

A Study of Judo Sports Teaching and Learning Problems in Elective Subjects for University Hebei Province

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Abstract

The purposes of this research was to: A Study of judo sports teaching and learning problems in elective subjects in university Hebei province. The samples were selected from 4 general colleges and universities in Hebei Province using 29 judo teachers and 800 judo elective students by simple random sampling. The research instrument used was a 2 questionnaire with a reliability at 0.81 and 0.92 respectively. The statistical tools used for data analysis were mean and standard deviation.

The results indicate that:

1) Teachers research findings: The position of teacher may meet the needs of teaching, however due to inconsistencies in concentration, teaching locations and facilities need to be improved further. There needs to be more specialized judo teaching materials. The preparation of lesson plans meets the national requirements, but the class time does not meet the national requirements.

2) Student research findings: The students of judo elective subjects have a reasonable degree of fondness and learning effect, contributing to judo benign development. However, the students think that due to the judo sports teaching hours are small, the teaching method is outdated, the teaching assessment and evaluation of the main factors affecting the interest in learning, but also the students on the content of the teaching set up and the form of teaching organization is also unsatisfactory.

Keywords: Judo Sports; Teaching Judo; Elective Subjects

Introduction

Judo means "soft way" or "gentle way" in Japanese. Judo promotes the development of human body functions, improves respiratory function, shapes, and trims the body, regulates emotions, and invigorates the spirit. It also positively impacts college students self-confidence and personality quality and practicing social adaptation and interpersonal skills.

Jin, SJ and Yu, J (2017) argues that enriching university life and creating a diverse university is essential to current education. The opening of judo strengthens the body and adds much fun to the college students' study life. Through the contact of learning judo, college students have improved their comprehensive particular quality indicators.

Yang, Q (2020) in the article that the development of Chinese judo, although the technical aspects have made specific achievements, in front of the achievements, we should see their shortcomings; according to the relevant aspects of the research shows that the innovation and application of teaching methods, the application of psychological hints to

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teaching, will be for the students can play a great encouragement to inspire students to drum up the courage to work hard! Teachers use psychological suggestions and comfort and encouragement will be excellent learning support; students learning mentality will be immediately adjusted, the emotion of boredom will disappear, and the application of the scenario teaching method is to enable students to have the feeling of being there, from the psychological importance and to take seriously the content of each classroom to learn. Judo's teaching process teaching methods should be based on the actual conditions of the students to continue to innovate to make the teaching effect achieve a good state.

Trendowski, NT and Amelia, MW (2015) pointed out in, this article discusses ways in which physical educators can enhance learning in their classrooms based on the book how learning works: seven researched-based principles for smart teaching. Although the research-based principles were proposed for classroom teaching, they are equally applicable to a physical education setting. The article highlights the similarities between effective teaching in the classroom and in the gymnasium. The learning principles include: 1) previous knowledge; 2) organization of knowledge; 3) motivation; 4) development of mastery skills; 5) goal-directed practice; 6) students as social, emotional and intellectual learners; and 7) students as self-directed learners. The authors define each principle and suggest applications in physical education.

Due to the gradual increase in the number of colleges and universities with judo teaching conditions in Hebei Province and the increasing number of colleges and universities offering judo courses, the teaching situation needs further research and development. It aims to understand the problems existing in the teaching process of judo in ordinary colleges and universities in Hebei Province and, at the same time, further analyze the root causes of the problems existing in the teaching of judo in ordinary colleges and universities in Hebei Province, and give constructive suggestions for the problems found and the research, to put forward a reference basis for the teaching of judo elective subjects in ordinary colleges and universities in Hebei Province.

Research Objectives

A study of judo sports teaching and learning problems in elective subjects in university Hebei province

Research Methodology

1. Population and sample

Step 1 Population were administrators, teachers and students in academic year 2023 from 4 general colleges and universities in Hebei Province using 29 judo teachers and 800 judo elective students by Krejcie and Morgan's table (1970) and sampling with stratified random sampling technique.

Step 2 The questionnaire survey, based on the principles of questionnaire design, designed the teacher and student questionnaires, the main content of the survey for the teaching objectives, the design of the teaching content, the organization of teaching and so on. In order to obtain adequate primary data, the questionnaire was conducted in the form of a "questionnaire star" anonymous survey.

Step 3 The analyze the data to summarize, and finally, based on the collected data and related information, generalize, analyze, and summarize.

Investigate and research the current teaching status of judo elective subjects in general colleges and universities in Hebei Province and understand the existing problems. With 4 general colleges and universities, Hebei academy of fine arts, Shijiazhuang University, Shijiazhuang Tiedao University and Institute of Disaster Prevention, the teachers of judo sports and the students of judo elective subjects are the objects of investigation.

2. The research instruments

1. Teacher's questionnaire of the research study on the teaching problems of judo sport option class in Hebei Province general colleges and universities is mainly divided into, the first part is the basic information of the individual, including the teaching age, gender, and sport level used to understand the basic situation of the research object. The second part is the teaching status of judo sports option class, such as teaching objectives, teaching content, teaching organization, etc. to investigate the status of teachers teaching in judo classroom.

2. The student questionnaire of the research study on the teaching problems of judo elective courses in ordinary colleges and universities in Hebei Province is mainly issued as a questionnaire on the effect of the cognitive situation of judo classes.

Table 1: List of questionnaire validity analysis

Category	Very reasonable	More reasonable	General	Unreasonable	Very unreasonable
Expert	4	2	1	0	0
%	57.14	28.57	14.29	0	0

The validity test of the questionnaire was conducted by consulting seven experts from Hebei Fine Arts Institute, Shijiazhuang College Shijiazhuang Railway University, Disaster Prevention Science and Technology College, Liaocheng University, Zhengzhou Institute of Industrial Applied Technology and other colleges and universities, respectively, to evaluate the validity of the questionnaire and the validity of the content (see the table below).

This result shows that the content and structure of the student questionnaire and the teacher questionnaire are logical, the questions are presented more relevant, and the questionnaires can reflect the problems studied in this thesis well.

After the questionnaires were distributed, the questionnaires were recovered in the study of the teaching problems of teachers and students.

Data Collection

Researchers contacted key informants and sent interview questionnaires by email, telephone. The students were selected as a random sample of 800 students and the teachers were 29 judo teachers surveys online.

Before distributing the questionnaire, this study used the retesting method to test the reliability of the two questionnaires selected for 100 students and 10 teachers. First randomly, all the respondents were teachers and students for the first survey, and then the same respondents were for retesting, a time interval of 14 days; the reliability results were $R = 0.81$, $R = 0.92$, respectively, retesting reliability was high, indicating that the resulting data have a high degree of confidence (see the following table)

Table2: Summary of questionnaire reliability analysis

Category	Number of retested personnel	Number of days between two surveys	Correlation coefficient R
teachers	10	14	0.81
student	100	14	0.92

Data analysis

After the questionnaires were collected, 1) Data for demographic variables were analyzed using descriptive statistical methods, frequencies, and percentages.

Research Conceptual framework

The purposes of this research was to: A Study of judo sports teaching and learning problems in elective subjects in university Hebei province. Have a concept of analysis, synthesis, and truth to answer research objectives.

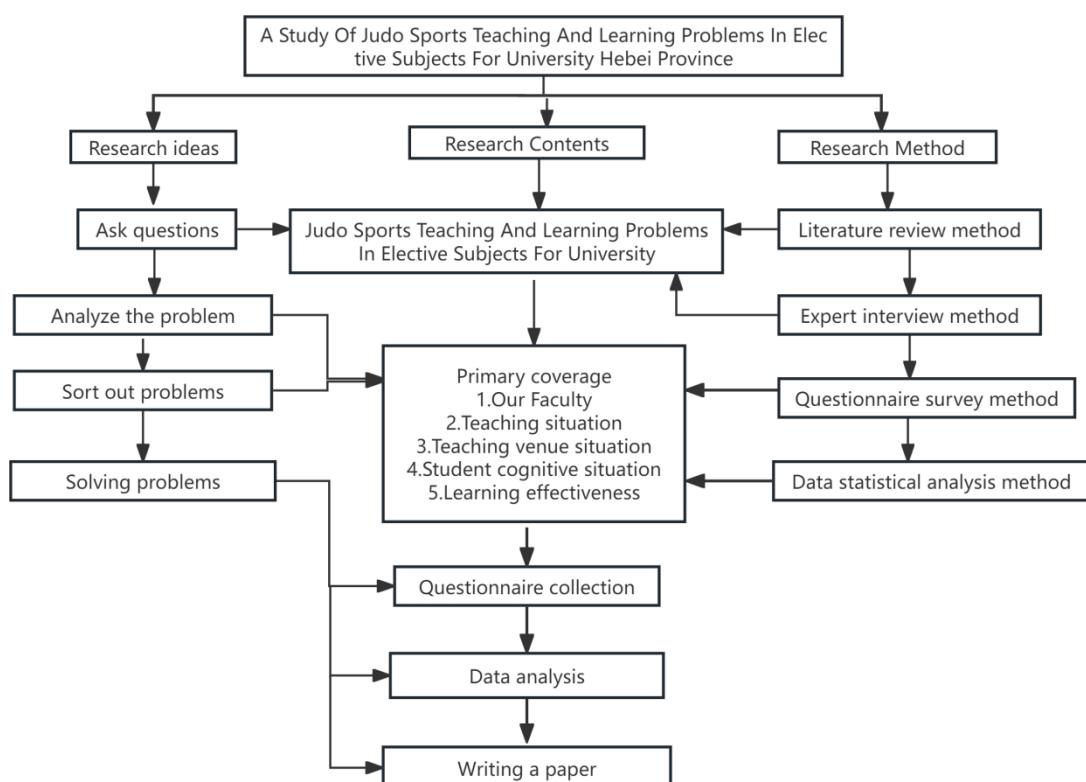


Table 3: Research Conceptual framework

Research Results

This study focuses on the teaching problems of judo sports in general colleges and universities in Hebei Province. It investigates the situation of the teachers of judo sports elective subjects, the teaching situation, the teaching conditions, the students' cognition of judo sports elective subjects, and the effect of the teaching effect. This chapter presents the results of the data analysis involved in this study, which are as follows:

1) Teacher situation of judo elective courses in ordinary universities

Table 3: Teachers of Judo elective subjects in General Colleges and Universities in Hebei Province

Fundamental state		
Work unit	F	%
1.Hebei Academy of Fine Arts	8	27.59
2.Shijiazhuang University	8	27.59
3.Shijiazhuang Tiedao University	6	20.69
4.Institute of Disaster Prevention	7	24.13
SUM	29	100
Education/Degree	F	%
1.Specialist and below	0	0.00
2.Undergraduate/bachelor's degree	5	17.24
3.Graduate/master's degree	24	82.76
4.Graduate /PhD	0	0.00
SUM	29	100
Professional title situation	F	%
1.No level	7	24.14
2.Tutor	1	3.45
3.Lecturer	10	34.48
4.Associate professor	11	37.93
5.Professor	0	0.00
SUM	29	100
Sports level	F	%
1.No level	13	44.82
2.Level Three Sports	2	6.90
3.Second-grade Athlete	5	17.24
4.First-level athlete	7	24.14
5.National Generals	2	6.90
6.International Elite	0	0.00
SUM	29	100
Specialized subjects learned	F	%
1.Judo	4	13.79
2.Ball sports	2	6.90
3.Dance	0	0.00
4.Traditional sports	18	62.07
5.Athletic	0	0.00
6.Others	5	17.24
SUM	29	100

The number of teachers for judo elective subjects in ordinary universities in Hebei Province is as follows: 8 teachers from Hebei Academy of Fine Arts, accounting for 27.59% of the total number, 8 teachers from Shijiazhuang University, accounting for 27.59% of the total number, 6 teachers from Shijiazhuang Tiedao University, accounting for 20.69% of the total number, and 7 teachers from the School of Institute of Disaster Prevention, accounting for 24.13% of the total number; The educational background/degree situation of the faculty is as follows: there are 5 undergraduate/bachelor's degree holders, accounting for 17.24% of the total number of students, 24 graduate/master's degree holders, accounting for 82.76% of the total number of students, and 0 associate degree holders and doctoral degree holders. In terms of professional title structure, there are seven people without professional titles, accounting for 24.14% of the total number of people; one teaching assistant title, accounting for 3.45% of the total number of people; ten lecturer titles, accounting for 34.48% of the total number of people, 11 associate professor titles, accounting for 37.93% of the total number of people, and 0 professor titles. The sports level of teachers is as follows: 13 people have no sports level, accounting for 44.82% of the total number; 2 national third-level athletes, accounting for 6.90% of the total number; 5 national second-level athletes, accounting for 17.24% of the total number, seven national first level athletes, accounting for 24.14% of the total number, and two national athletes, accounting for 6.90% of the total number. The situation of the special subjects taught by the teachers is as follows: 4 people specialized in Judo, with a total number of 13.79%; 2 people specialized in ball games, accounting for 6.90% of the total number; 18 people specialized in Chinese traditional sports, accounting for 62.07% of the total number, and five people specialized in other subjects, accounting for 17.24% of the total number.

2) Teaching situation of judo elective subjects in ordinary universities

Table 4: Teaching of Judo elective subjects in General Colleges and Universities in Hebei Province

Teaching situation		Very consistent with	Conform to	Non Conformance	Very inconsistent	SUM
1.Preparation basis of teaching plan	F	15	14	0	0	29
	%	51.72	48.28	0.00	0.00	100.00
2.Principles of lesson plan writing	F	10	19	0	0	29
	%	34.48	65.52	0.00	0.00	100.00
3.Setting of teaching objectives	F	10	12	5	2	29
	%	34.48	41.38	17.24	6.90	100.00
4.Teaching Content Setting	F	15	11	3	0	29
	%	51.72	37.93	10.35	0.00	100.00
5.Organizational form of teaching	F	0	2	1	1	4
	%	0.00	50.00	25.00	25.00	100.00
6.Selection of teaching methods	F	9	15	3	2	29
	%	31.04	51.72	10.34	6.90	100.00
7.Teaching hours arrangement	F	1	0	3	0	4
	%	25.00	0.00	75.00	0.00	100.00
8.Assessment and Evaluation	F	7	17	4	1	29
	%	24.14	58.62	13.79	3.45	100.00

Through investigation, it was found that the teaching situation of judo elective subjects in ordinary universities in Hebei Province is as follows: The preparation basis of the teaching plan is very consistent with the judo teaching theory, system science theory, the practical needs of judo teaching, the number of students is 15, accounting for 51.72%, meet the number of 14, accounting for 48.28%; are in line with judo teaching theory, system science principles, practical needs of judo teaching, and student characteristics; The principle of lesson plan writing is in line with the principles of preparation, comprehensiveness, implementation of interactive concepts, emphasis on practical teaching conditions, and refinement of teaching objectives. Ten people, accounting for 34.48%, met the requirements, while 19 people, accounting for 65.52%, met the requirements. The teaching objectives are in line with the six objectives of self-defense ability, understanding judo culture, exercising student willpower, improving student communication ability, cultivating a good psychological state, and mastering scientific exercise methods. The number of people who meet these objectives is 10, accounting for 34.48%; the number of people who meet them is 12, accounting for 41.38%; the number of people who do not meet them is 5, accounting for 17.24%, and the number of people who do not meet them is 2, accounting for 6.90%; The teaching content includes the basic skills, techniques, tactics, theory, referee knowledge, and offensive and defensive meanings of judo: 15 people are highly qualified, accounting for 51.72%, 11 people are qualified, accounting for 37.93%, and three people are not qualified, accounting for 10.35%. The number of schools that meet the three organizational forms of administrative class, gender division, and interest class is 2, accounting for 50.00%; the number of schools that do not meet the requirements is 1, accounting for 25.00%, and the number of schools that do not meet the requirements is 1, accounting for 25.00%; The selection of teaching methods is very in line with the methods of explanation and demonstration, decomposition and completeness, individual guidance, repeated practice, correction of movement errors, case study, and competition. There are 9 participants, accounting for 31.04%, 15 participants, accounting for 51.72%, The number of non-conforming people is 3, accounting for 10.34%, and the number of very non-conforming people is 2, accounting for 6.90%; who do not meet the requirements. The teaching schedule for public physical education subjects in universities should be four semesters, with a total of 144 class hours, with an average of 36 class hours per semester. The teaching schedule is very in line with national requirements, with one school accounting for 25% and three schools not meeting the requirements, accounting for 75%. Assessment and evaluation are very consistent with three evaluation methods: process assessment and evaluation, formative assessment and evaluation, and summative assessment and evaluation. The number of Very consistent with teachers is 7, accounting for 24.14%, number of conforming people is 17, accounting for 58.62%, the number of non-conforming 44, accounting for 13.79%, and the number of very non-conforming 1, accounting for 3.45%.

3) Selection of Judo elective course textbooks in ordinary universities

Table 5: The situation of teaching materials for judo elective subjects in ordinary universities in Hebei Province

Textbook situation	F	%
1.No teaching material	1	25.00
2.Self-compiled teaching materials	0	0.00
3.Provincial textbooks	0	0.00
4.National unified physical education textbook	3	75.00
SUM	4	100.00

Through the analysis of the teaching materials for judo elective subjects in four ordinary universities in Hebei Province, it was found that one school did not have any judo elective course materials, accounting for 25%. In contrast, three schools used national unified physical education textbooks, accounting for 75%.

4) The situation of judo venues among ordinary university teachers

Table 6: Meet the teaching facilities of judo elective subjects in ordinary colleges and universities in Hebei Province

Satisfaction with teaching places	F	%
1. Very abundant	0	0.00
2. Basic satisfaction	4	13.79
3. Unable to meet the requirements	22	75.86
4. Very unsatisfied	3	10.35
SUM	29	100.00

According to the satisfaction of teaching facilities and venues for judo elective subjects in ordinary universities in Hebei Province, four teachers believed that the teaching conditions were basically met, accounting for 13.79% of the total number of people, 22 teachers believed that the teaching conditions could not be met, accounting for 75.86% of the total number of people. Three teachers believed that the teaching conditions were very unsatisfactory, accounting for 10.34% of the total number of people.

5) The cognition and effectiveness of judo elective subjects among ordinary college students

Table 7: Cognitive status of judo elective subjects among students in ordinary universities in Hebei Province

1. Have you ever learned judo before	F	%
Learned	105	13.13
Not learned	695	86.87
SUM	800	100.00
2. Do you enjoy judo courses	F	%
Like very much	156	19.50

Like	193	24.12	
General like	349	43.62	
Dislike	63	7.88	
Very dislike	39	4.88	
SUM		800	100.00
3. Your motivation for taking judo courses (Multiple Choices)	F	%	NO.
Learn self-defense methods	488	61.00	1
Interest	335	41.88	2
Learning health preservation methods	314	39.25	3
Play	131	16.38	5
Credit	306	38.25	4
4. Through what channels did you learn about judo sports (Multiple Choices)	F	%	NO.
Movies	321	40.13	3
Teacher Introduction	206	25.75	5
Friend introduction	314	39.25	4
Network	330	41.25	2
School promotion	397	49.63	1
5. Can you freely choose the learning content	F	%	
Determined by oneself	229	28.63	
Decided by the teacher	507	63.37	
Determined by the school	51	6.38	
Teachers and students discuss and decide	13	1.62	
SUM		800	100
6. What has influenced your interest in judo sports (Multiple Choices)	F	%	NO.
Judo sports content is too complex	65	8.13	5
Judo class hours are limited	795	99.38	1
The school atmosphere is too bad	263	32.88	4
Judo teaching methods are outdated	784	98.00	2
Incomplete judo assessment and evaluation	546	68.25	3

The number of students in the elective judo course in ordinary colleges and universities in Hebei Province was 200 on average in four colleges and universities, totaling 800 people. The number of students who have learned judo before choosing the judo elective course is 105, accounting for 13.13%, and the number of students who have not learned it is 695, accounting for 86.87%; the school investigates the attitude of students who like judo and learns that the number of students who like judo is 156, accounting for 19.50% of the total number of people, the number of people who like it is 193, accounting for 24.12% of the total number of people, and the number of people who have general attitude is 349, accounting for 43.62%, the number of people with dislike attitude is 63, accounting for 7.88%, immensely dislike the number of people 39 people, accounting for 4.88% of the total number of people; students take judo courses to learn self-defense methods as the motivation for the number of 488 people, accounting for 61%, hobbies as the motivation for the number of people 335 people, accounting for 41.88%, in order to learn health methods as the motivation for the number of people for

314 people, accounting for 39.25%. The number of people motivated by interest is 335, accounting for 41.88%; the number of people motivated by learning health care methods is 314, accounting for 39.25%; the number of people motivated by participating in competitions is 131, accounting for 16.38%, and the number of people motivated by learning credits is 306, accounting for 38.25%; the situation of the student's understanding of judo is as follows: the number of people motivated by film and television is 321, accounting for 40.13%; the number of people motivated by the teachers' introductions is 206, accounting for 25.75%; and the number of students motivated by friends' introductions is 314. The number of students who were introduced by friends was 314, accounting for 39.25%; the number of students who were introduced by the Internet was 330, accounting for 41.25%, and the number of students who were introduced by school publicity was 397, accounting for 49.63%; the number of students who chose the way of learning was as follows: the number of students who decided to study on their own was 229, accounting for 28.63%; the number of students who decided to study by their teachers was 507, accounting for 63.37%; and the number of students who decided to study by their schools was 507, accounting for 63.37%. 63.37%, the number of students decided by the school was 51, accounting for 6.38%, and the number of students decided by teacher-student consultation was 13, accounting for 1.62%. the factors that influence their interest in judo are as follows: Judo class hours are limited 795 students, accounting for 99.38% of the total number of judo classes, ranked first; 784 students, accounting for 98.00% of the total number of teaching methods, ranked second; 546 students, accounting for 68.25% of the total number of judo assessment and evaluation, ranked third, 263 students, accounting for 32.88%, believed that the poor school atmosphere was the influencing factor, ranking fourth. 65 students, accounting for 8.13%, ranked fifth, believed that the overly complex content of judo was the influencing factor.

Discussion

A study of judo sports teaching and learning problems in elective subjects in university Hebei province:

The survey found that there are 29 teachers, education, sports level, and title can basically meet the elective course teaching, but because the exceptional learning is not the same, the latter needs to improve the special training; such a situation is mainly due to the following reasons:

School leaders and sports departments pay more attention to the degree conducive to developing sports teaching in colleges and universities. In this case, judo sport is one of the traditional sports; professional knowledge and skills determine the teaching effect, but also an indispensable factor in the physical education teaching resources in colleges and universities. Sun jiali (2023) states that each physical education teacher is the core of the sustainable and healthy development of school sports, and strengthening the teachers' academic qualifications, knowledge, and skills growth on the teaching effect is the top priority. In addition, the country's attention to physical education in colleges and universities and the popularization of good teachers to implement the front-line workers of school sports, each college and university should be in accordance with the number of students to recruit the appropriate proportion of physical education teachers, but also Hebei Province, general colleges and universities in the elective course of judo sports teacher ratio to meet the requirements of the focus. The concept Hou Jianpeng (2023) proposed in the paper is that the professionalism of teachers, the number

of teachers, and the construction of the teacher team have far-reaching significance for teaching physical education in colleges and universities and the educational ecosystem.

The teaching situation of judo elective subjects in Hebei Province's general colleges and universities: according to the relevant requirements of the state for physical education in colleges and universities, the teaching materials are formulated based on the comprehensive development of students. For one thing, the preparation of judo elective course lesson plans in Hebei Province is mainly based on the four aspects of judo teaching theory, systematic scientific principles, the actual needs of judo teaching, and the characteristics of students, which is very consistent with the original intention of physical education teaching in colleges and universities. For example, Zhang Wenjie (2011) suggests that in physical education in colleges and universities, the lesson plan, as an essential teaching material, should be consistent with the content taught, the characteristics of the students, and the facilities of the school. Yang Xiuli (2022) also mentioned in the article that lesson plans are a guiding material for the implementation of teaching. The preparation of lesson plans should be based on the characteristics of the school, the students, and the subject judo compared to other sports. The preparation of lesson plans needs to comply with the above and the basis.

Secondly, the general colleges and universities in Hebei Province carry out judo sport elective course lesson plans prepared based on four major principles: the basic principle (the principle of readiness, the principle of comprehensiveness, the principle of moderation, the principle of activity the principle of implementing the concept of interaction the principle of focusing on the actual conditions of teaching the principle of refinement of the teaching objectives. These principles are determined by the uniqueness of the school, the students, the teaching content, and the discipline, which is basically consistent with the viewpoints explained by Liu Yang et al. (2017); scholars proposed that, from a professional point of view, judo sport is a same-field fighting type of project, for ordinary college students, in the teaching process should pay more attention to from the principle of comprehensiveness, the amount of appropriate in order to achieve the desired effect.

Thirdly, the teaching objectives of judo elective subjects in Hebei Province's general colleges and universities are set up for students to achieve the six objectives of self-defense ability, understanding of judo culture, exercising students' will quality, improving students' ability to communicate, cultivating a good state of mind, and mastering the scientific exercise methods, which is the same as the first research hypothesis (teaching to achieve a good), just as pointed out by Wu Weiguo (2013) pointed out that judo is very special. When it appears in physical education in colleges and universities as a general education course, the teaching objectives must be set based on the requirements of the curriculum standards, but also pay more attention to the students' willpower quality, psychological changes, and mastery of scientific exercise methods.

Fourth, through the investigation of the teaching content of judo elective subjects in Hebei province general colleges and universities, the teaching content is mainly judo basic skills, technology, tactics, theory, refereeing knowledge, attack and defense meanings of the six aspects of judo which is consistent with the results of Zhong Cheng Di (2020) the authors put forward in the paper, in addition to the teaching of judo sports teaching comprehensive technical and tactical, but also pay more attention to judo connotation of the sport of judo teaching, to make the technical and tactical and the theory of the combination of the judo sport in this way can give play to its more profound value.

An exploration of student motivation and learning based on the development of judo sport elective subjects in general colleges and universities in Hebei Province.

The survey shows that the motivation and learning effect of students who carry out the elective course of judo sport in general colleges and universities in Hebei Province are in a good state, which contributes to the benign development of judo sport. The results of this study are consistent with the first research hypothesis (teaching effect reaches good). It is believed that the main reason for the formation of such a reason is that the sport of judo has a long history and cultural connotations, as Guo Xuan ning (2020), Zhang Wenjie (2013) in the text explains the point of view coincides with the authors mentioned in the text, judo is the principle of the sport of the technique and tactics is very reasonable, and at the same time, its judo has a long history, both theoretical knowledge and skills have a crucial role in the overall development of students. In addition, judo in university public physical education, because of the weakening of confrontation, and the skills required are not very high, allowing students to obtain relevant credits successfully, but also to obtain the spiritual culture, which is consistent with the views of Sasaki Yasunobu et.al, (2020).

Recommendation

1. Increase instructional hours while also enriching the subject. Increase theoretical, technical, and tactical instruction; judo-related theories, referencing laws, and practical exercises are all recommended.
2. Take students as the primary focus and arrange interest classes so that kids may experience enjoyable sports.
3. Judo teachers should work with physical education teachers on a regular basis to provide intentional and organized training to increase the overall quality of physical education teachers.
4. Judo is a sport that requires a high level of classroom environment, and the best thing is to have a standard practicing area and a comprehensive teaching environment that makes it more comfortable for teachers and students to teach.

Future Research

1. Teachers can use the guidelines or problems that arise to plan teaching and learning in the judo elective course in the future.
2. To promote judo instruction in secondary schools in order to increase the sport's accessibility. not limited to university-level education.

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