The Creation and Promotion of Martial Arts Platform for College Students under the Background of Internet + Era

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Abstract: *in recent years, the Internet industry has developed rapidly, which has brought significant challenges and opportunities to various sectors of the society. Under the background of "Internet +", martial education for college students should keep pace with the new era, and we should make full use of Internet technology to carry out proper reform of traditional teaching, and then improving the efficiency of martial teaching.*

Keywords: *"Internet +"; college students; martial education; platform creation; promotion.*

1. Introduction

In November 2012, Yu Yang first put forward the concept of "Internet plus" at the fifth mobile Internet expo. Because the Internet can realize multi-screen, full-network and fast platform, it is defined as a chemical formula combining with the traditional industry, namely "Internet +".

At the two sessions in 2015, Ma Huateng submitted "Suggestions on Promoting Innovative Development of Chinese Economy and Society Driven by 'Internet +'", which he defined as: using information and communication technology and Internet platform to organically combine the Internet with traditional industries and create new development ecology. In March 5th of the same year, at the third session of the twelve National People's Congress, "Internet +" was raised to the agenda. Premier Li Keqiang put forward the "Internet +" action plan in the government work report. This is also the first time that "Internet +" appeared in the government's work report. From this we can see that the state attaches great importance to the "Internet +", and therefore it has attracted the attention of the whole society. Various industries are competing for "Internet +" to promote cross-border integration of industries so as to achieve new development.

2. The Disadvantages of Traditional College Martial Arts Education

At present, the traditional martial arts teaching in colleges of our country is mainly based on practical teaching, and the teachers combine the theory course with

the practical course to achieve the corresponding teaching objectives. The basic forms of martial lessons are as follows: Firstly, teachers teach theory, talk orally, and demonstrate the essentials. Secondly, according to the knowledge taught by the teacher, the students learn and imitate their actions to master the essentials. Although this traditional teaching mode can realize face-to-face practical teaching, there are many disadvantages in it.

2.1 The limitation of time and space makes students' learning effect unsatisfactory

Generally speaking, college students are unfamiliar with martial arts, and the one-week martial arts courses are very limited, and the learning time of each class is only about 90 minutes. In this limited time, some students can not fully learn the relevant action, the teacher can not be targeted to guide and correct one by one.

After class, due to the limitation of time and space, even if students really want to learn a certain set of martial arts, students can not learn at any time, nor can they accept the teacher's education and guidance at any time. In the long run, students' interest in martial arts will inevitably be negatively affected, and then affect the overall development of martial arts education.

2.2 The traditional teaching mode lacks innovation

Currently, the teaching mode of college martial arts is still basically cramming teaching, which lacks innovation. Teachers instill abstract theories in class, and students listen passively after class. Many abstract theories and concepts cannot be deeply understood by students, which affects their learning interest and efficiency to a certain extent

2.3 Lack of understanding of martial arts culture, values and spirit

Chinese martial arts culture is extensive and profound, and it is far from enough for students to have a deep understanding of martial arts and its culture, value and spiritual connotation with only a few years of college physical education courses. There must be sufficient martial arts education resources as the support, long-term hard training as the basis, in the study and training to understand the value and spiritual connotation. Therefore, traditional martial arts education cannot meet the needs of martial arts learners at all, nor can it enable every student to deeply understand the connotation and value of martial arts.

3. "Internet +" Technology and the Construction of Martial Teaching Resources

3.1 Recording and Sharing Network Video Based on High Quality Teacher Resources

The college has many excellent education resources. It not only has a rich library,

but also has high-level university teachers. Therefore, the university should make full use of these high-quality resources and combine them with the Internet to promote them and give full play to its resource advantages. For example, universities can make full use of the advantages of high-quality teacher resources, record teaching video with Internet technology, select some high-quality martial arts education video, compile a complete set of video, upload it on the Internet, and realize the sharing of education resource network platform. In addition, high quality martial arts education books are digitized online and uploaded on the Internet to create an Internet book platform for martial arts learning.

3.2 Create online MOOCS platform to realize online teaching

MOOCS are massive open online courses. In the network environment, learners can use the computer to log in the Internet online education platform and learn in the network classroom. In this way, the problem of education resource imbalance can be solved to a large extent. At the same time, learners can go beyond the limitations of time and space to learn anytime and anywhere, and can ask questions in real time according to their own situations. Teachers can teach targeted courses, and learners can also learn and train in a targeted way.

Coursera, Udacity and Edx are the three main platforms for MOOCS. To a large extent, it makes up for the shortcomings of traditional education. In this way, the combination of the Internet and martial education not only provides many free choices for college students in the system, making them fully and comprehensively understand the characteristics, culture and spirit of martial, but also provides a platform for other social groups to learn martial. It can be seen that the construction of the platform of MOOCS is of great significance to college students' martial teaching, and it also provides a wide channel and platform for the promotion of martial.

3.3 Constructing martial arts micro-class platform to speed up the promotion of martial arts education

In recent years, online micro-lessons are very popular, and their short and concise contents attract learners' attention to a large extent. People can make full use of their fragmented time by using the mobile phone client, without delaying their normal work and study.

Firstly, universities organize high-quality teacher resources, or employ social martial arts specialty to conduct micro-course teaching research and recording, and systematically edit, and form a complete set of micro-course teaching videos. Secondly, the school builds martial learning windows on its website and mobile client, uploads and shares high-quality martial teaching videos, and provides online learning platform for students. Finally, we should create app and two-dimensional code for martial learning, and use the network to publicize and promote it so as to facilitate students' learning.

3.4 Develop WeChat public platform to promote martial arts learning and promotion

Currently, according to relevant statistics, WeChat has 1.082 billion active users every month. Thus, the number of WeChat users has become a very large group. Creating WeChat public account of martial arts teaching is of great significance to the martial arts learning and promotion of college students.

In order to create education WeChat official account for martial arts in the university, the WeChat group of students or WeChat group of study group should be established first. In the process of establishment, the function of WeChat to establish a group face to face can be used, or students can be appointed by the teacher as group manager for the establishment of WeChat group, and finally the learning community of teachers and students can be established. In order to create education WeChat official account for martial arts in the university, the WeChat group of students or WeChat group of study group should be established first. In the process of establishment, the function of WeChat to establish a group face to face can be used, or students can be appointed by the teacher as group manager for the establishment of WeChat group, and finally the learning community of teachers and students can be established. Secondly, it is necessary to register a public platform for martial arts learning, and form a mutually complementary model with the "micro class" of sports, so as to build a personalized martial arts learning channel for students. Thirdly, in "micro class", teachers can conduct targeted teaching and guidance according to different students. Students can also ask detailed questions based on their own doubts.

In addition, the students themselves can improve the learning atmosphere of students by establishing their own martial learning communication groups, interacting with each other and sharing resources.

4. Conclusions

In short, with the advent of the "Internet +" era, the development of Internet, self-media and mobile client technology has provided huge digital resources for martial arts education in universities. At the same time, it also provides many network sharing platforms for the development of martial education. Therefore, education of college martial arts should make full use of this advantageous resource and organically combine it with traditional martial arts education to form various digital achievements of martial arts learning, so as to promote the inheritance and development of education of martial arts.

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