



## A Guide Management Taekwondo on Teaching for Universities in Henan Province

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### Abstract

**Background and Aims:** University education sports not only exercise students' physical quality but also cultivate students' spiritual and psychological quality in the process of development. The college physical education courses fully integrate the concept of education, promote the two-way development of students, and help students cultivate good physical and mental quality and behavior habits. Thus, this research aims to construct a guide to the management of Taekwondo teaching for universities in Henan Province.

**Materials and methods:** This research is a research and development type of theoretical research. This research investigates the status quo of Taekwondo courses for universities in Henan Province through literature, expert interviews, questionnaires, and mathematical statistics. The sample size required for this study was calculated using Yamane, T. to be 353 (all 353 university students were non-sports major students from 9 universities in Henan Province). The validity and credibility of the questionnaire survey were verified using IOC, providing a theoretical basis for the guidelines management on Taekwondo teaching for universities in Henan Province.

**Results:** (1) Planning: Developing Taekwondo courses and establishing Taekwondo teaching management guidelines; (2) Organizing: Promote Taekwondo teaching activities, establish teaching groups, clarify teaching tasks, and strengthen the responsibilities of managers; (3) Leading: Develop the school sports talent training plan, provide sufficient high-quality venues, equipment and equipment, and realize the integration of Taekwondo teaching inside and outside; (4) Controlling: Set up a teaching evaluation team, and formulate a report on the feedback of the teaching status, to implement the improvement of teaching.

**Conclusion:** The conclusions drawn for Taekwondo teaching in Henan universities were Planning, Organizing, Leading, and Controlling.

**Keywords:** Universities; Taekwondo Teaching; Guide Management

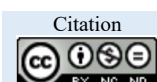
### Introduction

With the rapid development of the economy, and the continuous improvement of people's consumption level, the awareness of their health is becoming stronger and stronger, Taekwondo sports set sports, entertainment, art in one, highly combined with fitness, self-cultivation, and self-defense sports has become a fashionable activity in the current society. With the popularization and promotion of Taekwondo in society, the typical Oriental cultural atmosphere, the Confucian thought of "starting with rites and ending with rites", and the spirit of "shame, self-discipline, patience and persistence" have become popular in Chinese university campuses. Taekwondo, as a sports activity under the scope of physical education, not only increases the content of physical education but also enriches the students' knowledge structure.

University education sports not only exercise students' physical quality but also cultivate students' spiritual and psychological quality in the process of development. Yang, J. (2021) college physical education courses fully integrate the concept of education, promote the two-way development of students, and help students cultivate good physical and mental quality and behavior habits.

Strengthen the construction of PE teachers, and adjust the training plan of PE personnel in colleges and universities, Zhao, J-Y. (2021) reform teaching methods and assessment methods, improve sports facilities and equipment in colleges and universities, improve students' enthusiasm for PE courses, and help them deeply understand the spirit contained in the quality of activities.

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We will deepen the reform of the curriculum system in colleges and universities and train application-oriented, high-end technical personnel. Tian, Z-Q, Dong, F., & Li, D. (2022) In the construction of curriculum systems and training of outstanding talents, colleges and universities should strengthen the modern development concept, have a certain degree of innovation and comprehensiveness, to improve students' sports ability and have a comprehensive understanding of health knowledge.

Based on the above background and comprehensive consideration, university taekwondo teaching management is a common problem of the times. university physical education is an important part of higher education, which is the cross combination of university physical education and social education. It is not only the foundation of national fitness, but also the strategic focus of national physical education development, and an indispensable aspect of achieving the goal of high-quality personnel training. university sports Taekwondo education not only helps students master sports knowledge, skills, and abilities but also promotes the development of student's physical and mental health and realizes the unique role of higher education. Therefore, it is of great significance for students to learn Taekwondo for university. Optimizing the teaching management of taekwondo in universities and promoting the all-round development of college students is the direction and goal of governments all over the world. Through this study, we will deeply study the management of taekwondo teaching at Henan Higher University.

### Research object

To construct a guide management Taekwondo teaching for universities in Henan Province.

### Literature review

Teaching is an educational activity that can be carried out in different environments, such as teacher education at university, parent education at home, and experience education in society. The point of teaching is to help students grow and develop by imparting knowledge, skills, and values. Liu, X. (2022) The development of Taekwondo teaching in universities is not only the need to promote physical health quality education but also the need to promote the all-round development of university students. Through the reform of teaching mode, we should start with the cultivation of interesting teaching mode, carry out rich and diversified teaching mode reform, coupled with the support of various innovative teaching methods, to improve the effectiveness of current university Taekwondo teaching, and then promote our country's physical education to cultivate university students in the new era of comprehensive and healthy development.

Taekwondo is closely related to the development of social times. It has a comprehensive influence on the development of students' physical and mental health. The development of Taekwondo in colleges and universities cannot be separated from the promotion of taekwondo, the improvement of teaching equipment, the introduction of teachers, the improvement of the teaching environment, the improvement of teaching equipment, the change of teaching methods and the innovation of teaching methods. Hao, Z. (2021) Physical education teaching environment plays a key role in the quality and effect of physical education and is also the premise of carrying out sports activities, which has a corresponding impact on the reform and development process of physical education in colleges and universities. Liu, X., & Li, W. (2023) the reform of physical education curriculum should focus on the transformation from "individual physical education ability" to "organized physical education ability", pay attention to physical exercise, and cultivate regular exercise habits. Yi, Z-Q. (2020) Integrates teaching concepts such as "three-dimensional goal", "knowledge, skills", "process, method", and "emotion, attitude, and values" into college sports to achieve teaching diversification and improve students' teamwork spirit.



## Conceptual Framework

The research title “A Guide Management Taekwondo on Teaching for Universities in Henan Province”, we designed the Conceptual Framework as follows;

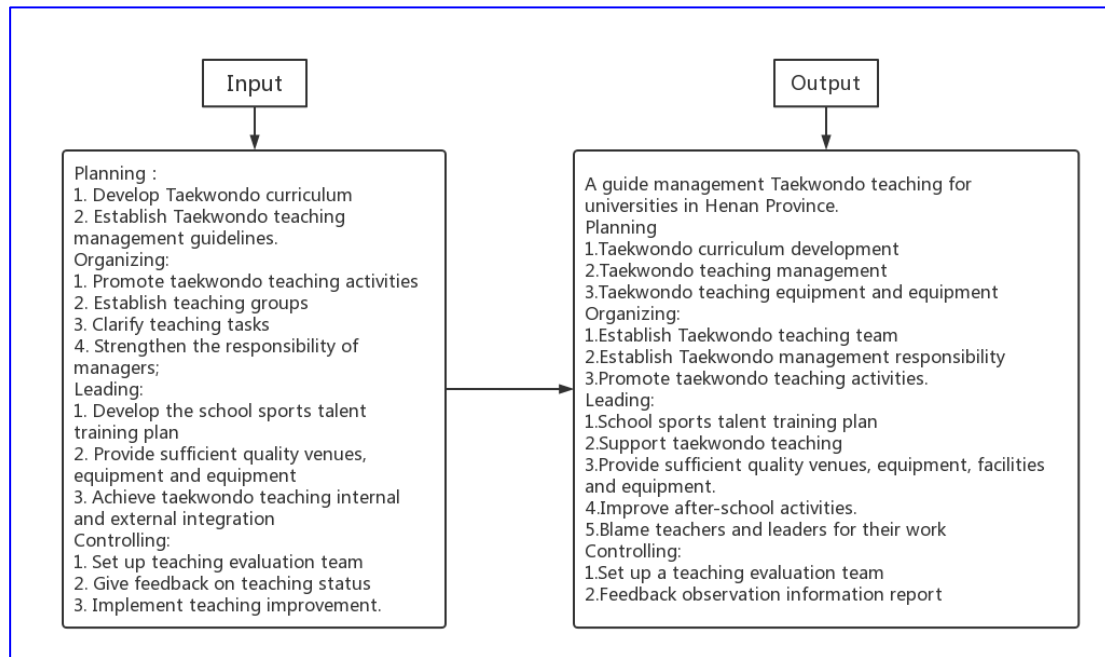


Figure 1 Conceptual framework

## Methodology

1. **Population:** The subjects of this study are 9 out of 199 universities in Henan Province, with 18 teachers, 18 taekwondo teachers, and 3171 students, totaling 3189.

2. **Sample:** By selecting the sample size of Yamane, T. in 1970, it is found that the sample size is 353 people, including 39 people from 7 universities. The other two schools have 40 students each. According to inter-university exchanges, there are 18 taekwondo teachers in nine universities. Due to the small number of teachers, we take all 18 teachers as teacher samples.

**Research tool:** The interview table collected the data from 9 university Taekwondo teaching experts. To investigate the problems, obstacles, and opinions of stakeholders through questionnaires. And focus group summary, with 15 experts conducting focus group data analysis.

**Data collection process:** Research concept: Experts are interviewed in the form of interviews. Problems, obstacles, and suggestions in Taekwondo teaching in colleges and universities in Henan Province: Questionnaire survey was used to investigate the samples. And recording form: Aggregate focus group data.

**Data analysis:** Descriptive statistical methods (percentage, mean, standard deviation) were used to analyze the data collected through the questionnaire. Focus group discussions are analyzed using the method of content analysis. Based on analyzing the current situation of Taekwondo teaching management in Henan Province, the paper analyzes the influencing factors of Taekwondo learning in Henan Province. Based on the “POLC” theory, this study designed a Taekwondo teaching management guide for colleges and universities in Henan Province (as shown in Figure 1) to help colleges and universities in Henan Province effectively improve the level of Taekwondo learning management.

1. Further collate the research results, improve the understanding of learning status, manage taekwondo teaching in universities in Henan Province, understand its impact more clearly, analyze the impact of different factors on learning management, and formulate future learning management objectives and main strategies.



2. Interviewed sports experts and senior sports team managers in Henan universities, solicited specific implementation suggestions according to the research topics, and ensured that the action plan was scientific, reasonable, and feasible.

3. Analyze the allocation of resources at all levels of the state, schools, and teachers, reflect the level of taekwondo teaching management in colleges and universities in Henan Province, and establish a new management model based on the action plan for rational and optimal allocation of resources.

4. Formulate a targeted overall plan for the new learning management mode, clarify the main directions of the reform of various management contents, put forward specific reform suggestions, and formulate reform plans.

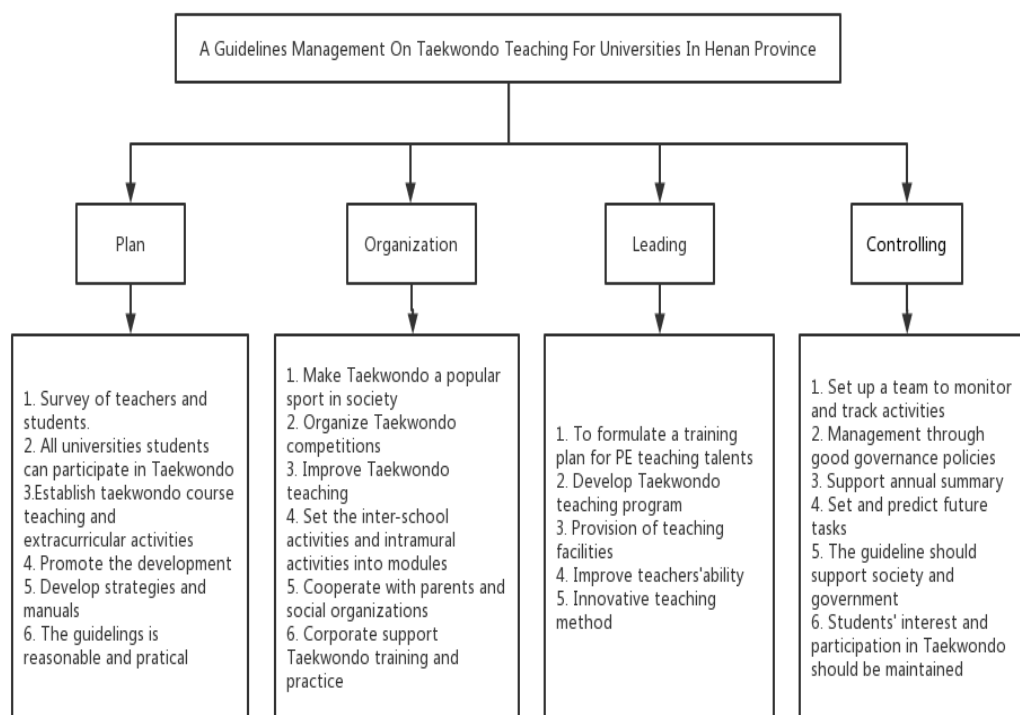


Figure 2 A Guidelines management On Taekwondo teaching for universities in Henan Province

## Results

This article collects information through various methods such as literature review, expert interviews, on-site surveys, and questionnaire surveys, and establishes a Taekwondo teaching management guide in Henan Province. It provides a scientific and reasonable theoretical basis for Taekwondo teaching in Henan universities. Using the POLC management concept, the following conclusions are drawn for Taekwondo teaching in Henan universities:

**Planning:** To build a scientific and reasonable Taekwondo teaching management guide, the research on Taekwondo teaching in universities in Henan Province mainly focuses on curriculum development, teaching management, and related teaching equipment to develop a management guide plan.

**Organizing:** Through the establishment of teaching groups, clear teaching tasks, purposeful work arrangements, regular teacher training, and the implementation of a publicity system, strengthen the responsibility of managers to achieve the promotion of the Taekwondo theme.

**Leading:** According to the talent training program of colleges and universities in Henan Province,



develop the talent training plan for Taekwondo in sports, reflect the importance of the project, and highlight the importance of Taekwondo in the form of publicity and advertising. Then, the first thing is to provide a basic guarantee in terms of sports venues, equipment, and facilities; Second, select excellent teachers to ensure the quality of teaching; Finally, it is to realize the integration of teaching inside and outside the class.

**Controlling:** To strengthen the quality of Taekwondo teaching in colleges and universities, it is first necessary to establish a teaching evaluation team to understand the teaching quality of teachers using assessment, master students' learning needs for taekwondo, and formulate a report based on the feedback of teaching status, to improve teaching control.

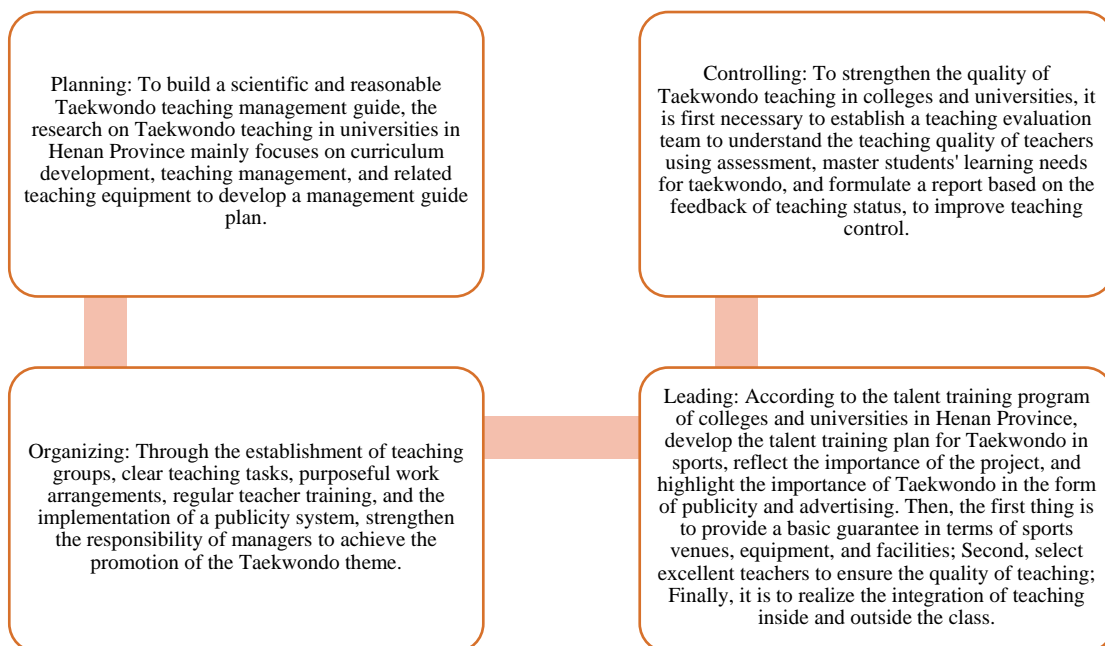


Figure 3 Taekwondo teaching in Henan universities

## Discussion

**Planning:** Develop a management plan from a guide to curriculum development, teaching management, and related teaching equipment. Li, R. (2023) With the advancement of education reform, physical education reform not only needs to innovate in teaching content and teaching methods but also needs to cover the reform of teachers' teaching thinking and teaching mode. Chen, J., & Mao, L. (2021). analyzed that there are two major problems in the management of physical education in colleges and universities: one is the lack of professional teachers, and the other is the lack of correct theoretical guidance. The countermeasures are as follows: build a high-quality teacher management team, innovate the teaching management mode, and improve the construction of teaching resources.

**Organizing:** Establish teaching groups, clarify teaching tasks, arrange work purposefully, carry out regular teacher training, and implement a publicity system. Wang, X. (2019) pointed out in his research that in the construction of a physical education curriculum system, universities should adjust and optimize teaching content, teaching methods, teaching evaluation, and teaching conditions, consciously put forward the restricted model of taekwondo teaching, and promote students' independent practice in class and after class. Zhang Jigui (2022) pointed out in his research that measures such as improving teachers' teaching management levels and establishing a scientific PE curriculum evaluation system can



effectively improve the level of PE teaching management and students' PE quality.

Leading: Through management and guidance, targeted work is carried out, and the responsibilities of leaders and teachers are assigned. Make basic guarantees in sports venues, equipment, and facilities; Secondly, select excellent teachers to ensure the quality of teaching; Finally, it is to realize the integration of teaching inside and outside the class. Zhang, J. G. (2018) pointed out that he should return to teaching and be a practitioner and leader of curriculum reform. Leadership is the leadership of educational thought first, followed by administrative leadership, so the principal's separation from classroom teaching practice itself is against the principle of education.

Controlling: It is necessary to establish a teaching evaluation team to understand the teaching quality of teachers and grasp students' learning needs for Taekwondo using evaluation and assessment. Wang, W-Q. (2006) pointed out in his research that: deepening the reform of teaching, strengthening management, people-oriented management philosophy of mathematics and mathematics, applying the system to management, doing things rather than people, and everyone being equal in front of rules and regulations are our consistent part-time principles.

Many cases show that there are many ways to formulate the guide, such as: innovating the concept of physical education teaching management, clarifying the objectives of teaching management, optimizing the teaching management system, strengthening the management assessment, and many other scientific ways.

## Recommendation

School physical education teaching is an important period for cultivating physical education knowledge, practice, and attitude. This is the root cause of sports and the stickiness of their lifelong participation. According to POLC theory, the following suggestions are made for management guidelines:

1. According to the Plan, to strengthen taekwondo teaching management in colleges and universities, we should first start from the source and solve the problem of single and boring teaching methods by optimizing teaching content Settings. At the same time, take effective measures to stimulate the enthusiasm of athletes in learning and optimize the curriculum setting, so that the curriculum setting of Taekwondo in colleges and universities is more in line with its characteristics.

2. According to the Organization, considering that Taekwondo in universities must not only complete the same learning tasks as ordinary college students, but also undertake heavy training and competition tasks, and the learning period is the same as that of ordinary college students, it is indeed difficult to complete the study, and it is necessary to appropriately extend the learning period. At the same time, optimize the project supply, mobilize the autonomy of cultural learning, and add some sports-related courses to enrich the professional theoretical knowledge of athletes.

3. In the "lead", the establishment of a multi-party win-win and mutual promotion of the co-governance system, it is recommended that the State General Administration of Sport reasonably set a unified national enrollment period, the national unified professional examination time scientific assessment, evaluation of the feasibility of postponing the professional examination, willing and conditional provinces and universities pilot reform.

4. In "Control", the range of credits awarded for training and competition results. This policy applies to electives only. For professional core courses, it is necessary to strictly ensure that athletes complete the quality and quantity. If the academic performance fails to meet the specified standards, the training or competition will be suspended to ensure that athletes train and compete based on strictly completing the learning task.

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