional sports courses curriculum, most colleges and universities only give focus on students on the curriculum of technological learning, such as special teaching training (Wushu), teaching theory and practice of training (Wushu) and specialized teaching theory

and practice of training theory and practice of health direction (Wushu). The lack of other extracurricular courses to enrich students' knowledge connotation pose certain restrictions on students' future development. Therefore, the proportion of some elective courses should be appropriately increased in the curriculum structure of Wushu and ethnic traditional sports to further promote the improvement of students' comprehensive quality.

## **4. Effective measures for reform and practice of Wushu and national traditional sports courses in colleges and universities**

### **4.1 Clear definition on the guiding ideology of course reform**

For the precondition of Wushu and national traditional sports course reform, we must make clear the guiding ideology of curriculum reform. In actual process of reform, colleges and universities should fully consider the future development of the students as well as the social market demand for professional talents. In particular, the state's requirements for quality education continue to improve, and the setting of Wushu and traditional ethnic sports courses should conform to the provisions of the state, combined with the needs of universities and the market, curriculum reform and innovation.

Secondly, it is imperative to constantly improve the development of the course structure. At present, most colleges and universities pay more attention to the teaching of Wushu and national traditional sports courses, which deviates from the teaching goal of all-round development of students, and also affects students' ideas, leading to difficulties of students in adapting to the diversified development of the society.

Therefore, college teachers should give full consideration to the future development of students with proper adjustments in course to absorb advanced national traditional sports culture. Traditional sports of intangible cultural heritage are introduced into schools to strengthen the emphasis on theoretical knowledge and promote the diversified development of Wushu and national traditional sports courses. At the same time, it is necessary to fully grasp the market demand and trend of sports major in today's society, and continuously expand the existing course content, so as to promote the comprehensive quality of professionals [4].

### **4.2 Optimization of the course system**

Course system refers to the sequence of the same major in different courses, which is the sum of teaching content and process. It can also determine what kind of knowledge structure students will obtain after systematic learning. The course system is endowed with certain guiding ideology, which is the concretization and support of the training target, which provides standards for the planning scheme of the training target. In the process of optimizing the course structure, students should be cultivated with excellent scientific literacy, skilled professional skills and systematic theoretical knowledge, so as to adapt to the needs of society in the future development. In the teaching process, teachers should constantly optimize the course system and reform the previous course structure based on the market demand. As a result, the teaching content should be updated and the actual ability of students should be improved. The course system and previous course structure can be improved after actual development of students and teaching conditions were taken into consideration.

Firstly, the proportion of compulsory courses and elective courses should be adjusted based on the current course structure system. Secondly, it is necessary to strengthen students' knowledge of the main courses, so that students can master professional theoretical knowledge and skills and the master of professional peripheral theoretical knowledge can be consolidated. In elective courses, students' interests and hobbies can be combined to set up different elective courses, increase online teaching, and network information resources can be added to push learning content. In the same teaching content, students can see the exercise and demonstration of various wizards in the video network, so that students can understand the essence of learning content in more intuitive, clear and vivid manner. The online classroom can be used for homework collection and, which can facilitate information exchange between teachers and students in a more timely and convenient way. As a result, it is a direct embodiment of the content and skills learned in class. Meanwhile, cyberspace has become a good platform for students to show their achievements, which can be used to stimulate students' learning enthusiasm and promote skills display and communication[5].

### **4.3 Top priority on the theoretical study of the course**

In light of the current quality education, the study of national traditional sports courses courses develops with the lack of theoretical knowledge. In the teaching process of Wushu and national traditional sports courses courses, teachers and students must pay sufficient attention to theoretical knowledge, and rich theoretical knowledge is the prerequisite for the development of practical activities. However, students are individually recruited in most national traditional sports majors in colleges and universities in China, there is a severe negligence of the study of professional theoretical knowledge. Consequently, there is

an imbalance between theoretical knowledge and practical movement. Therefore, in the actual teaching process, professional theoretical knowledge and practical activities can be closely integrated by teachers with emphasis on systematic learning of theoretical knowledge, so as to further improve students' application ability of theoretical knowledge for students' all-round development.

## Conclusion

All in all, China's requirements for quality education are constantly improving, and higher requirements are also placed on college Wushu and traditional national sports courses. The traditional sports teaching mode is no longer suitable for the current college Wushu and national traditional sports teaching, and there is no way to fully meet the needs of the society and the market for relevant sports professionals. Therefore, colleges and universities should strengthen the reform and adjustment of the current Wushu and national traditional curriculum system, cultivate professional talents with comprehensive quality, and promote the all-round development of students.

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