

Research on the optimization path of college boxing Course under the background of special creation and fusion

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Abstract: Under the background of the national decision and deployment of higher education reform and innovation, it is an inevitable choice to seek improvement and breakthrough to actively explore and explore the optimization path of specialized and integrated education. Through the study of boxing courses in colleges and universities, it is found that the difficulties mainly come from: internal factors of boxing itself risk, external factors of hardware facilities, curriculum and professional lack of teachers. Under the background of special creation and integration, it is suggested that the college boxing teachers should innovate the teaching content, implement the integrated teaching mode inside and outside the course, establish the concept of lifelong learning, and integrate ideological and political education into the boxing classroom teaching in colleges and universities.

Key words: special innovation and integration; boxing courses; colleges and universities

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1. foreword

1.1.1Research background

Under the background of the national decision and deployment of higher education reform and innovation, it is an inevitable choice to seek improvement and breakthrough to actively explore the optimization path of specialized and integrated education. Creative integration refers to the deep integration of professional education and innovative education. Only by combining boxing professional knowledge education with innovative teaching methods and means can full-time teachers keep up with the pace of The Times, improve the teaching quality and present better boxing teaching for students.

1.1.2Research significance

Through the research on the path of college boxing curriculum special creation and integration, we can solve the practical difficulties faced in the process of college boxing teaching in practice, and enrich and supplement the field of college boxing teaching in theory.

1.2.Research purpose and object

1.2.1.Research purpose

This paper aims to study the dilemma of college boxing courses, find out the fundamental problems and explore their causes, and put forward the optimization path of special innovation and integration on this basis.

1.2.2.Study subjects

The integration and integration path of college boxing courses.

1.3.The dilemma in the development of college boxing courses under the background of special creation and integration

Boxing is a single confrontation sport, to defeat the opponent as the main purpose, known as the "brave sport", is the comprehensive embodiment of the physical quality and psychological quality of the athletes. In recent years, in addition to professional higher education colleges, ordinary institutions of higher learning have also introduced boxing into sports compulsory courses or elective courses. Boxing course has been welcomed by a large part of students for its novelty and project attributes, but the overall development of boxing course is still

limited by internal and external factors.

1.3.1 Internal characteristics and factors of boxing sports

Boxing is a confrontational event, and it is the essential attribute of both athletes to beat and beat their opponents through various punches. In boxing matches and daily training confrontation, it is common for athletes to be injured due to beating. Therefore, boxing is regarded as a symbol of violence by many students and parents. They refuse to participate in boxing in subjective consciousness, which undoubtedly has a serious impact on the smooth development of boxing courses in universities.

1.3.2. External factors

1). Teaching hardware facilities

Professional boxing teaching venues, complete teaching equipment and facilities can improve students interest in learning boxing. Standard boxing ring, sandbags, a certain number of boxing covers, hand targets and protective gear are also the necessary material guarantee for boxing teaching. However, through interviews and surveys, it is found that most colleges and universities do not have perfect supporting facilities for boxing projects, which directly affects the development of some teaching content of boxing, and even some teaching content cannot be carried out. For example, we cannot carry out practical practice without protective gear, and the pressing tactics cannot be taught without the ring.

2. Boxing classes have less hours and long intervals

Boxing movement contains complex tactics system, athletes not only need to learn solid boxing basic technology (including offensive techniques, defensive technology, counterattack technology, etc.), boxing tactics (including active tactics, defensive tactics, defensive tactics, stalemate tactics, etc.), also need to practice boxing special physical (boxing fitness directly on boxing tactics, is the basis of boxers win).

The mastery of boxing skills and tactics is directly proportional to the overall practice time of the students. Boxing courses in colleges and universities generally exist in the form of voluntary elective courses. Most colleges and universities set a learning cycle of about one and a half academic years, with a total of 96 credit hours, 32 credit hours per semester, with an average of 2 credit hours per week. Boxing course as physical education course, has the general structure of physical education course (every a standard physical education must contain the preparation of warm up part, the middle of the basic practice and late relaxation part), section 90 minutes of physical education to learn boxing special technology time only about 50 minutes, and most of the focus on basic practice. Therefore, in the overall lack of college boxing classes, it is difficult to ensure that students can fully master the special boxing skills.

On the other hand is the interval of college boxing courses time is long, a class a week (two hours) of boxing courses, boxing courses as physical education is different from the cultural course, boxing tactics master not only need students to understand the theory of knowledge concept and memory, also need to be through the body parts coordination with quantitative strengthening practice, form action memory, achieve movement skills automation. The long interval between the two boxing classes will lead to the lack of sports skills over time, which leads to teachers having to spend more time reviewing and consolidating the learning content of the last class in the new class.

3. Lack of professional teachers

Professional boxing teachers are the premise and guarantee of boxing courses in colleges and universities. Qualified boxing teachers should not only have rich practical experience in boxing, but also have strong theoretical knowledge of boxing. Only by combining practice and theory can they carry out good daily teaching of boxing courses. However, it is found that in the reality, the college boxing teachers are often divided into two extremes, either the strong theoretical and weak boxing professional level, or the high professional level, but the lack of theory.

Chinese college boxing teachers are mainly divided into two categories: one is professional athletes retired

college boxing teachers, formerly boxing professional athletes, obtained excellent sports results, after the college or graduate school, after the college boxing teachers, such teachers have no boxing professional athletes experience, during the university or graduate contact boxing training, after graduation into college as boxing teachers. The advantages and disadvantages of two types of teachers is more obvious, professional athletes retired college boxing teachers boxing special skills ability is strong, but due to the training team or sports school background to lack of academic learning, for boxing theory and related sports discipline theory knowledge, which directly reflected in this kind of teachers in boxing daily teaching, always with their training team experience to carry out the teaching, less classroom innovation. The athletes retired college boxing teachers for boxing theory and related sports theory knowledge is better, but because they did not accept system boxing project practice training, not obtained the sports performance, for boxing special skills level is not high, this directly reflected in this kind of teacher boxing daily teaching is mostly confined to basic tactics stage, difficult to delay upward

With the continuous increase of the recruitment threshold for boxing teachers, it is generally required that national second-level athletes and above, masters degree. However, due to the influence of the early competitive sports system, Only in the form of sports schools and training teams at all levels, This directly leads to the concentration of talents with a higher level of specific boxing skills, However, these people are less able to continue further study after retirement due to cultural reasons, Graduate degree; In ordinary schools, on the other hand, have less access to boxing as they grow up, Boxing also therefore lacks a mass base, Only after entering sports colleges or a small number of universities with boxing, But due to the limited overall practice time, Lack of professional system training and other reasons lead to its special level is not high. To sum up, the combination of the two reasons directly leads to the scarcity of excellent boxing teachers in Chinese colleges and universities.

4. Research on the optimization path of college boxing Course under the background of special creation and fusion

4.1. Innovative teaching content

According to the internal characteristics of boxing itself,

The teaching objects of college boxing courses are college students aged 18 to 23, which is fundamentally different from the athletes of sports schools and boxing training teams. The starting point and goal of the athletes of sports schools and boxing training teams is to participate in the competition and obtain excellent sports performance. The goal of college students is to keep fit, master boxing skills and develop lifelong sports habits. This is also the essential difference between competitive sports and school sports. Based on this, boxing teachers in colleges and universities should combine the actual teaching situation of colleges and universities to innovate the teaching content of boxing courses in colleges and universities, focusing on the teaching content of popular basic technology, supplemented by the elite teaching content, the interest-oriented teaching content and the teaching content of improving the level of sports competition.

The popular basic teaching content mainly includes non-restrictive boxing techniques (basic combat style, mobile technology) and basic boxing exercises (straight boxing, hook boxing, swing boxing and combined boxing techniques). The elite teaching content includes (boxing attack technical system, defensive technical system, defensive counterattack technical system). The teaching content includes interest teaching content (gamification preparation or relaxation activities, group interaction with practice, group interaction hand target exercises, etc.) and physical teaching content (special physical fitness: rope skipping exercises, rope ladder practice, speed punching and shooting exercises, etc.; basic physical fitness: strength, speed, endurance, sensitivity and flexibility exercises). The teaching content to improve the level of sports competition includes boxing tactics (offensive tactics, defensive tactics, counterattack tactics and stalemate tactics) and actual combat practice (conditional actual combat, unconditional actual combat, actual combat).

Boxing popular basic teaching content retained the basic characteristics of physical fitness, defense, but also

can effectively avoid confrontation and competition, reduce the injury probability, so a lot of boxing popular basic teaching content and interest physical oriented teaching content design can greatly reduce the risk of boxing courses in colleges and universities, avoid the risk of boxing itself. A small amount of elite teaching content and the oriented teaching content of improving sports competitive level retain the antagonism and competitiveness of boxing, but also retain the unique charm of boxing, which can stimulate students interest in learning.

In addition, in the case of boxing teaching hardware facilities are not complete, more test of teachers innovation ability. Boxing teachers in colleges and universities should keep learning, be good at summary, actively explore and innovate teaching means and contents, and be able to design classroom teaching content no less than complete hardware facilities according to the existing hardware facilities. For example, let students act as human wall to simulate the real ring environment and conduct conditional practical teaching; design gamified physical teaching content to stimulate their interest in physical practice so as to actively participate in.

4.2.Implement the integrated teaching mode inside and outside the class

The integrated teaching mode inside and outside the course refers to the integration of the teaching resources outside the college boxing classroom teaching, and making full use of them, and effectively connecting it with the boxing classroom teaching, forming a new teaching mode integrating classroom teaching and extracurricular boxing teaching activities []. Building the integrated teaching mode inside and outside boxing class in universities can organically solve the problem of insufficient boxing class hours and long course interval, so that students can have enough time to practice the boxing knowledge points outside the class, and ensure the proficiency of sports skills.

Establishing boxing clubs in colleges and universities is an important part of constructing the integrated teaching mode inside and outside of boxing courses. The activities of the college boxing associations should be organized and managed by the students under the constraints of the perfect constitution system, and carried out regularly under the supervision and guidance of the college boxing teachers. Extracurricular boxing club activities are dominated by students, and students mainly learn and exchange boxing skills and tactics with each other. Boxing teachers in colleges and universities should actively change teaching idea, the importance of extracurricular boxing teaching activities should be equivalent to classroom teaching, only the college boxing classroom teaching and extracurricular boxing community teaching activities, to further stimulate students interest in boxing courses, to ensure the quality of students boxing sports skills.

4.3.Teachers should establish the concept of lifelong learning

The professional level of college boxing teachers directly affects the teaching quality of college boxing courses. Therefore, college boxing teachers should face up to their own shortcomings and take the initiative to strengthen their learning. College boxing teachers with insufficient professional skills should actively strengthen boxing system training to improve their boxing skills and tactics; College boxing teachers with insufficient theoretical knowledge should calm down to study relevant books, academic papers and scientific research achievements, always understand the preface academic theories in the field of boxing, and guide the daily practice teaching. In addition, college boxing teachers should actively participate in boxing special skills training, theoretical training and referee knowledge training, enhance the communication and exchange with the old and new boxing teachers, learn from each other, make progress together, and apply what they have learned. Only when college boxing teachers set up the concept of lifelong learning, can they keep pace with The Times, carry out good daily boxing teaching activities, and ensure the quality of college boxing courses.

4.4.Integrate ideological and political education into boxing classroom teaching in colleges and universities

Different from most cultural courses that preach ideological and political education [], boxing teaching activities as a physical education class require students to practice and participate in it, and integrating ideological

and political education is easier for students to accept. Therefore, integrating ideological and political education in boxing teaching activities in colleges and universities has twice the result with half the effort. Ideological and moral education is the basis of cultivating students correct outlook on life and values. Cultivating students ideological and moral character has always been the primary purpose of education, and also the original intention and starting point of boxing teaching activities in colleges and universities.

College boxing teachers should correctly establish the concept of ideological and political education, organically integrate ideological and political education with students daily boxing practice and learning, and carry out ideological and political education for college students. College boxing teachers can carry out ideological and political education to students through the following ways: first, use the rules of boxing competition rules (boxing competition rules have strict regulations on the attack mode, attack parts, etc.) and daily practice requirements (in daily practice, Complete the tasks assigned by the teachers carefully, Not lazy and slack off) to cultivate students awareness of rules and discipline; The second is to cultivate students sense of competition through boxing confrontation practice (including opponent target practice, attack and defense practice and actual combat practice, etc.) (let students understand that competition is the most effective means to make their progress, So as to actively participate in the competition, Enjoy competition) and the ability to resist setbacks (competition is failure, Failure is not terrible, The terrible thing is that I dare not face the failure, Let the students realize that failure is the norm of life, Only by putting failure in perspective, To overcome the defeat, Ability is their own continuous progress and promotion); The third is to design the difficult teaching content from low to high (such as dodge defense at the beginning of the practice, Can make your partner deliberately not hit yourself, When mastered, And let your partner hit him with all strength, Finally, we can practice without wearing protective gear) to cultivate students self-confidence, self-confident is the first secret of success, only believe in yourself, to create countless can

5.epilogue

At present the plight of college boxing courses mainly comes from the internal factors boxing sports risk, external hardware facilities, curriculum and lack of professional teachers, under the background of designed and fusion suggest boxing teachers innovation teaching content, the implementation of class inside and outside integration teaching mode, set up the concept of lifelong learning, ideological education into boxing classroom teaching in colleges and universities.

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