Using Computer Aided Technology to Analyze the Diversified Teaching Mode of Taekwondo in Colleges and Universities

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Abstract. With the continuous development of the times, the importance of education is gradually highlighted, the new curriculum reform is constantly changing, and it is clearly pointed out that in the process of education, students should not only learn good knowledge and culture, but also constantly cultivate students' other comprehensive quality ability. In the process of receiving education, students should not only improve their knowledge reserve, but also improve their physical quality. At present, many colleges and universities in our country have carried out taekwondo teaching, through taekwondo teaching can effectively improve students' physical fitness and ability, so as to achieve the purpose of strengthening physical fitness, but from the current specific development situation, there are still many problems in the process of taekwondo teaching, the teaching method is relatively single, and the teaching efficiency is very serious in the teaching process. Therefore, how to carry out taekwondo teaching more efficiently has become a problem that colleges and teachers should focus on. This article describes the use of computer-aided technology to analyze the exploration of the Taekwondo teaching model in colleges and universities.

Keywords: Taekwondo in Colleges and Universities, Teaching, Computer Aided Technology

1. Introduction

With the continuous deepening of the new curriculum reform, in the course of carrying out the education, the school should not only fully deepen the quality education, but also constantly improve the physical quality ability of the students. The teaching of taekondo can effectively improve the physical quality of students. However, the teaching of taekondo is a special teaching content, which may be influenced by various external and internal factors in the course of teaching. Therefore, the traditional teaching mode cannot be adopted in the course of teaching. [1] To carry out taekondo teaching, we should adopt a variety of teaching methods, take the interest of students as the entry point,
stimulate the students' learning enthusiasm, and create a good teaching atmosphere for students, so as to fully stimulate the students' positive initiative, so that the students can better invest in the course of taekwondo teaching.

2. On the Existing Problems in the Teaching of the Chinese University

2.1. Lack of systematic theoretical teaching

Although many colleges and universities have carried out taekwondo teaching, there are still some problems in the specific teaching process. First of all, one of the most serious problems is the lack of systematic theoretical teaching. Taekwondo teaching is essentially different from other theoretical subjects. In the teaching process, some teachers pay more attention to skills than theory. [2] In the specific teaching process, lack of systematic theoretical teaching, directly carry out a series of skills training for students, which will lead students to lack theoretical knowledge and can not effectively master some practical skills. In the process of teaching, students will blindly participate in the training, and can not grasp the core points of the training, which can not only effectively improve the physical quality and will quality of the students, but also undermine the students' enthusiasm for learning.

2.2. The teaching content and teaching method are backward

Taekwondo teaching is mainly leg method and actual combat teaching, in the specific teaching process, due to the limitation of teachers' professional level, resulting in the lack of a certain pertinence and scientific teaching, most teachers in the teaching process are to adopt a one-size-fits-all teaching model, completely ignoring the individual differences of students, which will lead to a more serious polarization, [3] some students with better physical fitness may be able to accept some of the teacher's content, but some poor physical quality or understanding ability students cannot follow the teacher's rhythm. In the process of teaching, teachers generally use the traditional teaching content and teaching methods, basically all use the way of explanation and demonstration to teach, which not only cannot effectively stimulate students' interest in learning, but also affect students' cognition of taekwondo.

2.3. Training ground, equipment is relatively backward

Taekwondo teaching is essentially different from traditional physical education teaching. [4] Taekwondo teaching pays more attention to training venues and training equipment, but from the current specific development, most colleges and universities do not have professional training venues and training equipment. In the process of teaching, some teachers only bring students to the playground for simple teaching, which can not only give full play to the role of taekwondo teaching. It will also affect students' cognition of taekwondo. At present, most colleges and universities do not invest enough funds to build special taekwondo training venues, which leads to the formalization of taekwondo teaching in colleges and universities, which runs counter to the purpose of taekwondo teaching. As shown in figure 1, students do not have special taekwondo training clothes, and their training venues are also pieced together from household foam bricks.
In the process of teaching, taekwondo teaching should not be strictly assessed because it belongs to physical education. In the process of teaching, only by equipped with a sound assessment system can we give full play to the role of teaching, but from the current specific development, most colleges and universities do not have a sound assessment and evaluation system in the process of carrying out taekwondo teaching. After a semester of teaching, teachers only carry on the simple examination to the students, can not effectively highlight the key and difficult points of the teaching, the students' observation ability and practical ability can not be effectively improved, the whole role of taekwondo teaching can not be brought into full play, which makes the whole taekwondo teaching appear very superficial.

3. Characteristics and significance of diversified teaching of taekwondo in colleges and universities.

In order to improve the efficiency of taekwondo teaching, we must change the traditional teaching concept and teaching mode, and adopt diversified teaching methods in order to effectively improve the efficiency of taekwondo teaching. The so-called diversified teaching, in short, is to carry out teaching according to students' psychological characteristics and interests in the teaching process. There is no fixed teaching content in the teaching process, teachers can carry out teaching according to the actual situation of students, adopt a variety of different teaching methods to meet the needs of students at different levels, and in teaching practice, some teaching contents can be constantly supplemented and improved, which can effectively improve teaching efficiency and stimulate students' interest in learning. The adoption of diversified teaching model can enrich the classroom teaching content, meet the personalized needs of students, and make students have a more comprehensive and profound understanding of taekwondo teaching. Diversified taekwondo teaching can give full play to the comprehensive benefits and effectively improve the teaching effect. Taekwondo course teaching can
not only enhance students' physical quality, but also cultivate students' good psychological quality. Excellent physical education teaching content can cultivate students' perfect personality, diversified teaching methods can open up students’ ideological spirit, so that students can apply the spirit of learning taekwondo to daily study and life, so as to promote students to get more comprehensive development.

4. The Diversified Teaching Strategy of Chinese Universities and Colleges and Universities

4.1. Increase investment in taekwondo venues and facilities

In order to carry out diversified taekwondo teaching, we should first establish professional taekwondo venues and install some professional facilities. Relevant colleges and universities should increase investment, but also stimulate some government and enterprise funding, taekwondo infrastructure construction in an all-round way, when there is a sound infrastructure to better carry out taekwondo teaching.

4.2. Adhere to the people-oriented Educational thought

In the process of teaching, teachers should always adhere to the people-oriented educational thought. Taekwondo teaching is a new kind of physical education. In the process of teaching, teachers should change the traditional teaching ideas and teaching methods, think from the point of view of students, give full play to the main role of students, and effectively combine the theoretical teaching of taekwondo with actual combat teaching. In the daily teaching process, some moral education is fully infiltrated into the process of taekwondo teaching, and students' good ideological and moral concepts are constantly cultivated. In this way, students can not only better accept taekwondo teaching, but also effectively improve their personal comprehensive quality.

4.3. Improve the professional level of teachers

In the course of carrying out the teaching of the boxing, the individual ability of the teacher directly influences the teaching effect, so the teacher should constantly improve the professional level of the teacher, so that the students can carry out more efficient teaching. The university teachers should change the traditional teaching method mainly, and in the course of the teaching, let the students participate actively. In this way, the students' learning enthusiasm can be effectively stimulated, and some professional training activities can be carried out on a regular basis in colleges and universities, in order to continuously improve the comprehensive quality of the teachers, and a number of professional teachers' teams can be formed in the colleges and universities. It is also possible to invite some experts from the school to go to the school for lectures, and to improve the professional level of the teachers in the university through the way of communication and communication.

4.4. To scientifically develop the teaching content and reform the teaching method

In the process of teaching, teachers should formulate scientific teaching contents and formulate some characteristic teaching contents according to the specific situation of students, so as to meet the students' learning needs. In the process of taekwondo teaching, teachers should effectively divide theory and practice, not only let students master theoretical knowledge, but also let students master good practical skills. In the teaching process, we should pay attention to cultural and spiritual
education and cultivate students' spirit of hard work. In this way, students can apply good ideological and moral character to their future study and life. In the process of teaching design, teachers can use advanced multimedia equipment to teach, and play some excellent taekwondo videos for students before class. Through intuitive feeling, can effectively stimulate students' interest in learning. Teachers can effectively integrate taekwondo teaching and dance teaching, which can effectively enrich the teaching content.

5. Conclusion

In summary, in order to improve the efficiency of Taekwondo teaching, we need to change the traditional teaching ideas and teaching methods, adopt diversified teaching ideas to effectively improve teaching efficiency and enable students to have a correct understanding of Taekwondo. Use computer-assisted technology to learn Taekwondo, teaching them so that they can more actively invest in the Taekwondo learning process. Physically, the physical fitness of students can also be effectively improved.

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