Analysis of Shaolin Documentary Viewpoints Based on Scientific and Technological Views

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Abstract. The Shaolin Martial Arts Written Examination is a written examination that tests the system and scientific knowledge of Shaolin culture and martial arts curriculum. Students use the course knowledge they have learned to conduct a conclusive review of the course unit content and system module knowledge in a focused and organized manner. a process of evaluation. This article analyzes the physical education written examination based on the dialectical thinking method in science and technology research, and points out that there are serious deficiencies in the current physical education teaching process compared with the martial arts cultural examinations. Based on the common sense experience of life and martial arts practical class teaching in physical education and health courses, Shaolin regularizes The written test on martial arts culture highlights its scientific basis.

Keywords: Shaolin Sports, Shaolin culture, Dialectical Thinking, Curriculum Experiment.

1. The importance of Shaolin Kung Fu culture and martial arts proficiency written examination

Cultivating students' physical and mental health and complete personality is an important task of physical education teaching. The written examination to implement martial arts health and culture is different from the athletic ability examination. In the written examination to examine the level of Shaolin culture and martial arts, the examination abilities generally include: the ability to integrate knowledge, the ability to observe and analyze things, language expression ability, writing ability, checking, Modification capabilities. Except for the various abilities listed above, which are not related to the written test of the current sports culture, the formation of other abilities is closely related to the written test of the physical education high school entrance examination. The teaching practice of written ability in the physical education high school entrance examination removes the false and preserves the true, and strives for authenticity, which further promotes the improvement of these abilities, that is, it promotes:

1.1 Improvement of analytical and observation skills

Under normal circumstances, students' observation of sports actions and analysis of techniques and tactics in physical education classes are usually fragmented, messy, and irregular, and the performance of the actions they see and feel are usually ideal or incomplete. Ambiguous. The daily teaching practice of Shaolin Kung Fu Culture's written examination ensures the improvement of students' analytical and observation abilities through the physical education teacher's dispersion, analysis and regulation of sports movements and sports techniques. This is mainly reflected in the fact that in the process of receiving physical education teaching, the students around them infection and the words and deeds of physical education teachers. Through the analysis of the interaction between classmates and teachers in classroom teaching and the improvement of oral expression skills, the integrity of written language is implemented and the physical education knowledge is analyzed at various levels (physical, psychological and social promotion), so that students can be inspired to treat physical education. The appearance and essence of health are also more thoroughly understood.

1.2 Improve the ability of Shaolin martial arts and sports health knowledge

The daily practice of Shaolin martial arts culture and martial arts skill knowledge in this aspect focuses more on students' integration of basic sports knowledge, life health and life exercises. Through the guidance, guidance and inspiration of classmates and teachers, they can constantly understand and determine the theme. , understand the ideas, and through the physical education practice activities, independently design movements, study and judge the test point ideas, and constantly correct the loopholes in the knowledge points to achieve the scientific nature of the technical and written tests of the skills examination. The completion of this process will also enable students to improve their knowledge and abilities in Shaolin physical education, grasp the effectiveness of learning, and highlight students' plasticity and scientific thinking through their ability to think independently.

1.3 Improve the level of Kung Fu culture, skills and health knowledge

It is true that the language application of Shaolin Kung Fu skills, culture and sports and health knowledge is a headache for many students who have been taught martial arts and physical skills for a long time. This is a headache for students with poor skills. It is even more difficult for students who want to test their cultural and health levels, or students with better abilities usually dare not write rashly. Through the daily teaching practice in response to the written test of the physical education high school entrance examination, it can not only effectively dispel teachers' teaching concerns, but also help reduce students' learning burden. While teachers teach by words and deeds, explain and demonstrate actions, they also encourage students to dare to speak and act. Non-intermittent training not only ensures the improvement of students' physical fitness, but also achieves the gradual improvement of language expression ability, so that they can cope with the written test of the physical education high school entrance examination and reflect their scientific logical thinking.

2. Sports and culture cause students to lose their skills and written examination level

Through the development in recent years, the basic sports knowledge theoretical examination has accounted for the absolute score in the sports reform of the high school entrance examination in various provinces in China. Taking Guangdong Province as an example, the basic sports knowledge theoretical examination has a full score of 100 points, and the score is based on the written test paper of the candidates. 10% of the value is calculated into the total admission score for high school students. Therefore, the examination of physical culture and skills makes the written examination teaching practice a unique form of physical training, which is important in the inheritance and documentary development of Shaolin culture. On the one hand, it can not only improve students' thinking ability and achieve a certain degree of in-depth development through the combination of culture and technology, but on the other hand, it can continuously protect students' physical and mental health through the improvement of cultural level and skill level. However, due to the layering of Shaolin culture and martial arts skills, students and teachers are prone to misunderstandings due to the lack of life-oriented teaching practice in the written test direction of the exam, which deviates from life and makes students unclear. This can be roughly expressed in the following two points:

2.1 Memorizing physical and health knowledge for exams is a departure from life

As an important part of traditional Chinese culture, Shaolin culture plays an increasingly prominent role in the sports examination system in the era of quality education. With the changes of the times, people's concepts of education are constantly being updated, and in this process, the value of Shaolin culture is being re-recognized and valued. The traditional physical education examination system often focuses on the evaluation of students' physical fitness and skills, while neglecting the cultivation of their comprehensive qualities. However, in the reform of the new physical education examination system, the integration of Shaolin culture and martial arts skills provides students with

more diversified development space. Shaolin culture not only pays attention to physical exercise, but more importantly, spiritual cultivation and moral cultivation. Therefore, the sports examination system that introduces Shaolin cultural elements is not only a test of students' physical fitness, but also a consideration of their overall quality. Under such an examination system, students no longer just passively accept training and assessment, but actively cultivate their willpower, perseverance and self-confidence by participating in the study and practice of Shaolin culture. Under the influence of Shaolin culture, they learned the spirit of perseverance, understood the importance of teamwork, and cultivated a positive attitude towards life. Therefore, the written examination of Shaolin culture is not only a test of students' knowledge, but also an evaluation of their comprehensive quality and moral character.

The integration of Shaolin culture is not only to enrich the examination content, but more importantly, to guide students in the transition from daily life to socialization. Under the traditional examination system, students often only focus on test-taking skills and ignore their own development and growth. However, under the guidance of Shaolin culture, students will pay more attention to their all-round development and focus on cultivating their own character and cultivation, rather than blindly pursuing scores and rankings. Such a change will help students better adapt to the development needs of society and lay a solid foundation for their future lives. In addition, the integration of Shaolin culture also helps students establish a correct outlook on life and values. In an increasingly competitive society, students often face tremendous pressure and challenges and easily lose their direction and goals. However, by participating in the study and practice of Shaolin culture, students will understand the spirit of perseverance and never giving up, learn to face difficulties and setbacks, and maintain an optimistic attitude. Such qualities will become an important guarantee for their future success, allowing them to stand out in the fierce competition and become pillars of society. From this point of view, the integration of Shaolin culture into the reform of the sports examination system is to better adapt to the development needs of the new era. By introducing Shaolin cultural elements, not only can the examination content be enriched, but more importantly, students' comprehensive qualities and moral cultivation can be cultivated, and they can be guided to transition from daily life to socialization. Such reforms will help students establish a correct outlook on life and values and lay a solid foundation for their future success.

As a subject, sports integrates theoretical knowledge and practical skills. Its combination with Shaolin martial arts and culture has given rise to new learning requirements. This combination not only requires students to get physical exercise and practice, but more importantly, requires them to stay mentally healthy and be able to interact with society to promote common improvement and achieve common progress. In response to the reform of the sports examination system, the written examination of the Sports China Examination, which is different from the previous one, is introduced, which is a major challenge for both teachers and students. Therefore, it is crucial that when facing the paper-based written examination training, it cannot be divorced from life practice. With the integration of Shaolin martial arts and culture, sports is no longer limited to simple skill mastery and physical training, but pays more attention to the all-round development of students. Students not only need to master martial arts skills, but also need to experience the connotation of martial arts spirit through practice, such as tenacity, self-discipline, teamwork, etc. This all-round development requires students to be improved both physically and mentally so that they can become the comprehensively developed talents that society needs. Under the new sports written examination system in China, both teachers and students are facing huge challenges. Teachers need to update their teaching concepts and methods, not only focusing on students' theoretical learning, but also on cultivating students' practical abilities and innovative thinking. At the same time, teachers also need to interact with society, understand society's needs for sports talents, and guide students to go into society and realize personal value. Students need to adapt to the new examination format. They no longer just memorize knowledge, but must flexibly use knowledge to solve practical problems and improve their problem-solving abilities. Facing the paper-based written examination training, we cannot divorce ourselves from life practice. This means that students need to combine the theoretical knowledge they have

learned with actual situations and use the knowledge they have learned to solve practical problems. Teachers should also pay attention to the combination of theory and practice in the teaching process, and help students better understand and master knowledge through vivid cases and practical operations. In summary, the combination of sports, Shaolin martial arts and culture has given rise to new learning requirements, and the reform of the sports written examination system in China has posed new challenges to both teachers and students. Facing these challenges, both teachers and students need to continue to learn and adapt, and combine theoretical knowledge with practice to better adapt to the development needs of the new era and cultivate more outstanding sports talents for society.

2.2 The written examination of Shaolin culture and skills knowledge makes students lose the idea of "putting their intentions first"

The relationship between sports and health is not just about studying hard to get good grades in exams, but more importantly, ensuring students' physical and mental health. From the perspective of Shaolin sports culture and skills training, this concept coincides with the training and teaching of sports and health knowledge. While they all promote physical and mental health to a certain extent, they also teach students how to survive and deal with various challenges in life. Therefore, combining Shaolin culture and martial arts skills training with written examinations is not only to enrich students' learning content, but also to guide students' learning from a new perspective. First of all, the relationship between sports and health goes far beyond simple physical training. It involves the comprehensive development of all aspects of the body, including cardiopulmonary function, muscle strength, flexibility, etc. Shaolin sports culture and skills training is dedicated to promoting the overall improvement of students' physical fitness through the learning and practice of various martial arts skills. Through this kind of training, students can not only improve their physical fitness, but also develop their willpower and perseverance to better adapt to various challenges in life.

Secondly, the relationship between sports and health also involves the cultivation of mental health. In a highly competitive social environment, students face various pressures and challenges, and are prone to psychological problems such as anxiety and depression. Shaolin sports culture and skills training can not only help students relax and release stress, but also cultivate students' self-confidence and tenacity, making them stronger to face various difficulties and challenges in life. Therefore, combining Shaolin culture and martial arts skills training with written examinations is to allow students to understand the relationship between sports and health from a more comprehensive perspective. It not only requires them to master certain theoretical knowledge and skills, but more importantly, requires them to be able to Apply these knowledge and skills to real life, thereby truly improving their physical and mental health. In the written examination, students are not only required to master relevant theoretical knowledge, but also required to be able to use this knowledge to solve practical problems. This assessment method can not only stimulate students' interest in learning, but also cultivate their practical abilities and innovative thinking. Therefore, this examination model can not only better evaluate students' learning level, but also better promote students' all-round development.

Taken together, combining Shaolin culture and martial arts skill training with written examinations is to better promote the physical and mental health development of students. This combination can not only enrich students' learning content, but also improve students' interest in learning and cultivate students' practical abilities and innovative thinking. Therefore, this examination model will become an important development direction of physical education in the future, providing better protection for students' all-round development.

3. Analyze the written examination reform of Shaolin culture and skills training based on the dialectical thinking method of scientific and technological research

It is undeniable that scientific and technological research is inseparable from dialectical thinking, and the same is true for sports as a subject. Guided by the reform of sports health and skills disciplines, starting from Shaolin culture and skills training, summarizing Shaolin culture and martial arts skill training as problem awareness and problem-oriented ideas, starting from analyzing the examination situation of the physical education high school entrance examination and comprehensively analyzing the physical education high school entrance examination ideas, summarizing physical education The form of the high school entrance examination and the decomposition of the consciousness of the high school entrance examination in sports form a scientific research hypothesis: from abstract to concrete, the unity of history and logic is needed to form China's evolution from a sports power to a sports power. These forms of dialectical thinking are fully reflected and implemented in the specific scientific and technological research carried out by sports researchers, that is, the implementation of specific policies starting from school sports.

General Secretary Xi Jinping attaches great importance to the important role of dialectical thinking, so it is very necessary to consciously understand and improve these forms of dialectical thinking.

3.1 Embed problem awareness and problem orientation

Starting from the physical education high school entrance examination, the reform of the written examination of sports and health in China is the general trend. This is also a reflection of the problem-oriented awareness of sports reform as a scientific research. Starting from problems and grasping specific and key issues is a starting point for General Secretary Xi Jinping to emphasize problem awareness and problem orientation, that is, "theoretical innovation can only start from problems." For the physical education high school entrance examination, most provinces The scores for the physical education high school entrance examination have been progressively assigned and the scope of the stepped examination has gradually increased. It can be seen that the written test for the physical education high school entrance examination is imperative. This is also a very important progress in the reform and development of the school sports evaluation system.

At present, all parts of China have generally promoted the implementation of full coverage of the physical education high school entrance examination, and gradually paved the way for the reform and development of the school sports evaluation system from the physical education written test scores ranging from 10 to 30 points. This is closely It is in line with the fact that scientific research starts from the problem, and it is also the basic method that has long been adhered to in the philosophy of science and technology in the past. To a certain extent, it also coincides with the previous guidelines issued by the State Sports General Administration. In order to strengthen school physical education work, physical education subjects should be included in the academic level examination scope of middle and high schools, included in the physical education subject reform, and scientifically determined and gradually improved scores. It is worth initiating research on the use of physical literacy in college admissions. For sports researchers, it is a kind of introduction awareness that starts from scientific research problems to seize opportunities. Through this introduction awareness, we can seize the opportunities of research problems. Opportunities, and then promote the development ideas of Shaolin culture and martial arts skills written examination reform, and what is more, the substantive plan of bringing traditional national sports into Chinese campuses, making physical education the main subject, or making martial arts an important subject.

3.2 Analysis and synthesis, comprehensive view of Shaolin culture and martial arts skills written test

Through analysis, in scientific thinking, sports are divided into various parts, aspects, summarized attributes, and learning stages, and overall research and inspection methods are taken into

consideration to further realize the scientific development process of the written examination of Shaolin sports culture and martial arts skills.

Secondly, it is to integrate the scientific and thinking process of the reform of physical education examinations, and implement the written examination assessment of Shaolin sports culture and martial arts skills by integrating all aspects, as well as the formative evaluation of students and the examination of subject attributes, to carry out comprehensive academic studies. Examination and evaluation are conducted to obtain a clear understanding of the students through physical education and health written examinations.

The organic combination of analysis and synthesis, through the implementation of written tests on culture and skills, forms the dialectical thinking of analysis and synthesis. Doing so will conscientiously implement the "Opinions of the CPC Central Committee and the State Council on Strengthening Youth Sports and Enhancing Youth Physical Fitness" and the "Notice of the Ministry of Education on Study and Implementation (Opinions of the CPC Central Committee and the State Council on Strengthening Youth Sports and Enhancing Youth Physical Fitness)", which will help to effectively strengthen The work of physical education in schools promotes students' physical and mental development. Through leadership's attention, school implementation, careful planning, and teaching practice, physical education teachers and students actively cooperate and conscientiously implement, which is conducive to promoting students' physical health and the orderly development of physical education classes.

3.3 Induction and deduction to explore the formation stage of Shaolin culture and martial arts skills written examination

Under the orderly process of sports reform in full swing, by forming life-oriented knowledge of Shaolin culture, martial arts, sports and health, we can seek ways to understand the universal characteristics of sports. In the physical education high school entrance examination as a scientific practice activity, the scientific research of the physical education high school entrance examination is summarized through specific linkage to obtain relatively scientific written test scores for the physical education high school entrance examination that are suitable for the situation, thus forming an organic linkage with the physical education subjects. .

This organic linkage is also used to summarize Shaolin culture and martial arts skills through deduction. It is inevitable and scientific to implement written examinations. By reasonably assigning scores to martial arts as a discipline and scores to sports and health knowledge, the Shaolin martial arts culture assessment can be planned as a whole. scientific nature, and constantly improve the score structure and examination content of the written examination.

It is true that induction is a method of reasoning from the particular to the general, while deduction is a necessary method of reasoning from the general to the particular. Induction and deduction penetrate and transform each other. The physical education high school entrance examination is constantly closely linked with science and practice, reflecting the exploration of sports and health knowledge in the contradiction between cultural learning and physical training. Therefore, the work plan and training plan that effectively improves students' high school entrance examination physical education level enter the teacher examination work In the study and work of students, they influence each other and are inseparable.

3.4 From abstract to concrete, improve the theoretical knowledge of sports, and implement the generalized theory of Shaolin culture and martial arts skills written examination

The "Notice of Opinions of the General Administration of Sports and the Ministry of Education on Issuing Opinions on Deepening the Reform of Physical Education and Promoting the Healthy Development of Adolescents" jointly issued by the General Administration of Sports of China and the Ministry of Education proposed that school physical education work should be strengthened and physical education subjects should be included in the academic level examinations of junior and senior high schools. Incorporate scoring subjects in the high school entrance examination and assign

points scientifically, gradually increase the points, and start research on the use of physical literacy in college admissions. This notice, following the emergence of the concept of sports reform and then developing to the scientific implementation of the sports written examination, gradually proposed the written test of "Sports and Health" knowledge, continuously realized the dialectical thinking process from abstract to concrete, and fully realized the understanding of Two leaps: The first leap is the process of rising from the concrete perceptual reality to the abstract thinking, that is, proposing the concept of sports reform, implementing it into martial arts sports projects, and then rationally planning the assessment standards of Shaolin martial arts represented by Shaolin culture. , scientific points. The second leap is from the abstraction of scientific thinking to the concrete process of gradually raising abstract theory to rational thinking combined with concrete practice. That is, the written examination of physical education must be highly integrated with physical education theory and combined with the academic examination level of physical education and health. , and the combination of Shaolin martial arts and cultural written examinations also shows that its system continues to strengthen cultural education and sports reform work by scientifically determining and gradually improving the development level of sports, and strengthening organizational implementation by strengthening policy guarantees.

3.5 Shaolin martial arts skills and culture must achieve the unity of history and logic

Based on the current teaching situation of students' physical education and health courses, on the premise of responding to the reform of the written examination of Shaolin culture and martial arts skills, the requirements of the basic theoretical examination of physical education and health are substituted, and students are provided with life-oriented teaching practice, physical education teaching and basic theoretical knowledge of physical education. It must be closely integrated with actual life-oriented teaching and cannot be deviated from the track of life, which fully demonstrates that the written examination assessment of Shaolin martial arts culture is a historical and scientific combination of the development of teaching practice and the scientific reform of education.

Logically speaking, the basic theoretical knowledge of sports has the characteristics of wide scope of application and diversity of expression means. When combined with the teaching practice of physical education and the educational knowledge assessment of the "Sports and Health" course, it can effectively promote the physical and mental health development of students. It can be used as an important way to effectively train students to become "modern social people".

The method of unifying history and logic is one of the materialist dialectical thinking methods for studying the laws of development of things. Adhering to the unity of history and logic in the scientific thinking of the physical education high school entrance examination, and incorporating Shaolin culture and martial arts skills into the written examination reform, we can use sports as the logical starting point, sports and health knowledge as the logical process, and gradually realize the specific historical revelation of the development of sports. Laws, and finally the logical process of thinking is to reproduce the historical development of thinking in a general form. This is the unity of history and logic that the sports written examination reform as a scientific and technological study pays attention to, with a broad vision and lofty ambitions.

4. Conclusion

The reform of the physical education examination is a gradual process from proposal to implementation, gradually transitioning from the status of a minor subject to the status of a main subject, and finally achieving a comprehensive reform. This process is not only an innovation in the concept of physical education, but also a profound change in the physical education model, reflecting the continuous development of a scientific hypothesis-based curriculum practice reform to a policy-guided teaching experimental field. Shaolin culture and martial arts skills also play an important role in this reform process. The development of Shaolin culture itself is based on the inheritance and innovation of traditional culture, and is a process of advancing with the times. In the reform of the

physical education examination system, the inclusion of Shaolin culture and martial arts skills into the scope of the written examination is not only a respect for traditional culture, but also a re-understanding of the nature of physical education.

First of all, the inclusion of Shaolin culture and martial arts skills broadens the content scope of the physical education examination. Traditional sports examinations are often limited to the assessment of basic sports knowledge and skills, ignoring the inheritance and development of sports culture. Including Shaolin culture and martial arts skills into the examination scope can more comprehensively evaluate students' physical literacy and promote students' understanding and understanding of sports culture.

Secondly, the inclusion of Shaolin culture and martial arts skills enriches the form and content of the physical examination. Traditional physical education examinations often focus on practical operations and ignore the assessment of theoretical knowledge. Including Shaolin culture and martial arts skills into the examination scope can more comprehensively evaluate students' physical education level. It not only examines students' practical ability but also examines students' theoretical level, making the physical education examination more comprehensive and objective.

Thirdly, the inclusion of Shaolin culture and martial arts skills has promoted the reform and improvement of the sports examination system. Traditional sports examinations are often conducted in a single way, lacking diversity and flexibility. Including Shaolin culture and martial arts skills into the examination scope can promote the diversified development of the sports examination system, making it more in line with the needs of the times, and more able to comprehensively evaluate students' sports level and literacy.

In summary, the inclusion of Shaolin culture and martial arts skills into the sports examination system is an important measure in the reform of physical education and is of great significance in promoting the development of physical education. In future development, we should further explore the form and content of physical education examinations, continuously improve the physical education examination system, and provide better protection for students' all-round development.

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