

基于微信公众平台的留学生太极拳教学模式构建

宋博¹, 谢世光²

1. 聊城大学 体育学院, 聊城 252000

2. 聊城市东昌府区体育事业发展中心, 聊城 252000

摘要: 目的: 随着我国综合国力的不断提高和高等教育事业的稳步发展, 我国高校对外交流日益频繁, 留学生教育已成为高等教育中重要的组成部分。高校留学生太极拳教学是武术国际化发展的重要途径之一, 有助于提高我国文化软实力和对外竞争力, 对促进我国文化“走出去”以及世界一流大学建设具有显著作用, 应加大对留学生太极拳教学的重视力度。传统留学生太极拳教学方式存在教学手段单一、相应教材缺失、现代技术与多媒体应用不足等问题, 造成了留学生太极拳学习兴趣不高、教学效果不明显的现象产生; 而另一方面, 微信使用已成为在华留学生生活中不可缺少的事项。审视留学生太极拳教学现状, 有必要与新媒体和网络技术相结合构建留学生太极拳学习平台, 充分发挥其即时性、互动性、多样性的特点, 丰富留学生太极拳学习形式, 优化学习途径。基于微信的学习平台建设已逐渐在教育技术领域引起相关学者的关注, 但针对太极拳教学平台构建研究的应用较少, 对留学生这一群体的相关研究更为不足。为提高留学生太极拳学习质量、丰富学习手段、促进微信在太极拳学习过程中应用价值的最大化, 应保持对留学生太极拳学习平台的建设研究的持续关注。**方法:** 运用文献资料、逻辑分析等研究方法, 通过在图书馆查阅和购买相关书籍, 共找到平台建设和留学生教学相关书籍 23 本, 本文参阅了其中 12 本, 引用了 8 本; 通过中国知网等数据平台搜索体育学、教育学、传播学等相关文献, 通过筛查和选择, 最终选取了 84 篇文献作为研究资料, 共引用了其中的 13 篇, 为本研究的顺利进行提供了有力的理论支撑。**结果:** 留学生太极拳学习平台优势主要为以下四点。首先, 能够解决语言沟通的障碍。由于留学生一方面在文化和语言中与中国学生有较大差异, 学生之间交流较少, 另一方面能够使用双语教学的太极拳老师不多, 大大影响了双方的互动交流。语言沟通障碍作为留学生学习太极拳过程中的主要障碍, 严重影响了留学生的学习效果, 由于无法进行有效的沟通, 对于技术的掌握, 留学生仅仅是停留于表层, 无法触及处于深层核心地位的中华文化。通过学习平台中英双语形式学习内容的展现, 结合图文与视频的教学, 为留学生的太极拳学习提供更丰富的感性材料, 解决语言沟通障碍, 激发留学生学习兴趣进而提高学习的效果。其次, 能够利用“碎片化”的时间学习。微信学习平台通过移动终端设备与留学生建立联结, 使留学生太极拳学习不受时间和空间的限制, 可以充分

利用留学生“碎片化”的时间，不论是坐公交、坐地铁，还是在睡前，均可以通过手机等移动终端设备进行查阅学习。将“碎片化”的时间充分利用，学习平台所有推送内容均可转发、收藏，更有利于留学生的重复性学习。再次，能够作为传统教学模式的补充。传统留学生太极拳教学模式均以课堂为基础，不论是以语言讲解为主的讲授法、还是以直观感知为主的动作示范法和以身体练习为主的完整分解练习法，都是通过在教学过程中不断进行技术的练习以达到教学预定目标和要求。忽视了学生在课下对学习内容的掌握和加深，导致动作遗忘现象产生，无法达到预期教学目标。基于微信的留学生太极拳学习平台，不但可以巩固课堂的教学内容，而且可使留学生根据不同需求进行更深入的学习，在课堂之外接受更丰富的知识信息，是传统教学模式的补充。最后，可以降低留学生的学习成本。微信学习不同于需要购买纸质书籍、影像资料的传统学习方式。留学生通过移动终端获得后台所发送的教学内容，并以文字复制、图片下载等方式将重要内容永久保存，通过资源丰富并带有交互功能的学习平台，留学生可以根据自身特点，个性化的通过平台选取适合自己的学习资源，降低了留学生学习成本的投入。**结论：**平台建设的最终目的是更好地促进留学生太极拳学习，因此，平台的建设应以满足留学生学习需求为出发点，为留学生提供良好的网络学习环境，通过各种文字、图片、音频、视频等丰富多样的教学资源，满足留学生学习需求，唤起留学生学习兴趣。其次，应以提升学习效果为落脚点。在传统留学生太极拳教学模式中，由于存在语言沟通障碍、教学条件简陋、教材内容不足等问题，导致部分学生的学习兴趣降低，影响学习效果的形成。通过学习平台可对此类问题进行有效弥补，学生在任何时间任何地点均可登录平台学习了解自己所感兴趣的内容，并根据平台专业的图片视频教学进行深入学习，有助于实现学习活动的多样化、跨时空化，突破传统课堂单调的教学活动方式，从而变被动为主动，提高学习的主动性和自觉性，更好地提升留学生太极拳学习效果。自主学习原则、人性化原则和真实性原则是平台建构的主要原则。在传统留学生太极拳教学场中，主要以太极拳知识的传授记诵、太极拳技术的反复操练为课堂教学的主要形式。与传统太极拳教学中被动接受学习方式不同，借助留学生太极拳学习平台，可使学生主动参与到太极拳教学的整个过程中，真正变成学习的主体。在学习平台的建设过程中，真正体现学生的主体地位，充分发挥留学生的学习主动性和自主性。考虑到部分留学生汉语水平较低，无法操作较复杂的网络学习系统，因此平台系统界面应简洁大方、导航清楚准确、操作简单易上手，在学习内容设置中以中英双语的模式来降低平台使用困难程度。

关键词：留学生；太极拳教学；平台构建；微信

Construction of Taijiquan teaching mode for international students based on WeChat public platform

Bo song¹, Shiguang xie²

1. School of physical education, Liaocheng University, Liaocheng 252000

2. Sports development center of dongchangfu district, Liaocheng City, Liaocheng 252000

Abstract: Objective: With the continuous improvement of my country's comprehensive national strength and the steady development of higher education, my country's higher education institutions have increasingly frequent foreign exchanges, and the education of foreign students has become an important part of higher education. Taijiquan teaching for international students in colleges and universities is one of the important ways for the international development of martial arts. It helps to improve my country's cultural soft power and external competitiveness. It has a significant role in promoting my country's cultural "going out" and the construction of world-class universities. The emphasis on Tai Chi teaching for foreign students. However, related studies have shown that traditional Taijiquan teaching methods for foreign students have problems such as single teaching methods, lack of corresponding teaching materials, insufficient modern technology and multimedia applications, etc. , resulting in the phenomenon that foreign students are not interested in learning Taijiquan and the teaching effect is not obvious; On the one hand, the use of WeChat has become an indispensable item in the life of international students in China. Reviewing the status quo of Taijiquan teaching for foreign students, it is necessary to combine new media and network technology to build a platform for learning Taijiquan for foreign students, to give full play to its immediacy, interactive, and diverse characteristics, to enrich the learning styles of Taijiquan for foreign students, and to optimize learning methods. The construction of learning platform based on WeChat has gradually attracted the attention of related scholars in the field of education technology, but there are fewer applications for the construction of Taijiquan teaching platform, and the related research on the group of international students is even more inadequate. In order to improve the quality of Taijiquan learning for international students, enrich the learning methods, and maximize the application value of WeChat in the process of Taijiquan learning, continuous attention should be paid to the construction and research of the Taijiquan learning platform for international students. **Methods:** Using literature, logical analysis and other research methods, through searching and purchasing related books in the library, a total of 23 books related to platform construction and teaching of foreign students were found. This article has referenced 12 of them and cited 8; through China CNKI and other data The platform searches sports, pedagogy, communication and other related literatures. Through screening and selection, 84 literatures are finally selected as research materials, and 13 of them are cited, which provides strong theoretical support for the smooth progress of the research. **Results:** According to the research, the advantages of the Taijiquan learning platform for international students are mainly the following four points. First of all, it can solve the obstacles of language communication. On

the one hand, foreign students are quite different from Chinese students in culture and language, and there is less communication between students. On the other hand, there are not many Tai Chi teachers who can use bilingual teaching, which greatly affects the communication and interaction between the two sides. Language communication barriers are the main obstacles in the process of learning Taijiquan for foreign students, which seriously affects the learning effect of foreign students. Due to the inability to communicate effectively and the mastery of technology, foreign students just stay at the surface and cannot touch the deep core of Chinese culture. Through the display of Chinese and English bilingual learning content on the learning platform, combined with the teaching of pictures and videos, it provides richer perceptual materials for international students' Tai Chi learning, solves language communication barriers, stimulates international students' interest in learning, and improves the effect of learning. Second, it is possible to use "fragmented" time to learn. The WeChat learning platform establishes a connection with international students through mobile terminal equipment, so that international students' Tai Chi learning is not limited by time and space, and can make full use of the "fragmented" time of international students, whether it is by bus, subway, or before going to bed. You can check and learn through mobile terminal devices such as mobile phones. Make full use of the "fragmented" time, and all the pushed content of the learning platform can be forwarded and collected, which is more conducive to the repetitive learning of international students. Again, it can be used as a supplement to the traditional teaching model. The traditional teaching mode of Taijiquan for international students is based on the classroom. Whether it is based on language explanations, or based on intuitive perception of movement demonstration methods, and based on physical exercises, it is all through the teaching method. During the process, technical exercises are continuously carried out to achieve the predetermined teaching goals and requirements. Ignoring the students' mastery and deepening of the learning content after class, leading to the phenomenon of forgetful actions, and unable to achieve the expected teaching goals. The WeChat-based Taijiquan learning platform for international students can not only consolidate the teaching content of the classroom, but also enable international students to learn more in depth according to different needs, and receive more knowledge and information outside the classroom, which is a supplement to the traditional teaching model. Finally, it can reduce the cost of studying for international students. WeChat learning is different from the traditional learning method that requires the purchase of paper books and video materials. International students obtain the teaching content sent in the background through mobile terminals, and save important content permanently by means of text copy, picture download, etc. Through the learning platform with rich resources and interactive functions, international students can pass through the platform in a personalized way according to their own characteristics. Choosing suitable learning resources reduces the investment of foreign students in learning costs. **Conclusion:** The research further pointed out the guiding ideology and principles of platform construction. In the guiding ideology, the starting point should be to meet the learning needs first. The ultimate goal of platform

construction is to better promote the learning of Tai Chi for international students. Therefore, the construction of the platform should meet the learning needs of international students as the starting point and provide a good online learning environment for international students, enriched by various texts, pictures, audios, videos, etc. Diverse teaching resources meet the learning needs of international students and arouse their interest in learning. Secondly, the goal should be to enhance the learning effect. In the traditional teaching model of Taijiquan for foreign students, due to language communication barriers, poor teaching conditions, and insufficient teaching materials, some students' interest in learning is reduced, which affects the formation of learning effects. Such problems can be effectively compensated through the learning platform. Students can log on to the platform at any time and anywhere to learn what they are interested in, and conduct in-depth learning based on the platform's professional pictures and video teaching, which is helpful to realize the diversity of learning activities. Transformation, cross-temporal and spatialization, break through the monotonous teaching activities in the traditional classroom, thereby turning passive into active, improving the initiative and consciousness of learning, and better enhancing the learning effect of Taijiquan for foreign students. The principle of autonomous learning, the principle of humanity and the principle of authenticity are the main principles of platform construction. In the traditional teaching field of Taijiquan for foreign students, the teaching and recitation of Taijiquan knowledge and repeated training of Taijiquan techniques are the main forms of classroom teaching. Different from the passive learning method in traditional Taijiquan teaching, with the help of the Taijiquan learning platform for foreign students, students can actively participate in the whole process of Taijiquan teaching and become the main body of learning. In the process of building a learning platform, it truly reflects the student's dominant position, and gives full play to the initiative and autonomy of overseas students. Considering that some international students have low Chinese proficiency and cannot operate more complex online learning systems, the platform system interface should be concise and generous, navigation should be clear and accurate, and the operation should be simple and easy to use. In the setting of learning content, the bilingual mode of Chinese and English is used to reduce the use of the platform. Degree of difficulty.

Key words: International students, Taijiquan teaching, Platform construction, WeChat