



Guidelines Management to Promotion of Wushu in Schools Within Jinzhong City

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Abstract

Research Objective: Wushu in schools promotes physical fitness, self-discipline, and focus while also preserving cultural heritage and instilling a sense of tradition. It promotes teamwork, builds confidence, and instills lifelong values such as perseverance and respect. Thus, this research aimed to study construct guideline management to promote wushu in schools within Jinzhong City Shanxi Province China.

Research Method: This research is qualitative. The population of 1250 persons as a sample from Taro Yamane table opened confidence at 95% sample group was 286 students were student in the wushu club from 10 high schools in Jinzhong City, the step of collection data a questionnaire survey from students, 7 Expert interviews, 10 experts for Focus group and 5 experts for Connoisseurship discuss and confirm guideline. The statistics analysis of data used content analysis and mean(\bar{x}) and standard division (S.D.)

Results: The results showed that the guideline management for promoting wushu in school was planning, organization, leading, and controlling. The planning has 9 items The organization has 9 items The leading 9 items and the controlling has 7 items.

Conclusion: This study developed comprehensive guidelines for promoting Wushu in secondary schools in Jinzhong City, Shanxi Province, China, using strategic planning, organizing, leading, and controlling methods. Key findings highlight the importance of structured planning, effective team organization, leadership in athlete development, and systematic evaluation processes. The study emphasizes that successful Wushu promotion requires aligning curriculum adjustments with national goals, continuous teacher and coach development, and the integration of modern technologies for training and evaluation.

Keywords: Promotion Guidelines; POLC; Guidelines; Wushu; Schools

Introduction

The study of Wushu, as highlighted by Liu and Natayakulwong (2023), emphasizes how societal progress and improved living standards have led to increased attention to the preservation and development of traditional culture. As an integral part of Chinese heritage, Wushu remains significant in modern society. However, due to various factors, including changes in modern lifestyles and school education systems, the prominence of Wushu in schools has declined. This makes it crucial to explore effective methods for promoting Wushu in primary and secondary schools in Jinzhong City, reigniting students' interest and passion for the sport.

Wushu was first introduced into the school system in 1915 at the National Education Conference. Over the years, with China's advancement, the government introduced several policies to enhance Wushu education, recognizing its value not only as a sport but also as a cultural vehicle. The Chinese State General Administration of Sport elevated Wushu in schools to a national policy, ensuring a structured approach to its promotion. The government's dedication to integrating Wushu into the education system stems from its dual value as a cultural and physical development tool. Despite strong policy backing, the actual implementation of Wushu in schools has faced several challenges, creating a disconnect between policy initiatives and school-level execution. This discrepancy calls for a critical examination (Bai, 2017). Chen (2022) explored Wushu's benefits from the student's perspective, emphasizing how it improves physical qualities such as strength, speed, endurance, flexibility, and coordination. The self-defense aspect of Wushu also strengthens students' ability to protect themselves, enhancing their overall physical and mental awareness. Moreover, Wushu serves as a moral and educational tool, deeply rooted in Chinese culture. Its inclusion in school curriculums, therefore, helps develop students' physical, psychological, and cultural competencies. Jia et al (2020) discussed the integration of Wushu into school curriculums across Shanxi Province. He pointed out that Wushu's prominence as a sport has led to its inclusion in school programs, providing competition training and exercise opportunities that promote the sport within schools. The ultimate goal is to elevate Wushu as a widely recognized and practiced sport, beginning in schools and gradually spreading to the general public.

From a school management and curriculum development perspective, Jia et al (2022) discussed how the Wushu curriculum has been adjusted to align with physical education standards. This adaptation ensures that students have opportunities to engage in Wushu, with the broader aim of establishing it as an internationally recognized sport. The development of Wushu relies on correct



principles and methods, with a strong foundation rooted in Chinese cultural practices. This integration is vital not only for Wushu's growth in China but also for its acceptance and recognition worldwide. In the context of China's "Healthy China" strategy, this study selected primary and secondary schools in Jinzhong City to evaluate the current state of Wushu education. Through surveys and research, the study sought to identify key factors that influence Wushu activities and propose strategies to accelerate the sport's integration into school culture. By enhancing the efficiency of Wushu teaching and boosting enthusiasm among teachers and students, the study aims to establish a comprehensive evaluation system for Wushu in schools. The findings provide insights into the strengths, weaknesses, opportunities, and challenges related to Wushu's development in schools, offering recommendations for its continued growth. As Cipriano et al, (2024) indicated, strategic planning for sports development must encompass various elements such as curriculum design, team building, competition preparation, and overall health outcomes. Wushu, being both a cultural and physical discipline, aligns with these principles. Properly integrating Wushu into school curriculums can ensure that it thrives as a model sport, promoting both physical well-being and cultural appreciation among students.

This study on the promotion of Wushu in Jinzhong City's secondary schools aligns with national policies aimed at fostering a love for sports among students. By addressing the key factors influencing Wushu's development, this research provides valuable recommendations that can help ensure the sustained growth of Wushu in both Jinzhong City and across China. The study supports the government's vision of maintaining Wushu's cultural significance while preparing the next generation of athletes and promoting physical fitness and cultural education.

Objectives

To construct guideline management to promote wushu in schools within Jinzhong City Shanxi Province China

Conceptual Framework

This research aims to establish implementation guidelines for promoting Wushu in high schools in Jinzhong City, Shanxi Province. The conceptual framework is grounded in Henry Fayol's (2016) management function theory, which serves as the theoretical basis for structuring the promotion and management of Wushu. The research utilizes expert interviews, a review of relevant literature, and practical insights from professionals in the field. (Figure 1)

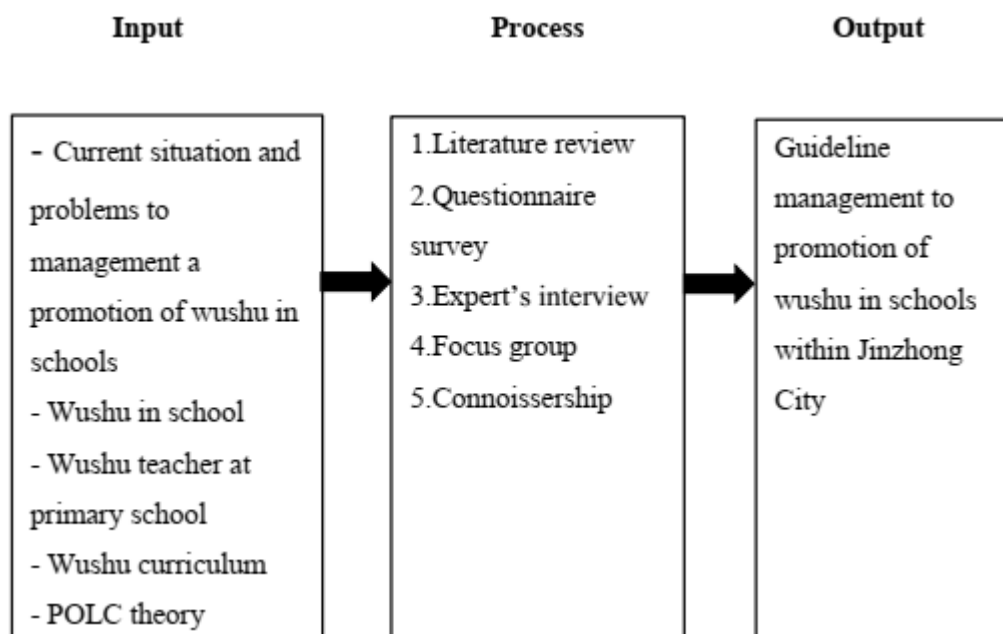


Figure 1: Conceptual framework



Methodology

Population

The population used in the research were students in the Wushu Club from 10 schools in Jinzhong City, Shanxi Province, China, a total of 1250 students. Sample Taro Yamane table confident at 95% was used to sample 286 students were selected as sample. The selection criteria were as follows: Administrators: Must have a minimum of 4 years of management experience. Wushu teachers: Must have at least 5 years of teaching experience. Wushu athletes: Must have been high school athletes for at least 3 years. A total of 7 experts were interviewed to develop the implementation guidelines for promoting Wushu in secondary schools in Jinzhong City, Shanxi Province. The selection of experts was based on the following criteria: 1) Two current or former school principals with at least 4 years of management experience. 2) One current or former Wushu sports instructor with a minimum of 4 years of teaching experience. 3) One national-level Wushu athlete or champion. 4) One current or former president of the Wushu Sports Association, with at least 4 years of management experience. 5) One president of the Shanxi Sports Association, with at least 4 years of experience. 6) One parent of an athlete, with at least 2 years of involvement and interest in Wushu.

Data Collection

The data collection process involved the following steps: 1) Consulting educational and sports-related texts and reaching out to experts. 2) Developing an interview framework based on POLC theory and refining it through consultation with advisors and experts. 3) Assessing the reliability of the IOC (Index of Item-Objective Congruence) tool. 4) Conducting interviews with the 7 selected experts. 5) Refining the interview results in consultation with advisors and experts. 6) Organizing a group meeting to find consensus on the feasibility and consistency of promoting Wushu in schools. 7) Analyzing the collected data with input from teachers and experts. 8) Summarizing the results, focusing on two key objectives: Objective 1: To study the guidelines for promoting Wushu sports at Jinzhong High School. Objective 2: To establish a comprehensive guideline for promoting Wushu sports at Jinzhong High School.

Data Analysis

Data analysis and research create a guideline for promoting Wushu sports at Jinzhong School as follows: 1)IOC test student questionnaires, 2)Questionnaire used to mean and standard deviation, 3)Interview used content analysis 4)Focus group used content analysis and Connoisseurship used content analysis and mean and standard deviation.

Research Process:

The research followed a five-step process.

Step 1: Review of Literature and Research: Conducted an in-depth review of literature related to Wushu in high schools and strategies for promoting Wushu, including books, articles, journals, and theses.

Step 2: Develop a Conceptual Framework: Distributed questionnaires to Wushu teachers and high school administrators, both in-person and online, to assess the current status of Wushu promotion and identify existing challenges. Developed expert interview questions and evaluated their suitability using the Index of Item-Objective Congruence (IOC) with input from three experts. Conducted interviews with 7 experts to develop a framework for guidelines on promoting Wushu in schools.

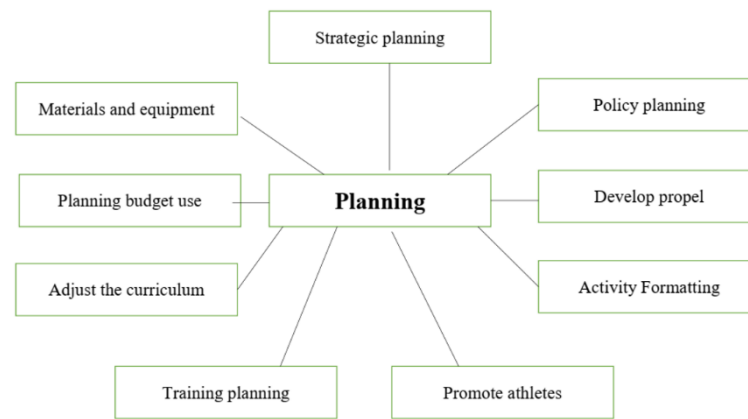
Step 3: Conduct a Focus Group to Develop Guidelines: Conducted a focus group with 10 experts to refine the guidelines for promoting Wushu in schools. Finalized the guidelines based on expert consensus.

Step 4: Confirm the Efficiency of Guidelines

Step 5: Conclusion and Final Report: Summarize the research findings. Prepared a final presentation of the research results.

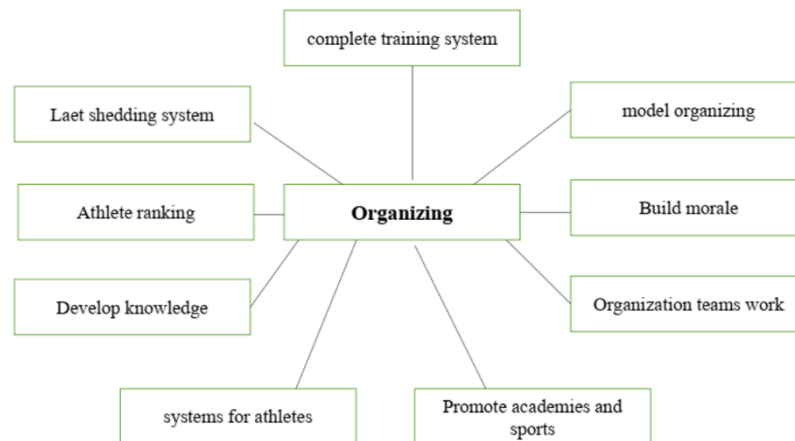
Results

The results of this research focused on developing guidelines for promoting Wushu sports in secondary schools in Jinzhong City, Shanxi Province, China. The research analyzed four key aspects based on expert opinions: planning, organizing, leading, and controlling. The following are the summarized results for each aspect:



Picture 1: Planning

Planning: The experts emphasized the importance of strategic planning, which included policy formation, personnel development, and resource allocation for Wushu promotion. Key factors identified were the creation of training activities, adjustments to the curriculum to support Wushu education, and budget planning for materials and equipment to ensure successful implementation. A systematic approach to planning was essential to establish clear objectives and provide support to athletes. (Picture 2)



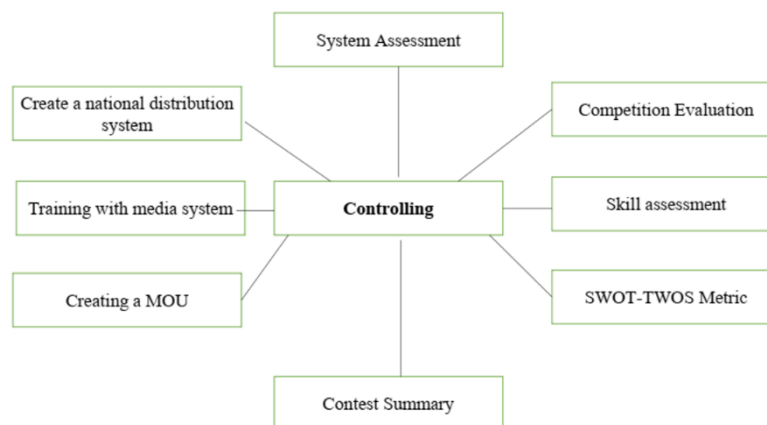
Picture 2: Organizing

Organizing: The organizational framework focused on establishing a structured system for managing Wushu training, including team formation, knowledge development, and ranking systems for athletes. Experts highlighted the need for teamwork, proper division of responsibilities, and a continuous knowledge development system to help athletes improve their skills. Additionally, athlete ranking systems and systematic development models were emphasized as critical for promoting Wushu. (Picture 3)



Picture 3: Leading

Leading: Leadership was seen as critical for successful Wushu promotion. Experts recommended that athletes receive comprehensive training supported by modern IT systems, along with systematic coaching and athlete selection processes. Coaches were encouraged to focus on concentration, mental strength, and sports science to enhance athlete performance. There was a strong emphasis on using sports science to improve training effectiveness and competition outcomes. (Picture 3)



Picture 4: Controlling

Controlling: Controlling focused on the evaluation and assessment processes. The experts suggested implementing regular assessments of athletes' skills, using tools like SWOT analysis to identify strengths and weaknesses. Creating partnerships through Memoranda of Understanding (MOUs) with relevant agencies and utilizing modern IT systems for evaluation and training were also key recommendations. (Picture 4)

Conclusion

This study aimed to develop comprehensive guidelines for promoting Wushu sports in secondary schools in Jinzhong City, Shanxi Province, China, using a structured approach based on management theory. Through expert interviews and data analysis, four key components—planning, organizing, leading, and controlling—were identified as essential for the successful promotion of Wushu.

Planning emerged as a critical step in ensuring the success of Wushu programs. Effective strategic planning involves developing policies, allocating resources, and organizing activities that promote sports among students. This includes curriculum adjustments, budget planning, and securing materials and equipment necessary for training. Clear and structured planning ensures that objectives are met and that Wushu becomes integrated into the school's culture.



Organizing focused on creating a well-structured system to support Wushu training. This includes forming teams, developing knowledge and skills, and ranking athletes to track their progress. The experts emphasized the importance of teamwork, role clarity, and continuous learning, all of which are crucial for maintaining an effective Wushu program. Organizing training and development systematically allows for long-term growth and sustainability of sport in schools.

Leading was identified as key to motivating athletes and coaches alike. The role of leadership is to guide the athletes through comprehensive training using modern tools like IT systems and sports science. Leaders must foster an environment that encourages athletes to improve, challenge themselves, and pursue excellence. Leadership also involves selecting and nurturing coaches who can mentor athletes effectively, ensuring that they develop both physically and mentally.

Controlling focused on monitoring progress and maintaining the quality of the Wushu program. Regular assessments of athletes' skills, using techniques such as SWOT analysis, are crucial for identifying areas of improvement and ensuring the program's success. Partnerships with external agencies and the use of advanced IT systems for training and evaluation were also seen as essential for achieving sustainable results.

This research provides a clear and actionable framework for promoting Wushu sports in Jinzhong City's secondary schools. By adhering to the guidelines of planning, organizing, leading, and controlling, schools can effectively integrate Wushu into their educational and extracurricular programs, ensuring the sport's growth and sustainability.

Discussion

The research on promoting Wushu sports in secondary schools in Jinzhong City, Shanxi Province, China, provides valuable insights into the critical components necessary for successful implementation. By leveraging expert feedback and applying management theory, the study developed a comprehensive framework that addresses planning, organizing, leading, and controlling. This discussion explores the significance of these components and the challenges and opportunities associated with promoting Wushu in educational settings.

Planning: The study highlights the importance of strategic planning in promoting Wushu. Planning ensures that all necessary elements—such as policies, curriculum adjustments, resources, and personnel—are in place to create a sustainable program. As Kelly et al (2004) noted, strategic planning in educational institutions must align with national goals, ensuring that cultural sports like Wushu are preserved while promoting student well-being. The research confirms that a structured plan is essential for ensuring the successful integration of Wushu into school curriculums, enabling schools to support the sport's development systematically.

Organizing: Effective organization was emphasized as a foundation for managing Wushu training and development. This finding aligns with Suratmin et al, (2022), who argued that organizing sports in schools requires a well-structured system to foster both academic and athletic development. Organizing teams, developing training schedules, and creating an athlete ranking system all contribute to the systematic improvement of Wushu in schools. The research highlights that creating an organized system allows schools to promote continuous knowledge and skill development for athletes, which is critical for maintaining the quality of Wushu programs over time.

Leading: Leadership plays a crucial role in driving the success of Wushu programs, particularly through motivation and guidance. The use of modern technologies, including IT systems and sports science, can significantly enhance the quality of training and competition. As Chelladurai (2012), noted, leadership in sports requires a focus on the mental and physical development of athletes. The research reinforces this, showing that leaders who emphasize concentration, imagination training, and competition preparation foster an environment of growth and resilience. The focus on selecting and nurturing quality coaches also ensures that students receive high-quality mentorship.

Controlling: Regular evaluation and monitoring were identified as key to maintaining and improving the Wushu program's success. This aligns with McCarthy (2022), who highlighted the importance of systematic evaluation in sports programs to ensure continuous improvement. The research demonstrated that tools like SWOT analysis help in identifying the strengths and weaknesses of both athletes and programs. Furthermore, partnerships through Memoranda of Understanding (MOUs) with other organizations provide external support and resources. The integration of IT systems



for training and evaluation also offers a modern, scalable approach to controlling the quality of the Wushu program.

The study also identified several challenges and opportunities in promoting Wushu in schools. One challenge is ensuring sufficient resources and administrative support for sport. However, opportunities arise from the growing recognition of Wushu as a cultural and physical asset, as supported by national policies like China's "Healthy China" strategy. By implementing the guidelines outlined in this research, schools in Jinzhong City can foster both the cultural preservation and physical fitness of students through Wushu.

Recommendation

1. Increase the number of qualified experts to gain more comprehensive and diverse insights, enhancing the depth of research outcomes.
2. Future research should include more detailed content and varied methodologies to create a more effective framework for promoting Wushu.

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