

体育工作部课程简介

课程编号: 171300002(1-4)

课程名称: 普通体育课—武术

学分/学时: 1/32

先修课程: 无

适用专业: 全校各专业

课程性质: 必修

教材: 大学体育与健康 王勇 主编 大连海事大学出版社 2018 年

主要参考书:

- (1) 蔡仲林、周之华编 《武术》第三版 高等教育出版
- (2) 杨永惠 主编 《武术普修读本》 人民体育出版社 2000 年 5 月
- (3) 武术教材编写组《武术》(上、下) 人民体育出版社, 1996 年
- (4) 中国武术竞赛组《武术套路竞赛规则》人民体育出版社 2000 年

内容简介:

武术运动是我国一项历史悠久的民族传统体育项目, 武术项目拳种众多, 内容博大精深, 拳种已有 129 种之多, 包括各种器械, 所谓十八般兵器。近代自 1913 年进入现代学校以来, 已有百年历史, 武术在学校领域已形成一种学校领域的武术。武术是以中国传统文化为理论基础, 以徒手和器械的攻防动作为主要锻炼内容, 兼有功法运动、套路运动、格斗运动三种运动形式的体育项目。

武术的技能形式包括了功法、套路、格斗三种形式, 内容包括了踢、打、摔、拿、击、刺、劈、砍等众多内容。武术文化与中国的传统哲学、宗教、医学、军事、艺术有着重要的联系, 是中国传统文化的一种特殊形式。武术具有强身健体、防身自卫、艺术观赏、陶冶情操和交流感情的多种功能和作用。本课程主要讲授武术运动的基本理论知识、技术、技能和竞赛规则, 介绍武术运动在国际和国内发展的最新动态与趋势。武术选项课教学内容为规定拳或初级剑。

Course Description

The Department of Physical Education

Course Code: 171300002(1-4)

Course Name: Martial arts

Credit/Hours: 1/32

Textbooks: WangYong. College Physical Education. Dalian Maritime University Press, 2018

Reference Books:

- (1) Cai Zhonglin and Zhou Zhihua compiled the third edition of martial arts.
- (2) Yang Yonghui, editor in chief of "martial arts general reading book", people's Sports Publishing House, May 2000.
- (3) martial arts teaching material compilation group "martial arts" (upper and lower) People Sports Publishing House, 1996
- (4) Chinese Wushu competition group "Wushu Routine Competition Rules" People Sports Publishing House, 2000.

Course Description:

Wushu is a traditional national sports project with a long history in China. There are many kinds of martial arts, extensive and profound content, there are 129 kinds of boxing, including various instruments, so called eighteen weapons. Since modern times entered modern schools in 1913, it has been a hundred years ago. Wushu has formed a kind of martial arts in the school field. Wushu is based on the theoretical basis of Chinese traditional culture, taking the offensive and defensive movements of bare hands and instruments as the main exercise content, and there are three sports forms of sports, such as function movement, routine movement and combat movement.

The skills of Wushu include three forms, namely, function, routine and fighting. They include kicking, beating, throwing, taking, striking, pricking, chopping, chopping and so on. Wushu culture is closely related to Chinese traditional philosophy, religion, medicine, military affairs and art. It is a special form of Chinese traditional culture. Wushu has many functions and functions such as physical fitness, self-defense, art appreciation, cultivation of sentiment and exchange of feelings. This course focuses on the basic theoretical knowledge, technology, skills and competition rules of martial arts, and introduces the latest developments and trends in the international and domestic development of Wushu. Martial arts elective course teaching content is prescribed boxing or primary sword.