



## The Construction of Wushu Teaching Strategy in Higher Education Based on WSR Theory

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Received 11/12/2023

Revised 23/12/2023

Accepted 21/01/2024

### Abstract

**Background and Aims:** The document of the Ministry of Education pointed out that physical education in colleges and universities should be student-oriented, adopt teaching methods that students are more willing to accept, and get close to life so that participants can feel the charm of martial arts courses, and obtain psychological baptism while learning sports skills. The objective of this study is to construct a promotion strategy of college wushu courses based on WSR theory.

**Materials and methods:** This research is an investigation based on WSR theory. The participants were divided into three groups : (1) The first group of 7 experts served as a focus group discussion to study the status quo of Wushu elective courses in universities; (2) The second group of 22 experts drafted the promotion strategy model using Delphi method; (3) The third group of 9 experts used appreciation method to confirm the promotion strategy model. The index system was established by means of mean, standard deviation, coefficient of variation and P-value. Max, weight, consistency index and consistency ratio were used to determine the index weight.

**Results:** The results show that the promotion strategy model of Wushu elective courses in colleges and universities conforms to the Chinese WSR method, which has 39 three-level indicators. There are three first-level indexes, which are Wuli, Shili and Renli. 10 secondary indicators, namely material resources, funding, teachers, training plan, organization, curriculum plan, teaching planning, publicity, cognition, performance; Equipment support and management, the number of venues, the size of the use of 39 three-level indicators.

**Conclusion:** This study combines WSR theory to construct the promotion strategy of the wushu course in the college entrance examination, which conforms to the writing idea of scientific research and is recognized by theory and practice.

**Keywords:** WSR; Higher Education Wushu; Strategy

### Introduction

The Opinions on Comprehensively Strengthening and Improving School Physical Education in the New Era issued by the General Office of the CPC Central Committee in 2020 clearly points out the importance of vigorously promoting traditional martial arts in colleges and universities. In 2020, the Ministry of Education, the Ministry of Finance and the National Development and Reform Commission issued the Guiding Opinions on Accelerating the Construction of "Double First-class" in Institutions of higher Learning, pointing out that based on the school tradition and realistic positioning, guided by socialist core values, to promote the creative transformation and innovative development of China's excellent educational culture. To build a university culture with Chinese characteristics with the spirit of The Times and distinctive style.





School physical education, as a course based on physical practice, is one of the important means for students to realize the unity of knowledge and action, and to form their own moral character and good interpersonal relationship in sports. With the acceleration of the pace of modern society, the requirements for sports talents are becoming increasingly strict. Therefore, colleges and universities make full use of network teaching means, carry out "online + offline", "flipped classroom" and other models combined with their own conditions, pursue sustainable development of online public physical education courses, and improve the promotion strategy of college martial arts courses is an important way to carry forward the traditional martial arts culture. Finally based on the WSR theory (WSR is the abbreviation of the methodology of "physics (Wuli) - reason (Shili) - human reason (Renli)". WSR methodology is not only a response to the world system science community, but also a refinement, inheritance and development of the system thought in Chinese traditional culture. Analyze the promotion strategy of wushu course in colleges and universities.

Xu (2020) explained in his research on the Lack of traditional Culture in College Martial Arts Teaching and Analysis of Countermeasures that the countermeasures to improve martial arts teaching include enhancing professional standards, accurately positioning teaching objectives, creating a benign relationship between teachers and students, improving students' enthusiasm, adhering to The Times, innovating teaching modes, and strengthening quality-oriented cultural education.

According to the current situation of martial arts teaching in the article Research on New Ideas for the Reform of the Content and Methods of Martial Arts Teaching in Colleges and Universities, Guo (2021) summarized the phenomenon of conceptual limitations and cognitive deviations in martial arts teaching, and stressed that colleges and universities should attach great importance to martial arts teaching, comprehensively improve the comprehensive quality of physical education teachers, and constantly enrich the existing teaching methods and contents. Arouse students' learning enthusiasm and enthusiasm, and further achieve the goal of promoting the progress and development of college martial arts teaching level.

Cui (2021) Research on the Sharing Path of Martial arts Teaching Resources in Colleges and Universities in the New Era proposed measures such as building an information resource database, reforming the management mode of martial arts teachers, and building an operation mode of "Internet + venue sharing" to promote the comprehensive sharing of martial arts teaching information resources, teacher resources and venue resources in colleges and universities.

In his research paper on the evaluation of college physical education teaching based on WSR, Yao (2018), guided by the WSR "Wuli-Shili-Renli science" methodology, combined with the actual development of college physical education and the requirements of Wuli education work, preliminarily constructed the evaluation index system of college Wuli education. After three rounds of expert screening indicators by using the Delphi method, The evaluation index system of college Wuli education based on WSR methodology is established, and the weight values of the first, second and third indexes are established by the analytic hierarchy process.

WSR is a new theoretical basis for constructing promotion strategies, constructing online reform of physical education courses, cultivating students' self-learning habits with innovative course content, teaching means and teaching methods, so as to realize the reform of public physical education courses and promote the teaching of martial arts courses in colleges and universities.



## Research objective

To the construction of Wushu teaching strategy in Higher education based on WSR theory.

## Definition of terms

### 1. Higher Education Institutions

Higher Education Institutions are undergraduate the higher education institutions, ordinary vocational colleges and ordinary technical colleges.

### 2. Wushu elective Course

wushu is a traditional sport of the Chinese nation, which is based on the theory of Chinese culture, takes the methods of fighting as the basic content, and takes routine, fighting and wushu as the main forms of sports. The wushu elective course in this study is mainly aimed at non-physical education students in general higher education institutions.

### 3. Promotion

To popularize means "to expand the area in which something is used or acts." The promotion of this study refers to the promotion of wushu course teaching.

### 4. WSR methodology

WSR is the abbreviation of the methodology of "Wuli - Shili - Renli". WSR methodology is not only the response to the world system science, but also the refinement, inheritance and development of the system thought in Chinese traditional culture.

It was proposed by Professor Gu Jifa and Dr. Zhu Zhichang in 1994 at the University of Hull, UK. It is not only a methodology, but also a tool to solve complex problems. When observing and analyzing problems, especially when observing and analyzing systems with complex characteristics, WSR embodies its uniqueness and has traditional Chinese philosophical speculation, which is a comprehensive unity of various methods. According to the specific situation, WSR makes the method group organized and hierarchical, and plays the effect of simplifying the complex. It belongs to the Oriental system thought of integrated qualitative and quantitative analysis.

Wuli refers to the mechanisms involved in the motion of matter. In the process of talent training, we take the material factors that affect the quality of training as the physical layer of evaluation. Among them, there are two main physical factors affecting the quality of talent training: professional construction and teaching resources.

Shili refers to the truth of doing things, mainly to solve how to arrange. The process of talent training is the teaching process, and the principle of talent training quality is the mechanism in teaching, that is, the factors affecting teaching. Namely training program, teaching syllabus, teaching implementation, teaching management.

Renli reason refers to the truth of being a man, that is, how to be a man. In the quality of talent training, human theory refers to how to give full play to the role of teachers, as well as the main role of students, fully tap the potential of students, and cultivate all-round talents. Namely, scientific research, teaching effect and teaching attitude.

For example, in the sentence "treatment requires us to take drugs", "treatment" belongs to the Shili system (S), "we" belongs to the Renli system (R), and "drugs" belongs to the Wuli system (W).



## Research procedure

The first step is to determine the research direction. To understand the problems existing in the status quo of wushu courses in colleges and universities.

The second step is to search relevant literature, define the main concepts, and establish the research principles and theoretical basis.

The third step, the initial construction of college wushu teaching elective course promotion strategy. The focus group discussion and Delphi method are adopted, and then the analytic hierarchy process is used to analyze the indicators, and the promotion strategy of college wushu course is initially constructed.

The fourth step is to carry out expert verification according to the evaluation indicators and obtain data analysis.

The fifth step is to construct strategies to promote the application of college general martial arts courses to the universities in need.

## Literature Review

The literature of this study includes domestic and foreign literature, among which the domestic literature mainly focuses on "traditional projects, martial arts teaching, curriculum construction, sports project promotion".

Fang (2022), in his research on the Inheritance and Reconstruction of Traditional Martial arts Culture in College Martial Arts Teaching, pointed out that there are some educational and teaching problems in college martial arts teaching, such as valuing martial arts skills over martial virtues, valuing sets over innovation, and lacking major martial arts theories.

Chen (2022) emphasized in her research on the Information Construction of Martial arts Teaching Platform under the Background of Educational Modernization that the profound charm of martial arts comes from its profound cultural heritage and implicit technical connotation. On the one hand, "boxing thousands of times, its meaning is self-evident", the simple and easy to understand text reveals the importance of understanding in martial arts practice. The martial arts "move" to the computer, "move" to the network, is not recognized by some martial arts teachers. On the other hand, the process of martial arts informatization is limited to the media role of the Internet, which makes online martial arts separate from martial arts practice, and focuses more on cultural indoctrination while ignoring the integration of technology and culture.

Liu (2023), in his article "Research on Martial Arts Teaching Reform and Martial Arts Inheritance in General Universities", analyzed the reform and inheritance of martial arts teaching in general universities by means of index construction, and made optimization from three aspects: inheritance legal system, software improvement and hardware construction.

Ren (2020) Research on the Application of Micro-lessons in College Martial arts Teaching, the application of micro-lessons in college martial arts teaching can enrich the content of college martial arts teaching, stimulate students' interest in learning, make up for the defects of traditional martial arts teaching, and improve the quality and efficiency of martial arts teaching.

Manu (2021) Impact of martial arts instruction on average "adult" research shows that because there is no external indicator, martial arts years and funds are inversely proportional. The more time a person spends exercising, the higher their level of intrinsic fitness. These findings have been interpreted as a developmental impact on specific brain neurocognitive pathways of special focus. George (2017)

Martial arts pedagogies and practice: A report on the contributions to coaching knowledge Research shows that: A survey of the psychological strength of karate practitioners found that, through traditional ethnographic methods, all forms of methodology for studying MA pedagogy were shared, demonstrating the growing pedagogical knowledge that can support coaches with physical and physical pedagogy.

GordonJ (2023), in his research on How Martial Arts Cultivate Autonomous Learning Ability, adopts the training of software technology and implements teaching in schools and educational environments through social-emotional learning and self-regulated learning methods, so as to realize martial arts based intervention measures, cultivate self-regulation ability and improve their learning ability. Empower them beyond the school environment.

### Research framework

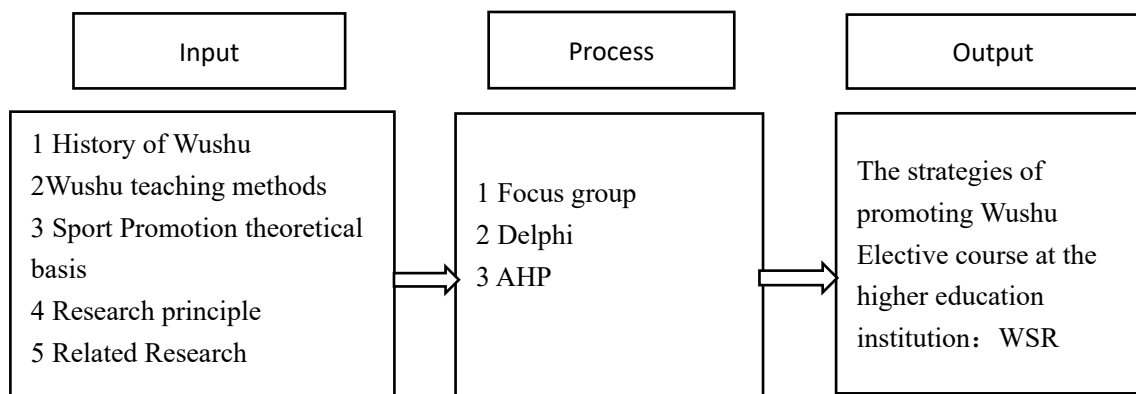


Figure 1 Research framework

### Methodology

#### Participant

In this study, the selection of experts was a purposeful sampling, with a total of 22 experts. Participants include 10 sports managers, 6 teachers, 4 coaches and 2 graduates.

#### Research tool

The main research tools of this study are expert questionnaire, which mainly includes: the first questionnaire (expert open questionnaire); The second questionnaire (Rating scale questionnaire).

#### Research process

The purpose of this study is to study the promotion strategy of wushu teaching in colleges and universities.

The researchers conducted the study according to the following steps (Figure 1):

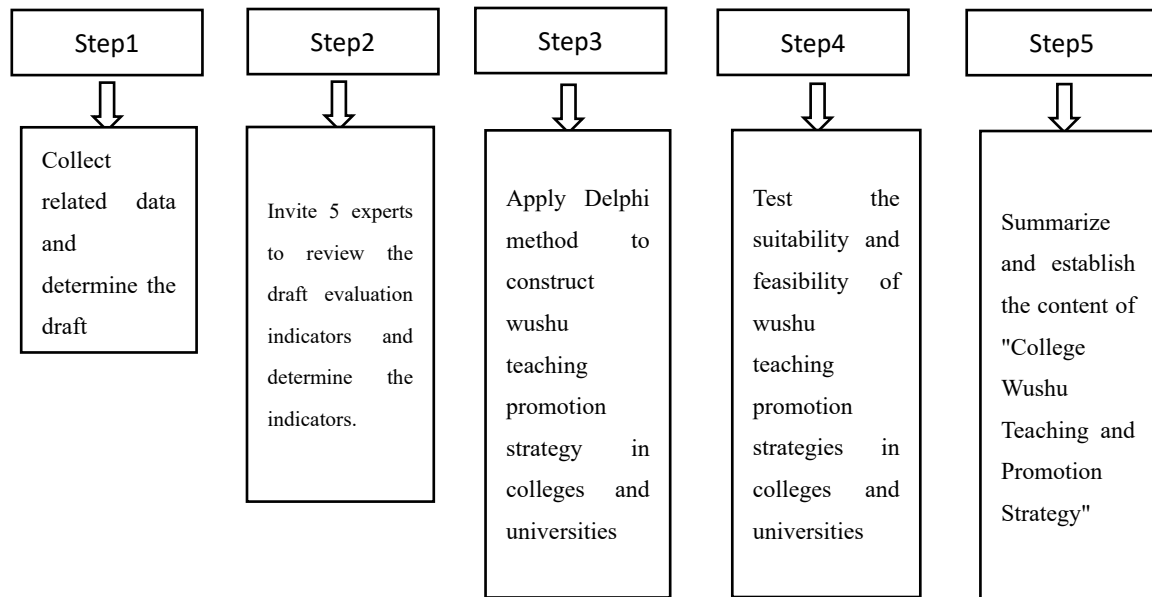


Figure 2 Research process framework

### Data analysis

1. Use the expert positive coefficient and expert authority coefficient to measure the scientific role and practical value of the focus group discussion members.
2. Use expert correspondence to collect expert opinions.
3. The Delphi method is adopted for two rounds of index confirmation.

The hierarchical construction model is first established through the analytic hierarchy process, and then the judgment matrix is constructed. The average is determined by the likerts5 subscale, and the consistency test is carried out by pairwise comparison to determine the indicators.

### Results

Confirm the index of constructing the promotion strategy of college wushu course

#### Verified by experts:

The primary index of this study is: Wuli, Shili, Renli three indexes.

The secondary indicators of this study are: material resources, funds, teachers and other 10 indicators.

The three indexes of this study are: the support and management of equipment, the number and use area of venues, the guarantee of equipment resource management personnel and other 39 indicators.

According to the index confirmation, the connotation of each index is explained.

The Wuli, Shili and Renli (WSR) system methodology is a systematic methodology of how Wuli, Shili and Renli are cleverly configured and effectively used to solve problems. and describing a person's "reasonable" is a summary of his successful practice of WSR.

(1)Wuli refers to the mechanism of the movement of matter, including astronomy, geography, chemistry, biology, etc., usually using natural science knowledge to answer "what is matter".

(2) Shili: It refers to the principle of doing things, mainly to solve how to arrange all the equipment, materials and personnel. The answer is usually "how to do it" with knowledge.





(3) Renli refers to the truth of being a man, usually using the knowledge of humanities and social sciences to answer "how should be done" or "how to do better".

Base on WSR indicators for constructing promotion strategies of wushu courses in colleges and universities

Table 1 Base on WSR Construct the promotion strategy of college wushu course

Primary index	Secondary index	Three-level index	Remark
Wuli	Material resources	Equipment support and management	Retain
		The number of venues and the size of the usable area	Retain
		Support for device resource management personnel	Retain
	Expenditure	Activity rewards for sporting events	Retain
		Going out for training and learning costs per person	Retain
		Source of funds for purchasing and maintaining equipment	Retain
	Teachers	Teacher titles and academic qualifications	Retain
		The basic proportion of the teaching staff	Retain
		Professional level and career level	Retain
	Culture program	The objective of personnel training is reasonable	Increase
		The suitability of personnel training	Increase
		The standardization of the arrangement of class hours	Increase
	Tissue	Teaching supervision and supervision of teachers	Retain
		The management mechanism of teachers	Retain
		Teacher performance assessment methods	Retain
		Teacher reward and punishment measures	Retain
	Lesson plan	Uniform syllabus	Increase
		Total duration of semester courses	Retain
		Teachers teaching methods and methods	Retain
		Teaching content and innovation	Retain
		Establish unified teaching materials	Retain
Shili	Teaching planning	Improve the teaching platform and optimize the curriculum structure	Retain
		Diversified teaching mode	Retain
		Teaching organization strengthens practice	Retain
	Publicity	Interaction between teachers and students increases initiative	Retain
		State support and policy support	Retain
		The school praises and encourages	Retain
		The school formed a community promotion	Increase



Primary index	Secondary index	Three-level index	Remark
Renli	Cognize	Multi-channel knowledge lectures	Increase
		Student participation	Retain
		Hobbies and learning initiative	Retain
		Physical and mental health and knowledge	Retain
		Students' interpersonal and social skills	Retain
		Student athletic ability	Retain
	Performance	Teacher's teaching accomplishment	Increase
		Teacher attendance	Increase
		Participate in teacher training on campus	Increase
		Teachers accumulate scientific research results	Retain
		Awards and certificates for teachers participating in relevant competitions	Retain

After two rounds of consultation by 22 experts, the indicators of the construction strategy of this study were unanimously approved by 22 experts, pointing out that the results of this letter consultation meet the needs of scientific research, and there is no need to conduct a third round of verification. The final summary of the experts' research results for the second round is: there are 3 first-level indicators, 10 second-level indicators, and 39 third-level indicators.

## Conclusion

Based on teaching experience and literature review, this study summarizes the current situation of martial arts teaching in colleges and universities, lists teaching problems, and effectively promotes the process of martial arts teaching and research based on WSR theory and Delphi method combined with network information platform, and increases the interaction between teachers and students to speed up the practice rhythm after class.

### Wuli

The research results show that the Wuli level of the promotion strategy of wushu courses in colleges and universities includes four secondary indexes: material resources, funds, teachers and training programs, among which the training programs are new requirements proposed and confirmed by experts.

The findings of the study show that four important factors are used to assess the Wuli level of the promotion strategy for wushu courses in colleges and universities: financial resources, teachers, training programs, and material resources. The physical infrastructure and tools required to provide students with the right environment and tools for successful learning are referred to as material resources. Money is essential to the program's survival because it pays for facilities, equipment, and other operational requirements. Instructors, who need to be certified and experienced, are essential to providing students with a top-notch education and serving as mentors to them.

Remarkably, experts have recognized training programs as a new necessity, highlighting the necessity of well-organized curricula and instructional strategies that meet students' varied needs and guarantee thorough skill development. This inclusion emphasizes how crucial it is to have a flexible





and dynamic educational framework for wushu courses in higher education institutions to be effectively promoted and sustained.

### **Shili**

The research results show that the Shili level of constructing wushu curriculum promotion strategy in colleges and universities includes three secondary indexes: organization, course plan and teaching plan, among which the unified teaching syllabus is proposed and confirmed by experts.

The study's conclusions show that the organization, course plan, and teaching plan secondary indexes define the Shili level of developing a wushu curriculum promotion strategy in colleges and universities. In order to ensure a cogent and well-coordinated framework for the implementation of wushu courses, organization encompasses the administrative and structural aspects. The course plan describes the subjects and abilities that will be taught, as well as the structure and specific content of the wushu curriculum. The teaching plan offers a thorough approach, complete with instructional strategies and methodologies, for how these subjects and skills will be taught. Proposed and verified by specialists, a noteworthy addition at the Shili level is the unified teaching syllabus, which harmonizes the curriculum among various establishments. By maintaining uniformity in the scope and quality of wushu education, this unified syllabus offers all students a thorough and well-rounded educational experience. The addition of these elements demonstrates a comprehensive and professional approach to improving wushu instruction in postsecondary educational establishments.

### **Renli**

The research results show that the Renli level of building the promotion strategy of martial arts courses in colleges and universities includes three secondary indicators: publicity, cognition and performance. Among them, the promotion of school community, multi-channel knowledge lectures, improvement of teacher literacy and increase of teacher attendance are new requirements proposed and confirmed by experts.

Publicity, cognition, and performance are the three secondary indicators that make up the Renli level of creating a promotion strategy for martial arts courses in colleges and universities, according to the research findings. In order to make sure that students and the larger community are aware of the programs that are offered, publicity entails efforts to increase awareness about martial arts courses through a variety of channels. Enhancing students' comprehension and appreciation of martial arts through initiatives like multi-channel knowledge lectures that offer a variety of interesting and educational content is known as "cognition." Performance has to do with how well martial arts instruction is actually carried out, with an emphasis on raising teacher attendance and enhancing teacher literacy to guarantee excellent instruction. Notably, experts have proposed and confirmed new requirements that reflect a comprehensive approach to raise the visibility, understanding, and caliber of martial arts education in higher education institutions. These requirements include the promotion of school community engagement, multi-channel knowledge lectures, and improvements in teacher literacy and attendance.

## **Discussion**

This chapter is a comparison and discussion of the research results, and makes a different comparison of Wuli, Shili and Renli.

### **Wuli**



Xu (2018), in his academic creation based on the construction of traditional wushu inheritance index evaluation system based on WSR, pointed out that there are many kinds of traditional wushu, and assigned index weights based on the three dimensions of Wuli, Shili and Renli. The conclusion is that it is necessary to formulate effective strategies to adapt to the development of China's sports industry, give full play to the role of government departments, ensure adequate venues and equipment, and maximize the competitiveness of China's sports industry by driving diversification with specialization, conducting professional investigation and analysis, training localized talents and other means.

In the applied academic writing based on WSR methodology, Zhang (2019) comprehensively applied the knowledge of rhythmic gymnastics and statistics to build an evaluation index system on the basis of WSR methodology, advocating the professional level and professional technical level of teachers to ensure the quality of the teaching team. It provides a theoretical basis for further exploring the evaluation and development of artistic gymnastics teaching ability in sports colleges.

It can be seen that this research demonstrates the strategies of promoting wushu elective course at the higher education institution teaching from the perspective of WSR methodology, through focus group discussions, verification of Delphi method by 22 experts, and analysis of analytic hierarchy process data, the 39 indicators of college martial arts curriculum promotion strategy are in line with the logical thinking of the research and are credible.

### **Shili**

In the construction of college physical education teaching quality evaluation system based on WSR system methodology, literature research, expert survey, AHP and other methods are used to analyze the factors affecting college physical education teaching quality based on the perspective of physics-reasons-human theory (WSR) system methodology, and the work content and teaching plan of teaching organization are clarified. Scientific and reasonable planning of classroom teaching process.

Yao (2018) initially constructed the evaluation index system of college physical education, established the evaluation index system of college physical education based on WSR methodology, fully guided by teaching organizations, and established a sound supervision and supervision mechanism, combining the actual development of college physical education teaching and the requirements of sports work. Develop reward and punishment measures to improve teachers' teaching methods and teaching innovation.

In this study, based on the current teaching situation and management requirements of the higher education institutions, the index construction made from the indicators of organization, course planning, teaching planning and so on is consistent with the viewpoint of WSR methodology.

### **Renli**

Zhou & Zhang (2013) Guided by WSR system methodology, this paper constructs an evaluation index system for the training quality of applied talents for physical education majors in the higher education institutions through two rounds of expert investigations by using literature, expert investigation and analytic hierarchy process, and studies the influencing factors of the training quality of applied talents for physical education majors from the physics-management-human theory level. After verification, the evaluation index system basically covers the second round of undergraduate teaching qualification evaluation index system in the higher education institutions, overcomes the problem of traditional physical education professional talent training quality evaluation, realizes qualitative problem quantification, and highlights the "human" subjectivity in the talent training process.



Liang & Hou (2020) Based on WSR system methodology, construct and establish weights for effective interactive evaluation indicators of middle school physical education classroom from three aspects: physical-reasoning-human theory, fully ensure students' participation, improve teachers' enthusiasm and confidence in teaching, promote communication and exchange between teachers and students, and accelerate multi-channel promotion methods both inside and outside school. Develop good physical education awareness for all teaching participants.

In this research, the promotion strategy contains the advanced teaching concept of people-oriented. The teaching premise of public physical education course is to cultivate interest, the teaching basis is to master skills, the teaching is to develop specialties, and the teaching purpose is to exercise for life. Therefore, the publicity, cognition and performance contained in the research results are consistent with the views of the WSR methodology round.

## Recommendations

### Wuli

1. Stabilize the source of financial sponsorship and ensure the fixed source of funding for teacher training and venue equipment;
2. Improve teachers' recognition of teaching quality and cultivation of self-comprehensive ability;
3. Increase the teaching assessment system, improve the teaching methods, and carry out diversified test contents.

### Shili

1. Strengthen teaching evaluation mechanism and improve teaching quality evaluation;
2. Increase teaching innovation competitions to ensure teaching equipment and per capita sports venues.

### Renli

1. Strengthen diversified martial arts teaching courses and enrich teaching content;
2. Expand publicity methods to improve parents' awareness of wushu projects;
3. Increase the social welfare activities of martial arts performances and promote martial arts culture.

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