



Construction of Wushu Routine Training Program for Wellness Promotion in Secondary School Students

Zhu FanYa¹ and Yurasin Wattanapayuankul²

Faculty of Sports Science and Technology, Bangkokthonburi University, Thailand

¹E-mail: 1029288593@qq.com, ORCID ID: <https://orcid.org/0009-0004-5575-6822>

²E-mail: Yurasin07@gmail.com, ORCID ID: <https://orcid.org/0009-0001-0414-7099>

Received 21/03/2024

Revised 04/04/2024

Accepted 16/04/2024

Abstract

Background and Aim: As an important way of small and medium-sized sports communication, the current schools propose to stimulate the physical quality of middle school students in Wushu training. Wushu training is also to train primary and middle school students to enhance their physical fitness, enhance their self-confidence, and improve their emotional conditions. Therefore, the research goal of this paper is to promote the construction of healthy Wushu sports training programs for middle school students. The main research objects of this paper are middle school students.

Research method: this study adopts the literature method, questionnaire method, and experimental comparison method of the exercise intervention of middle school students' physique and mental health, in this paper, a total number of 50 students in Xianyang City, 50 were tested, and 30 could not be tested due to some reasons, such as lower limb injury, cardiopulmonary disease, and other symptoms.

Result: After the eight-week Wushu routine exercise training intervention, the lung capacity increased (endurance quality), sitting forward flexion (flexibility quality), high leg lift (coordination ability), and 50 m short distance running (speed strength quality) were all improved and enhanced. the improvement of emotional state, self-confidence, and the improvement of anti-frustration ability to establish a sense of achievement reduce anxiety, and resist depression was significantly reduced. the subjects of lung capacity increase, flexibility, coordination, speed strength and aerobic endurance, anxiety, and depression mood significantly decreased. The results: the main ways to stimulate the physical quality of middle school students through Wushu routine training. It shows that wushu routine training can not only improve the physique of middle school students, but also promote mental health, and provides a certain basis for exercise training practice through exercise intervention experiments.

Conclusion: After the eight-week Wushu routine training intervention, the lung capacity increased (endurance quality), sitting forward flexion (flexibility quality), high leg lift (coordination ability), and 50 m short distance running (speed strength quality) were all improved and enhanced. the improvement of emotional state, and self-confidence, and the improvement of anti-frustration ability to establish a sense of achievement reduces anxiety and resist depression was significantly reduced.

Keywords: Wushu Routine Training; Middle School Students; Physical Quality; Mental Health

Introduction

Origin and concept of martial arts. Wushu is one of the most famous traditional cultures of the Chinese nation. It is a sporting event that combines fitness, fighting, and acting. Wushu itself is an excellent representative of the heritage of Chinese civilization, not only a great representative of our national spirit but also enjoys a high reputation in today's world. Wushu is not a cultural form independent of traditional culture in China, and it is the carrier of all traditional Chinese culture. As China's education system has been influenced by exam-oriented education for a long time, the physical quality of students is declining year by year, and there are more or less problems in psychological aspects. It is proposed to stimulate the physical quality of primary and middle school students in Wushu training. Wushu training is also important to cultivate primary and middle school students to enhance their physical fitness, enhance self-confidence, improve emotional status, improve interpersonal relationships, cultivate a sense of cooperation and competition, improve students' ability to resist setbacks, establish a sense of achievement, cultivate moral sentiment, and improve the entertainment and viewing level. At the same time, it is also to cultivate students to improve their interest and enthusiasm in Wushu training. At present, school physical education has unique advantages in cultivating students' interest in learning Wushu and basic training. This paper mainly uses the literature data method, comprehensive analysis method, and logical analysis method to study this method and analyze the influence of wushu routine training on the physical quality and mental health of middle school students (Wen, 2022)

The development of martial arts PE teaching curriculum as. In the current social progress of science and technology at the same time, the public is more and more aware of to strengthen the





importance of physical exercise to improve physical health problems, the current school as an important way of small and medium-sized sports transmission, and the current western many emerging projects in the school sports process occupies a large part of the space, lead to students of some national traditional cognitive project less and less, even Wushu is a traditional project is not very clear. In recent years, the relevant functional departments of the state have continuously strengthened the relevant management of school physical education, especially for the traditional Chinese national projects in the development of the current school's strong policy promotion and support. At present, as a traditional national project, the Wushu and sports teaching course development is a long-term arduous, and highly scientific work. In the current middle school sports Wushu course teaching process, many teachers carry out fuzzier, the students of Wushu special technical teaching and the proportion of large deviation, and often ignore should according to the middle school age of physical development and psychological development of different physical training methods, for different grades of speed, strength, endurance, sensitivity, the flexibility of physical quality sensitive period should match the quality practice content collocation is not reasonable, in this case for Wushu teaching not only easy to affect the physical development of middle school students at the same time also can restrict the Wushu teaching effect. Therefore, in the process of Wushu teaching in middle school, we should not only work hard in skill teaching but also pay attention to physical training. Only by following this basic principle can Wushu teaching achieve good results, and at the same time further promote the development of traditional Wushu projects in schools (Cao, 2021).

Wen (1992) proposed in the Research on the Traditional Cultural Background of Domestic Chinese Wushu Routine Production that the existence and development of Chinese Wushu routine practice is an important feature of Wushu sports forms. It appears to be highly stylized. Its emergence and spread are determined by the Chinese traditional cultural background. "Tao" plays a very important role in traditional Chinese philosophy. Ancient Chinese took "smelling Tao" as their goal, which is the ideological basis for the generation of Wushu routines. Chongli is the ethical and moral basis of its generation. The family standard of Chinese culture is also conducive to the development and continuation of Wushu routines.

Ma (2010) put forward in the Research on Wushu Education and Wushu in Schools under the Background of Cultural Globalization that economic globalization will inevitably lead to the globalization of the cultural field. When we are not fully prepared enough, the globalization of culture has been "suddenly like a spring breeze" in every corner of the world. Overseas culture is entering China at an incredible speed, breadth, and depth, and nourishing our local culture has launched a cultural competition without smoke, which has formed a huge impact on our traditional culture, followed by the loss and decline of a large number of Chinese traditional cultures. In the face of popular American blockbusters and popular Korean dramas, Chinese Wushu is also facing the penetration and extrusion of foreign Wushu skills, taekwondo, karate, Thai boxing, kendo, and so on have landed in China. "European wind, beautiful rain, Korean wave" attack, how to take the Chinese Wushu? How to inherit and continue the Chinese Wushu has become an unavoidable practical problem. The strong Western culture has a strong influence and penetration on the majority of young people. The ideological and moral situation of contemporary teenagers is not optimistic: the continuous school violence and suicide events, the confusion of adolescent values, the lack of humanistic education, the lack of national spirit, and so on. The serious problem has caused the party and the government's high attention, causing the attention of the whole society. Many contents in Chinese Wushu can be used to provide ideological and moral education to teenagers.

People pointed out that the development of Wushu in the background of globalization was mainly involved in the protection of Wushu. In traditional Chinese society, which is not closely connected with the world, Wushu continues in the closed social system through oral instruction, and it is no problem for Wushu to maintain and protect them. In the first half of the 20th century, with the introduction of modern Western sports in China, Wushu began its decline. In the era of globalization, not only the sports form of Western sports but also Western sports thoughts and values have penetrated the Wushu, causing the change of the deep values of Wushu. If Wushu are allowed to collide with Western sports without protection, then Western sports will threaten the safety of Wushu already at a disadvantage, and even affect their survival and development (Tai, 2008).

In January 2017, the general office of the central general office of State issued the "About the implementation of Chinese excellent traditional culture inheritance development project opinion" points out that the Chinese Wushu Malaysia "Wushu spread, the opinions of traditional culture heritage development project, to strengthen foreign cultural exchanges and cooperation, Wushu is an important representative of China's national image, spread Chinese Wushu culture, to promote national soft power, in cultural exchange mutual learning speak good Chinese story, spread the Chinese voice. In recent





years, the government to assessed the situation, strengthening international communication as an important issue, and vigorously "going out" to spread China's voice. Malaysia is a key country in the ASEAN region and has a large Chinese population, is one of the most popular countries in Chinese "kung fu" in Southeast Asia. The advantage of Chinese Wushu in the countries along the Belt and Road.

Dong (2006) proposed the development countermeasures for competitive Wushu routines: increase the intensity and scope of the internationalization promotion of competitive Wushu routines; reform the rules of Wushu competition; reduce the technical difficulty of routines and enhance the appreciation. This is the key issue facing the Wushu to enter the world and to enter the Olympic Games.

This paper is the main solution to the physical quality of middle school students' mental health and improves, pay attention to the modern scientific training methods and training plan, mainly improving the interest in martial arts routine training, through the study of this paper found that martial arts routine training of the physical quality such as speed, strength, sensitivity, endurance, coordination, and other physical quality are improved and improved, also to the middle school students mental health improved such as self-confidence, self-reliance ability, cooperation spirit of psychological quality have become better.

Objectives

construction of a wushu exercise training program for wellness promotion in secondary school students.

Literature Review

Huang (2019) pointed out in the Research on the Influence of Wushu Routine Sports on Middle School Students that Wushu is an important sport in China, and the core strength is the foundation of Wushu. The combination of speed of movements and difficult movements all need the support of core forces. Wushu routine movement for flexibility requirements is higher, especially the beginners or middle school students is more important because any change in the various parts of the body joint flexibility, flexibility, muscle elasticity, strength, support, the physical quality of the human body is higher, the average person difficult to bear the greater intensity of training, but athletes through special training can reach the standard. Wushu routine movement generally within 2 minutes to complete 45 to 55 movements, in addition to tai chi, tai chi Ji'an above 3 minutes, according to the intensity of sugar glycolysis time between about 35 seconds to 50 seconds, it can be concluded that most of the movements are done under the condition of hypoxia, therefore, in Wushu exercise also pay attention to the influence of physical quality, to a certain extent, improve the body resistance.

Wen (2016) On the influence of Wushu routines on the physical and mental development of teenagers. It is proposed that on the premise of following the physiological and psychological development laws of teenagers, the unique function, and the students can develop at a certain level in a certain direction and at a certain speed. It can meet the psychological needs of teenagers through a variety of physical activities and gestures, promote the improvement of their physical quality, aesthetics, and personality, adjust their emotions, cultivate their sentiment, temper their will, cultivate their spirit of unity and cooperation, mutual competition and military morality, and improve their personality.

Wang (2015) shallow analysis of middle school students, The influence of Wushu teaching on the physical and mental health development of middle school students. It is proposed that the teaching of Wushu must be based on the age characteristics and physiological and psychological development characteristics of middle school students, give full play to the advantages of Wushu itself, under the guidance of clear goals, highlight the planning and organization, and constantly guide the students to realize the teaching plan according to the established goals. Wushu can help with a variety of body activities and posture, promote the improvement of the comprehensive physical quality of middle school students, meet their psychological needs, help them adjust their emotions, edify sentiment, temper their will, cultivate the habit of unity and cooperation, establish a correct sense of competition, and constantly promote the growth of middle school students. As a kind of sports activity, Wushu can also let students correctly understand and treat physical exercise. Wushu teaching, helps middle school students cultivate their interest in sports, establish lifelong sports consciousness, develop the habit of conscious exercise, constantly improve their social adaptability, and make good psychological preparation for future social practice.

Zhao (2018) On the influence of Wushu on the physical and mental health of middle school students. It is pointed out that Wushu, as an excellent traditional sport of the Chinese nation, has a unique charm that other sports do not have, especially since it plays a positive role in promoting the physical and mental health of primary and middle school students and shaping their personality.

Practicing Wushu can directly give people a pleasant emotional experience, and can reduce mental tension and uneasiness, adjust people's emotions, reduce people's mental pressure, and improve the mental health of primary and middle school students.

Zhuang (2020) analyzes the influence of Wushu routine training on the physical and mental development of teenagers. It points out that teenagers are in the rapid stage of physical and mental development, which is also an important period for the formation of ideological and moral personality. The youth group is characterized by strong curiosity, so the routine Wushu training can enable the young people to better control their emotions, maintain a good attitude, and obtain emotional cultivation and quality training. Generally speaking, encouraging young people to participate in physical exercise can fully understand the development law of Wushu, have a positive impact on the promotion and inheritance of Wushu culture, and create conditions for the realization of the goal of becoming a strong sports country. Wushu daily training can effectively integrate wushu culture with social etiquette, which is also of great significance for the future development of teenagers.

To sum up, many conclusions have been put forward through my academic achievements, which also provide a lot of inspiration for my paper writing. For these articles to summarize: according to the middle school age of physical development and psychological development of different physical training methods, for different grades students practice their physical quality, such as speed, strength, endurance, flexibility, such as physical quality sensitive period should match the physical quality of practice.

Practicing Wushu routines can make primary and middle school students more understand themselves, especially for their ability, character, and advantages to make practical evaluation, and through Wushu training to tap their potential, improve the psychological defects of self, dare to face the difficulties in life learning and pressure, promote the development of mental health.

Conceptual Framework

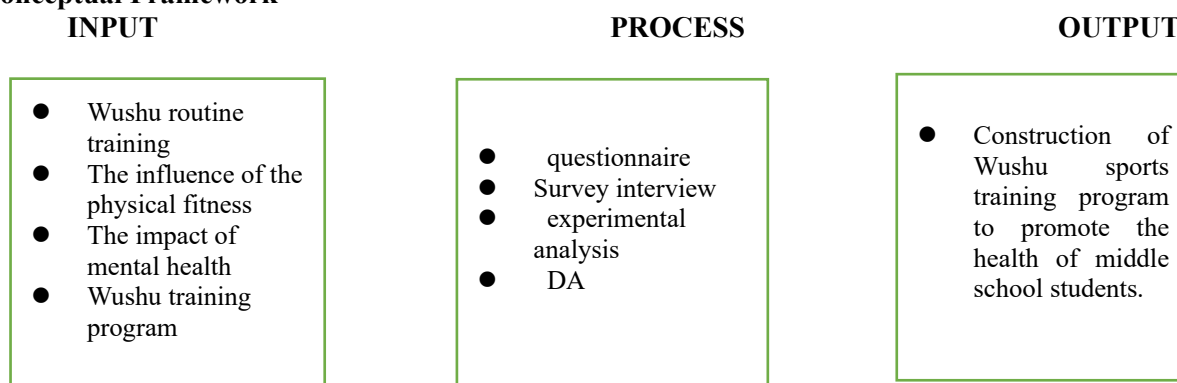


Figure 1: Conceptual Framework of Research

Methodology

Population and sample

In this paper, with a total number of 80 students in Xianyang City, 50 were tested, and 30 could not be tested due to some reasons, such as lower limb injury, cardiopulmonary disease, and other symptoms. Students from Xianyang Longquan Middle School were randomly selected. None of the subjects had lower limb injury or cardiopulmonary disease by voluntary enrollment. Before the experiment, the subjects should understand the movements of the routine Wushu training and sign an informed consent form.

Research instrument

The main test instruments in the study of this paper include Wushu technology test tools, physical fitness test tools, psychological test tools, anthropological test tools, and data analysis tools.

The questionnaire has the following details:

Part 1: The SAS Anxiety Self-assessment Scale questionnaire

Part 2: The SDS Depression Self-rating Scale Questionnaire

Tool quality testing:

1. Electronic spirometer: used to test the lung capacity of subjects before and after the martial routine exercise training. (Stand up and take a deep breath, inhale again as much as possible, and then exhale slowly until the gas cannot be exhaled. The value shown on the display is the value of the vital



capacity. Generally, two relative tests are required to improve the accuracy.)

2. Electronic timer, used to test the subjects' sprint before and after the Wushu routine training, for the 50 m run time test. Used to improve the speed and explosive power of middle school students. (In the comparison before and after the test, the shorter the time, the greater the improvement of speed and explosive power)

3. As a body front bending tester, it is used to measure the sitting front bending data and test the flexibility of the students. The subjects of the sitting body have the legs straight, the vertical plate on the flat ground, the upper body forward, the arms straight forward, and gradually push forward the sor with the fingertips in their hands until it cannot push forward. The vertical plate of the tester is 0 points along the plane, negative inward and positive forward. The records were kept in centimeters with one decimal place. Test twice, and get the best result. Sitting anterior flexion is a physical health test program in middle schools. The purpose of the test is to measure the range of activity of the trunk, waist, hip, and other joints in the stationary state, mainly reflecting the extension and elasticity of the joints, ligaments, and muscles and the development level of body flexibility in these parts.

4. Survey and interview form, collected the data of 5 experts on the promotion of Wushu routines on physical quality and mental health.

5. Questionnaire survey, the questions and suggestions raised by the school's senior leaders.

Data collection: The main content of this study is to randomly collect 80 students from Longquan Middle School in Xianyang City to conduct face-to-face surveys, fill out questionnaires and interview forms, organize and receive the data, and analyze the data.

Data Analysis: In this study, Excel and SPSS software were mainly used to analyze the data, and the statistics used were descriptive analysis and confirmatory factor analysis, respectively

Research Process: This study will be conducted in the following steps:

Step 1 collects and creates a conceptual framework.

- (1) Review the literature, interview the experts, and summarize it.
- (2) Create a conceptual framework and research design.

Step 2: Develop the research tool.

- (1) Drafted the questionnaire and the other research tools
- (2) Verify the questionnaire

Step 3: Data collection

- (1) Sampling survey and distribution of the distribution of questionnaires.
- (2) Collection of questionnaires.

Step 4, data analysis, and conclusion.

- (1) Use the descriptive statistics for the analysis.
- (2) Statistical program software was used for the analysis.

Step 5 Make a test plan according to the Wushu routine training, physical quality, and mental health.

Step 6. Confirm and develop the applicability and practicability of the test protocol.

- (1) Set up a focus group meeting.
- (2) Record, analyze, and summarize the data.

Step 7: Draft the study report and revise it according to the recommendations discussed

Results

Part 1: Physical fitness research and analysis.

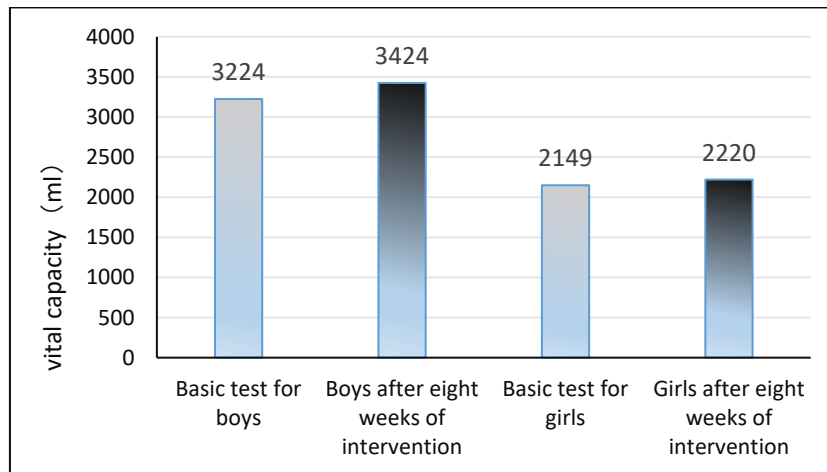


Figure 1 Effect on vital capacity before and after Wushu routine training (endurance)

According to Figure 1 comparative analysis before and after the intervention of boys and girls, the lung capacity after the eight weeks of intervention was significantly improved after the eight Weeks of Wushu routine training by about 200ml for boys 71 ml (3224ml VS 3424ml) for boys (2149ml VS 2220ml). According to the results of this paper, the basic test lung capacity of the subjects was greater than the national physical fitness monitoring data, and the cardiopulmonary endurance quality was significantly improved after exercise training. Lung capacity is closely related to the human respiratory system, studies have shown that lung capacity varies according to gender and age, under the same conditions, boys' lung capacity is greater than girls', oxygen supply shortage will lead to a series of adverse physical reaction, oxygen supply shortage will bring immeasurable loss to our health, the serious disadvantage to our future life and study, for the improvement of lung capacity, we can make appropriate physical exercise, for example, we can do some simple unarmed exercises or step by step for aerobic or anaerobic exercise. Elite athletes in some events can carry more than 6,500 ml.

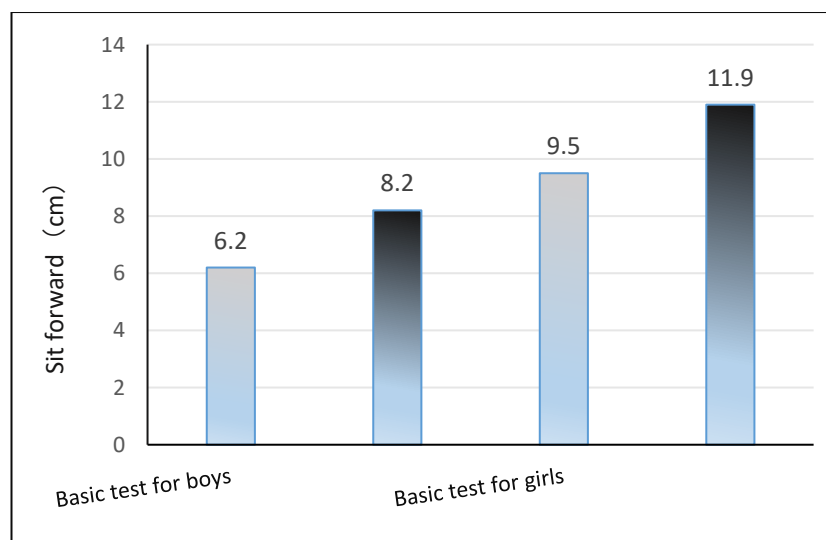


Figure 2 Effect of Wushu routine training on sitting position and forward flexion (pliable and tough)

By Figure 2 Wushu routine training boys and girls before and after intervention contrast analysis results show that the sitting body forward flexion measures the mobility in the trunk, waist, and hip joints, mainly reflecting the joints, ligaments and muscle extension and elasticity and the development of student's body flexibility quality level. Basic test sitting body forward flexion

compared with eight weeks after intervention data have significantly improved, boys (6.2cm VS 8.2cm) equal 2.0cm girls (9.5cm VS 11.9cm) equal 2.4 according to the results of this paper the study subjects baseline test sitting body forward flexion index is less than the national physique monitoring data, shows that the selection of subjects flexibility is poor, less than the national physique monitoring data after eight weeks of Wushu routine practice flexible quality has significantly improved. Middle school students with poor flexibility will be affected by the technical movement exercises, which are reflected in the performance of muscle strength, ligament stretching, and coordination ability.

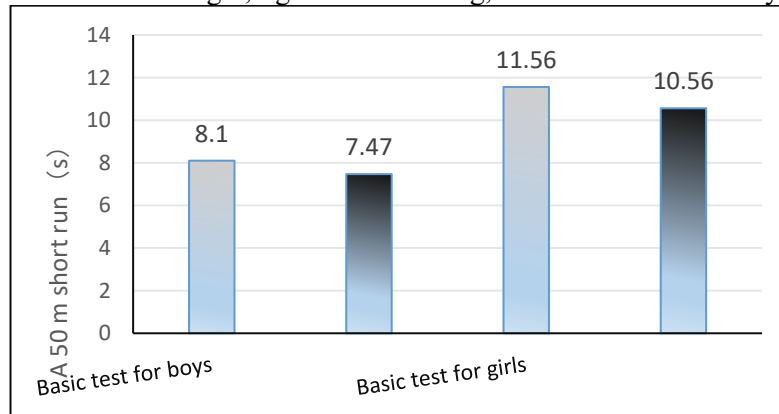


Figure 3 Effect of Wushu routine training on a 50 m short run before and after (Speed Force)

Figure 3 Wushu routine training boys and girls of 50 m short running before and after the intervention comparative analysis results show that the basic test and eight weeks after 50 m short running time significantly improve the boys (8.1s VS 7.47s), 0.63s girls (11.56s VS 10.56s), 1.0s according to the results of the study subjects baseline test 50 m short running time index and national physique monitoring data is significantly higher than that of the study selected subjects speed-strength ability is relatively high, but speed-strength ability after training is significantly improved.

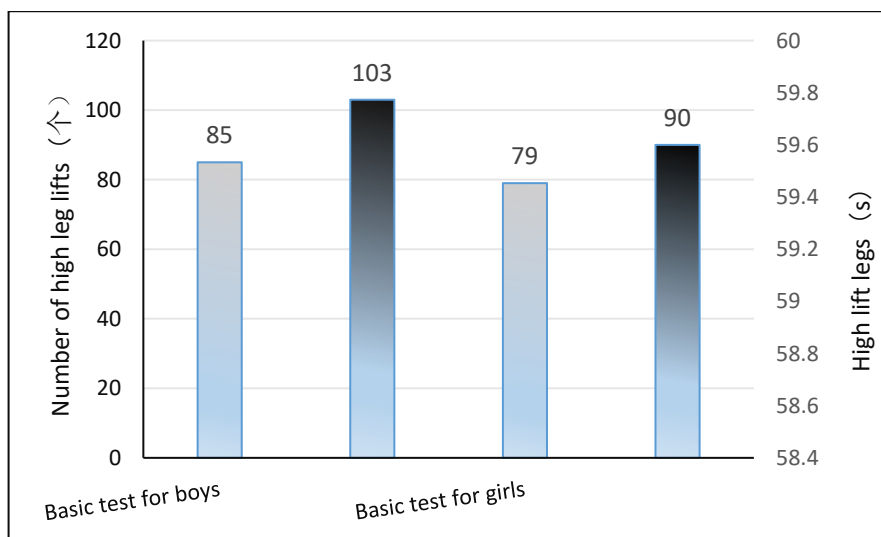


Figure 4 The influence of Wushu routine training on the high leg lift before and after the training (coordinate)

Figure 4 The comparative analysis results before and after the intervention show that the the angle between the thigh and abdomen was the best at 90 degrees. The Angle of the calf and the thigh are also 90 degrees. When lifting the leg, we should pay attention to the abdomen, and the legs should take turns. The arm should also be raised accordingly. The basic test compared with eight weeks of



Wushu routine training, high leg lifts a total of 60 seconds in the boy's basic test is 90 eight weeks after the intervention is 110 significantly improved in number (85 VS 103), improved 18, girls' basic test down is 80 eight weeks after the intervention is 105 significantly increasing in number (79 VS 90), improve 11. The results show that Wushu routine training has a great effect on improving coordination ability, high leg can promote the coordination and balance of middle school students because part of middle school students in the beginning will make the body uncoordinated, but for a long time, this is because the balance and coordination ability was improved, it also enhances the middle school student's pituitary and brain development. So, to let the middle school students slowly adapt to it, you can adhere to the usual exercise, which is conducive to physical health.

Part 2: Analysis of mental health research

1. Through Wushu routine training to middle school students to improve their emotional state and improve self-confidence.

Because the attack of Wushu itself will also cause excessive tension among middle school students, and then lead to mood fluctuations. Therefore, Targeted mental health education for middle school students, Combines psychological education with physical practice organically, In particular, strengthening the education of Woode, This can give full play to the efficacy of Wushu sports to improve emotions, Gradually improve their emotional regulation ability, Let the middle school students through the regular attack and defense skills practice, Improve the psychological adaptability, Gradually eliminate psychological emotions such as fear and tension, Eliminate the fear of movement, And make the trouble, uneasiness, inferiority, and other bad emotions to be relieved, Enhance the confidence in completing the movement, Better and faster action, Therefore, middle school students use Wushu routines to improve their mood and self-confidence.

2. Through Wushu routine training middle students improve their ability to resist frustration to establish a sense of achievement.

The practice of basic skills of Wushu should constantly overcome psychological setbacks, requiring "practice in winter and three fu in summer". Perseverance, perseverance. Wushu routine training to overcome the boring, cultivate middle school students to work hard, never complacent character. Build up a sense of accomplishment. In the process of practicing Wushu, some middle school students cannot reach the goal, especially the obese, practice the flying movement cannot fly up, it is easy to produce mental pressure, that is, frustration, and frustration students in sports for attack, anxiety, escape, and prevarication and other phenomena. For this performance, the teacher can use some relaxation, transfer of Wushu teaching game, and adjust the frustrated middle school students 'psychological relaxation, and depression to vent, the middle school students' psychological abnormalities will slowly recover, in the teaching also found many of the students through Wushu teaching games and psychological education can better into learning, into the spiritual motivation, and stick to exercise, make the students' physiological and physical quality gradually enhanced, at the same time also mastered the skills of Wushu practice, when these results, students smile on the face, have happy, exciting happiness.

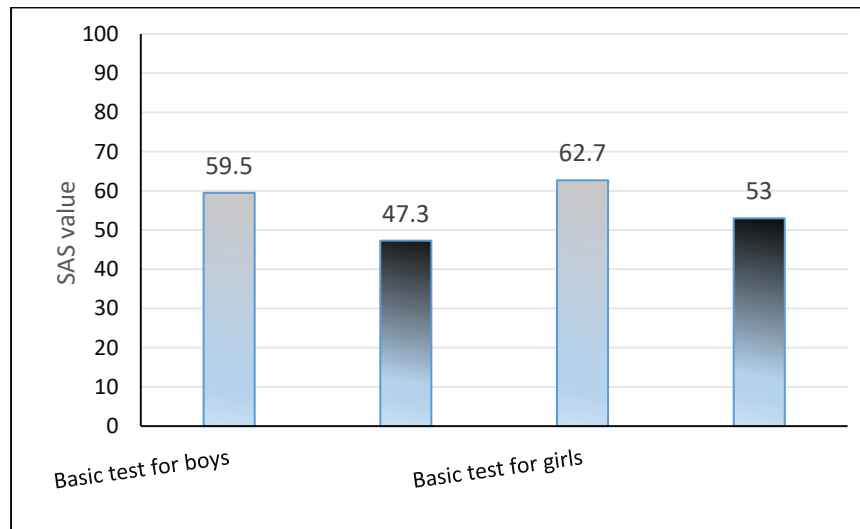


Figure 5 Impact on anxiety before and after Wushu routine training.

Figure 5 Wushu routine training before and after the intervention test boys and girls' anxiety score comparative analysis results show that through the eight weeks of wushu routine exercise training after boys' SAS score decreased (59.5 VS 47.3), 12.2 points, girls' SAS score decreased (62.7 VS 53), score decreased 9.7 points, indicating that subject's anxiety after training. Anxiety clinically shows three main groups of symptoms, mental anxiety, somatic anxiety, and motor restless anxiety. Higher anxiety can affect study, training, and life, and even endanger life.

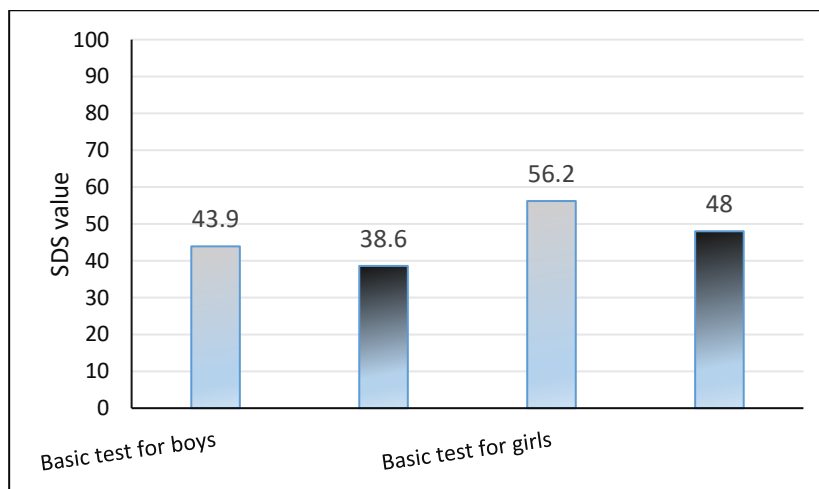


Figure 6 Effect on depression before and after Wushu routine training.

In Figure 6, the results showed that after the eight weeks of wushu training (43.9 VS 38.6), decreased by 5.3 points, the SDS score decreased (56.2 VS 48), decreased by 8.2 points, indicating that the depression decreased significantly after training. Depression is characterized by low emotion, slow thinking, and reduced speech and movement. Depression seriously troubles patients' life and work, and brings a heavy burden to the family and society, about 15% of patients with depression die by suicide. A joint study by the World Health Organization, the World Bank, and Harvard University shows that depression has become the second serious disease burden in China.

Conclusion

1. After the eight-week Wushu routine exercise training intervention, the lung capacity increased (endurance quality), sitting forward flexion (flexibility quality), high leg lift (coordination ability), and



50 m short distance running (speed strength quality) were all improved and enhanced.

2. After the eight-week Wushu routine exercise training intervention, the improvement of emotional state, self-confidence, and the improvement of anti-frustration ability to establish a sense of achievement reduce anxiety, and resist depression were significantly reduced.

3. Main found Wushu sports training teachers are often confined to the traditional Wushu routine training methods, and ignore the improvement of students' comprehensive quality, and ability with the movement, especially in the traditional training method, deepen the teachers and students in the training process of the misunderstanding of traditional Wushu training methods, and decided to their formed in the traditional Wushu training mode of misunderstanding, so the traditional training methods need to change.

4. After discussion and research, it is found that the traditional Wushu routine training cannot effectively improve the physical comprehension level of middle school students, and even harm the physical and psychological conditions of middle school students.

5. After discussion and research, it is found that the traditional Wushu routine training cannot effectively improve the physical comprehension level of middle school students, and even harm the physical and psychological conditions of middle school students.

6. Through research, it is found that the physical quality and mental health abilities of middle school students are relatively poor. Nowadays, middle school students generally lack enthusiasm for sports, and it is also found that the psychological pressure on middle school students comes from the students' learning situation and the expectations of their parents.

Discussion

1. School physical education teaching is an important period to cultivate knowledge, practice, and physical exercise attitude. This is the root of their lifelong participation in sports and motor cohesion, so schools must provide appropriate support for the teaching process as follows:

1.1 Curriculum: Physical education in secondary schools must provide the basis for adaptive sports development, general sports, and specific sports. For specific sports, sports, and games are used as tools to develop students' interest in sports. Improving general specific sports requires that courses should consider basic sports and elective courses covering a variety of sports should consider allowing students to learn more interesting physical activities, and they can improve students' love for physical exercise. As Li (2021) proposed a martial arts training course plan for middle school students. The physical development of middle school students is at the peak of adolescence, and their psychological and physiological development fluctuations are strong. From the perspective of physical inspection, boys have poor strength and inspection quality, but strong flexibility and reaction ability. It's also poor strength, but poor flexibility. Martial arts training and health theory knowledge are weak, the exercise method is vague, and I do not know how to carry out scientific martial arts exercises. Meet the needs of students to participate in activities and learning. Therefore, we should make good use of the situation and train students to actively participate in physical exercise. Martial arts training and teaching are the central link of the whole martial arts work; therefore, a good martial arts class is the most important, is important means of martial arts teaching for middle school students. I will follow the guiding ideology of "health first", strive to explore the new curriculum standards, actively improve my teaching methods, and improve their teaching level. In teaching, strictly carry out the students as the main body, with teachers as the leading teaching thought, and strive to make every student actively good martial arts class, learn martial arts knowledge, and enhance physical fitness, so that the teaching quality can be effectively improved.

1.2 Sports venues, facilities, and equipment: The quality and quantity of students should be taken into account to allow students and teachers to use them for more learning outcomes. As Lin (2006) discussed the discussion of the equipment reform of wushu routines. Through the analysis and comparison of the "regulations and requirements of wushu routine competition rules over the years", she found that the standard of the equipment was ambiguous and the material and design of the equipment lacked scientific nature. Given these problems, the paper puts forward the viewpoint of site, equipment standardization, and conscientization, and lists the ideas for improvement, to provide certain references and references for the development of martial arts routine movement. Martial arts venue equipment is also crucial for middle school students.

1.3 Teacher ability: In middle school, teachers are very important, because in this learning stage. Students learn through knowledge reserve and thinking guidance, so teachers must be their role



models. Teachers must have good knowledge reserve, special skills, positive attitude, and teaching skills, to set a better example for students in sports. According to Liang (2016) As a traditional Chinese sport, Wushu helps cultivate students' physical quality. can not only develop students 'various physical qualities but also cultivate students' reaction ability, coordination ability, and strong perseverance, especially in the practice of martial arts routines, it can give people a visual shock. Wushu has the characteristics of "unity between inside and outside, both form and spirit", which is mainly reflected by the martial arts skills and casting methods. In technology, martial arts routine often requires the close combination of internal spirit and external body movements, "heart and shape follow", "form and meaning", and "potential and qi". To "hand, eye, body, step, mental strength" eight changes to exercise the mind and body. Here, I think it is necessary to pay attention to the following points while learning martial arts: First of all, we should fully warm up before class. This is important. If the warm-up is not enough, many difficult movements cannot be done. The second is to protect yourself from being hurt. Fortunately, I injured my right ankle because I didn't warm up enough. Due to the serious injury, I not only had my training suspended for nearly three months this semester, but my ankle still struggled to adapt to the intense training after recovering. Injuries, not only affect individual training but also drag down the training progress of the entire martial arts team. So be responsible for yourself, and be responsible for the martial arts team. Third, to do a good job in the basic skills, for after the future routine to lay a good foundation. In learning martial arts, the basic skills are very important.

1.4 Extracurricular activities: The school should provide students with extra-curricular activities to expand their learning beyond the curriculum and curriculum. Co-curricular activities provide an opportunity for all students to extend their learning beyond the formal curriculum, so we had to create extracurricular activity programs. As Fan (2018) Martial Arts Club is a supplement and extension of classroom teaching. Compared with classroom teaching, it is more flexible and plastic, so students like to participate very much. However, it is more vulnerable to the restrictions and impact of exams or other activities, and teachers and students often cannot finish the process, with both quality and quantity. To run the martial arts club well, the teachers must have a plan and purpose according to the specific situation of the students, and make the martial arts club sound and colorful. Through the activities of the club, the students 'martial arts skills can be better developed, further understand the basic knowledge of martial arts, and cultivate the students' sports ability. To further improve the level of extracurricular teaching activities and sports competition, the school's martial arts club work, as well as extracurricular sports activities and sports competition, these two are also the focus of school sports work. Extracurricular sports activities are very favorite activity form, it can make the students consolidate their knowledge and can play their ability to learn their favorite sports based on this semester of extracurricular activities to detailed planning measures, and make guidance, to ensure the smooth development of extracurricular sports activities.

Recommendation

Recommendation for this study

1. Teachers should accept and learn some new Wushu sports training methods and programs, update the Wushu teaching concepts, and make up for the shortage of traditional Wushu training methods.
2. With the continuous growth of age, the body function constantly improves. It is more necessary to strengthen physical exercise so that the sports training level can reach the middle and high level, to develop physical and mental health. Due to the face of various pressures, middle school students should take appropriate measures and behavior correction, relaxation training, and psychological counseling according to the psychological development characteristics of different students.

Future research Recommendation

1. Hope that the research method of this paper can provide the physical health and mental health of middle school students with relatively accurate and effective training modes and teaching methods, this paper studies through the process of Wushu routine sports training can improve the physical health and mental health of middle school students, so hope in the future development of Wushu routine sports training for primary and middle school students can have better and more efficient benefits.
2. This paper mainly studies the Wushu routine sports training on the physical health and mental health of middle school students. Therefore, the conclusion of this paper is a reliable and effective training method. It is hoped that it can also promote the continuous development of Wushu routine sports training in future primary and secondary schools.



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