

Research on the Cultivation Path of Wude in Wushu Sanda Teaching from the Perspective of Curriculum Ideology and Politics

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Abstract: Curriculum ideology and politics is a key strategic measure for implementing the fundamental task of fostering virtue through education in higher education in the new era. As a typical representative of fine traditional Chinese culture, Wushu Sanda contains rich ideological and political educational resources, among which Wude (martial ethics) education serves as an important link connecting traditional moral spirit and modern ideological and political education. Taking the Wushu Sanda teaching at Hankou University as the research object, this paper analyzes the contemporary value and practical dilemmas of Wude cultivation in Wushu Sanda teaching, and deeply explores the specific paths of Wude cultivation from the perspective of curriculum ideology and politics. The study finds that Hankou University, relying on its champion coaching team, the teaching philosophy of “fostering virtue through education and upholding both martial arts and martial ethics”, and the “required – elective – major” ladder teaching model, has formed a unique Wude cultivation system in its Wushu Sanda teaching. However, it still faces practical dilemmas such as superficial integration of ideological and political elements, uneven ideological and political competence among teachers, and an unsound evaluation system. The study proposes that the optimization of Wude cultivation paths should be promoted from four aspects: deepening the exploration and systematic integration of ideological and political elements, constructing a “virtue and skill dual cultivation” teaching model, improving teachers’ ideological and political literacy, and perfecting a multi-dimensional evaluation system, so as to provide practical references for the construction of curriculum ideology and politics in university Wushu Sanda teaching.

Keywords: Curriculum Ideology and Politics; Wushu Sanda Teaching; Wude Cultivation; Hankou University; Educational Paths.

1. Introduction

In 2020, the Ministry of Education issued the Guidelines for the Construction of Curriculum Ideology and Politics in Higher Education Institutions, which clearly requires the integration of curriculum ideology and politics into all types of courses, achieving the organic unity of knowledge transmission, ability cultivation, and value guidance. Against this backdrop, how to fully explore the ideological and political resources of physical education courses and find effective paths for “educating people through sports” has become an urgent issue in the field of higher education.

As a confrontational form of Chinese martial arts, Wushu Sanda is not only a physical exercise that strengthens the body, but also a bodily practice carrying profound cultural heritage and moral spirit. Wude—the sum of martial ethical norms—constitutes the core of martial arts culture. It contains traditional virtues such as “loyalty, benevolence, righteousness, propriety, wisdom, trustworthiness, filial piety, and courage”, which are highly compatible with the core socialist values advocated by contemporary curriculum ideology and politics. As a private application-oriented undergraduate institution, Hankou University has accumulated rich practical experience in Wushu Sanda teaching and has formed a tradition of placing equal emphasis on “Sanda” and “Wude”. Exploring the path of Wude cultivation in the university’s Wushu Sanda teaching not only has academic value for deepening theoretical research on curriculum ideology and politics, but also provides practical reference for the reform of physical education teaching in similar institutions.

This paper adopts the methods of literature review and case analysis, taking the Wushu

Sanda teaching at Hankou University as a specific case, and systematically explores the cultivation path of Wude from the perspective of curriculum ideology and politics. The research covers four aspects: first, explaining the theoretical basis and contemporary value of Wude cultivation in Wushu Sanda teaching; second, sorting out the existing practices of curriculum ideology and politics in Hankou University's Wushu Sanda teaching; third, analyzing the current practical dilemmas; and finally, proposing specific optimization paths for Wude cultivation.

2. Contemporary Value and Theoretical Basis of Wude Cultivation in Wushu Sanda Teaching

2.1 Historical Evolution and Contemporary Interpretation of Wude

Wude originated from the "Archery Rituals" of the pre-Qin period and the concept of "cultivating virtue and skill simultaneously". It emphasizes "learning virtue before learning martial arts" and "learning propriety before learning skills", covering personal moral cultivation, master-apprentice ethics, competitive etiquette, etc., with the core being "benevolence, righteousness, propriety, trust, and courage". In the new era, elements of Wude such as patriotism, rule awareness, and unremitting self-improvement organically align with the core socialist values[1]. Jilin Sport University integrates military strategies and Confucian rites into its Sanda teaching, representing a typical example of the modernization of Wude. The evolution from "Wude" to "curriculum ideology and politics" represents the creative transformation and innovative development of fine traditional culture combined with Marxist educational theory. Wude education plays an irreplaceable role in value guidance, cultural inheritance, and personality shaping[2].

2.2 Policy Evolution of Curriculum Ideology and Politics and the Action Logic of Physical Education Courses

From the 2016 National Conference on Ideological and Political Work in Universities, which proposed "keeping in the same direction and forming synergy with ideological and political theory courses", to the issuance of the Guidelines in 2020, curriculum ideology and

politics has become institutionalized. Physical education courses are characterized by physicality, practicality, and contextuality, allowing ideological and political elements to be subtly integrated through physical movement. Its action logic is reflected in: value orientation (correct view of winning and losing), moral cultivation (willpower, rule awareness), and cultural inheritance (traditional ethnic sports). Consequently, Wushu Sanda becomes a "natural soil" for curriculum ideology and politics[3].

2.3 Unique Advantages of Wushu Sanda as a Carrier of Curriculum Ideology and Politics

Compared with other sports, Wushu Sanda has prominent advantages: ① It carries philosophical wisdom such as "overcoming force by stillness"; ② Its strong confrontational nature makes Wude education particularly necessary, and the tension between "violence" and "virtue" provides a profound teaching entry point; ③ Its competitive norms themselves are vivid materials for rule awareness education; the fist-salute etiquette and competition rules embody the value orientation of respecting opponents, fearing rules, and fair competition. For example, in the front thrust kick teaching at Ma'anshan College, the technical characteristic of "powerful yet need to be used with caution" naturally extends to Wude education of respecting opponents and observing rules, with significant effect[4].

3. Current Situation Analysis of Wude Cultivation in Wushu Sanda Teaching at Hankou University

3.1 Teaching Resource Guarantee and Teacher Conditions

The Department of Physical Education of Hankou University was established in 2004. It currently has 32 full-time teachers and adheres to the guiding philosophy of "people-oriented, health first, lifelong exercise awareness, lifelong health, lifelong benefit". The department offers courses such as Wushu Sanda, short weapons, Taiji pushing hands, and fitness shaping, and implements a ladder-style teaching model that combines the elective class rotation system with a club system. In terms of the allocation of teaching resources, the university provides the necessary venues, equipment, and competition platforms for Wushu Sanda teaching. Although objectively constrained by limited venue

conditions, the overall teaching operation has been relatively smooth through optimized teaching organization[5].

The teaching staff is a key guarantee for Wude cultivation. The Wushu Sanda teaching team of the Department of Physical Education at Hankou University has formed an echelon structure with Professor Lin Shaorong as its core. Professor Lin Shaorong is an international Wushu Sanda champion, a national first-level athlete and referee. He has led students to achieve outstanding results of 13 gold medals, 9 silver medals, and 16 bronze medals in national university Wushu Sanda competitions, and has been awarded titles such as “National Excellent Coach” and “Good Teacher of Hankou University” multiple times[6]. In his teaching practice, he adheres to the principle of “fostering virtue through education and upholding both martial arts and martial ethics”, paying close attention to both in-class and out-of-class management, and promoting students’ all-round development through the integration of five domains of education and curriculum-based education. Associate Professor Ma Qun, a core member of the team, graduated from Wuhan Sports University majoring in Wushu and Traditional Ethnic Sports (Wushu Sanda direction). He is a national first-level athlete and the editor-in-chief of textbooks such as College Physical Education and Health. He meticulously refines the course content, closely combining the promotion of Wushu Sanda with the cultivation of university students’ willpower. In addition, backbone teachers such as Lian Pengju also possess solid professional backgrounds and teaching abilities, forming a relatively complete teaching echelon. This “champion coach + academic backbone” structure of teaching staff is the core advantage of Hankou University’s practice of Wude cultivation[7].

3.2 Practice of Wude Cultivation in Course Teaching

Hankou University has formed a relatively systematic practice system for Wude cultivation. In terms of teaching philosophy, Professor Lin Shaorong regards “fostering virtue through education and upholding both martial arts and martial ethics” as the central link of teaching, permeating Wude education into all aspects through “grasping both in and out of class”. In

technical teaching, teachers focus on deeply integrating Wude spirit with skill training, not only explaining Sanda techniques but also emphasizing the cultural connotations and moral norms contained in each movement[8].

In curriculum setting, the university adopts a “required – elective – major” ladder teaching model. The Wushu Sanda elective course in the public physical education curriculum provides students with an entry channel to contact and learn Sanda, while the Sanda club and the university team provide platforms for further training and competitive development for interested and talented students. Teacher Huang Lei co-founded the Hankou University Wushu Sanda team and serves as its coach, using spare time to guide students in training and leading them to participate in national competitions, competing with students from sports colleges and renowned traditional universities. This diversified curriculum and training system ensures that Wude cultivation occurs not only in classroom teaching but also extends to extracurricular club activities and the entire process of competition training[9].

3.3 Creating a Wude Atmosphere in Campus Sports Culture

Wude cultivation cannot be limited to classroom teaching; it needs to be integrated into the overall pattern of campus culture construction. The good performance of the university Sanda team in national competitions has not only enhanced the university’s visibility but also created a positive atmosphere on campus advocating martial arts and promoting Wude. Professor Lin Shaorong also founded the first Student Sports Federation in Hubei Province to promote the overall construction of campus sports culture.

In 2024, the Department of Physical Education strengthened party spirit education through democratic life meetings and red-education base practices, forming a closed-loop “theory – practice – reflection” education mechanism. The “Implementation Measures for Promoting the Construction of Curriculum Ideology and Politics” issued by the Academic Affairs Office of Hankou University clearly states the need to deeply explore and expand the ideological and political elements contained in each course, cultivate a batch of demonstration courses full of ideological and political elements that exert ideological and political functions, and refine a

series of typical experiences and characteristic practices of curriculum ideology and politics teaching reform. The Department of Physical Education has completed the provincial teaching reform project “Research on the Promotion Strategy of Curriculum Ideology and Politics Construction in University Physical Education”. These institutional constructions and theoretical studies provide solid policy guarantee and academic support for Wude cultivation in Wushu Sanda teaching.

3.4 Competition Results and Education Outcome Testing

The effectiveness of Wude cultivation must ultimately be tested through students’ behavioral performance and comprehensive quality improvement. The Hankou University Wushu Sanda team has achieved excellent results in national university competitions – 13 gold, 9 silver, 16 bronze – fully demonstrating the university’s competitive training strength. More importantly, physical education has positively influenced students’ overall growth. As Teacher Ma Qun emphasized, physical education can cultivate good will qualities such as tenacity, perseverance, confidence, and decisiveness. The positive spirit and connotation of perseverance transmitted through physical exercise have become an important part of students’ spiritual wealth. The university’s recognition as “Martial Ethics Coach” also reflects the achievements in Wude education.

4. Realistic Dilemmas of Wude Cultivation in Wushu Sanda Teaching

While fully affirming the existing achievements, some prominent problems in the current cultivation of Wude in Wushu Sanda teaching must be acknowledged.

First, insufficient depth in exploring ideological and political elements, and superficial integration. Some teachers’ understanding of Wude connotation remains at the slogan level of “learning virtue before learning martial arts”, failing to deeply integrate Wude spirit with Sanda technical teaching. Some studies point out that the common problem of “formalized ideological and political integration” exists in current university Wushu curriculum ideology and politics construction, with insufficient systematic and hierarchical integration of Wude elements. In the specific context of Hankou University, although backbone teachers like

Professor Lin Shaorong have formed relatively mature concepts at the theoretical level, the depth and quality of ideological and political integration vary among different teachers’ teaching practices. Individual courses still suffer from “label-pasting” and “two-skins” phenomena, failing to achieve organic integration of ideological and political elements with teaching content.

Second, uneven ideological and political literacy among teachers, and lack of special training. Curriculum ideology and politics places higher demands on teachers’ interdisciplinary literacy, requiring teachers not only to master professional knowledge and skills but also to possess certain theoretical foundations in ideological and political education and the ability to explore ideological and political elements. Although the Department of Physical Education has built a relatively excellent teaching team, due to objective constraints in the construction of private university teaching staff, some teachers still have a shallow understanding of curriculum ideology and politics. Research has found that university Wushu teachers generally lack the ability to deeply explore ideological and political elements in their courses, which is a common bottleneck restricting the effectiveness of curriculum ideology and politics construction.

Third, the evaluation system for Wude cultivation is unsound, highlighting difficulties in process assessment. The evaluation of Wude is different from technical assessment; it has the characteristics of implicitness, long-term nature, and contextuality, making it impossible to quantify like technical movements. In the current assessment of Hankou University’s Wushu Sanda course, technical assessment remains the main part, while indicators for Wude literacy are relatively vague, lacking specific observables and operational scoring standards. This dilemma is also common in other universities, and the lag in constructing a curriculum ideology and politics evaluation system has become one of the key factors restricting the deepening of curriculum ideology and politics construction.

Fourth, the coordination mechanism for curriculum ideology and politics construction needs improvement. Wude cultivation in Wushu Sanda teaching cannot rely solely on the Department of Physical Education; it also requires coordination and cooperation with the School of Marxism, student affairs departments,

Youth League committees, etc. Although Hankou University has formulated implementation measures for curriculum ideology and politics construction, clarifying the principles of multi-departmental coordination, in practice, cross-departmental linkage mechanisms are still not smooth enough. Regular communication, collective lesson preparation, and collaborative teaching research between physical education teachers and ideological and political theory teachers have not yet been institutionalized, which to some extent affects the qualitative leap of Wude cultivation from “physical addition” to “chemical fusion”.

5. Optimization Paths for Wude Cultivation from the Perspective of Curriculum Ideology and Politics

5.1 Deepening the Exploration and Systematic Integration of Ideological and Political Elements

Systematically sort the ideological and political elements of Wude into four levels: First, “Propriety” – cultivating respect for teachers and etiquette norms through the fist-salute; Second, “Benevolence” – incorporating the concept of treating others with empathy and respecting opponents into technical teaching; Third, “Courage” – tempering the will not to fear difficulties and dare to fight in confrontational training; Fourth, “Righteousness” – cultivating a sense of collective honor and social responsibility through teamwork and competitive ethics. Meanwhile, construct a “Wushu Sanda Ideological and Political Elements Bank”, listing elements such as etiquette, rules, willpower, and team spirit, and embed them into the four dimensions of teaching objectives, content, methods, and evaluation to achieve standardization and transferability.

5.2 Constructing a “Virtue and Skill Dual Cultivation” Integrated Teaching Model

In terms of teaching objectives, incorporate Wude objectives into the syllabus alongside skill objectives. In terms of teaching content, provide ideological and political interpretation for each technical movement; for example, the front thrust kick can be used to introduce the philosophical wisdom of “overcoming the moving by stillness”, and the side kick to introduce the courage to take responsibility. In terms of teaching methods, introduce situational

teaching, cooperative learning (e.g., “target practice” to cultivate mutual assistance and trust), and immediate feedback (extending from technical correction to craftsmanship spirit) to achieve value infiltration.

5.3 Improving the Ideological and Political Literacy and Teaching Ability of Teachers

Establish an interdisciplinary collective lesson preparation system for physical education teachers and ideological and political theory teachers, with regular joint teaching and research. Strengthen special training on curriculum ideology and politics, inviting experts to offer lectures and workshops. Establish a normalized mechanism for curriculum ideology and politics teaching competitions and demonstration class displays, giving full play to the leading role of excellent teachers to ensure the effective implementation of the system.

5.4 Perfecting a Multi-dimensional Evaluation System for Wude Cultivation

Construct a multi-dimensional system with equal emphasis on process evaluation and outcome evaluation. Process evaluation: establish a Wude behavior observation record form to document daily performance in etiquette, rule-following, collaboration, respect, etc. Outcome evaluation: assess students’ understanding of Wude connotation through case analysis and situational discussions, and incorporate their moral performance in competitions (e.g., “Wude Award”) into the comprehensive evaluation. At the university level, regard “value shaping” as an important observation indicator in teaching evaluation, and use the ADDIE model for full-process evaluation design.

6. Conclusion

The cultivation of Wude in Wushu Sanda teaching from the perspective of curriculum ideology and politics is an important practical field for implementing the fundamental task of fostering virtue through education, as well as a concrete manifestation of the creative transformation and innovative development of fine traditional Chinese culture. Relying on its champion coaching team, the philosophy of “fostering virtue through education and upholding both martial arts and martial ethics”, the “required – elective – major” ladder teaching model, and relatively comprehensive curriculum ideology and politics system construction,

Hankou University has conducted fruitful explorations in Wude cultivation, forming a distinctive practical system. However, it still faces dilemmas such as insufficient integration of ideological and political elements, uneven teacher literacy, and unsound evaluation. By deepening the exploration of elements, constructing a “virtue and skill dual cultivation” model, strengthening teacher team construction, and perfecting the evaluation system, the quality of Wude cultivation can be significantly improved. In the future, continuous exploration is needed in areas such as digital transformation and home-school-community collaborative education, so that Wushu Sanda can become an important carrier for inheriting excellent culture and cultivating new-era individuals.

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