

Research on the Problems and Countermeasures of Teaching Reform of University Health Qigong Course

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Abstract: Since the reform and opening-up, China has increasingly integrated into the world and its international status has continued to rise. While studying the world's advanced culture in depth, it is also an irresistible trend to comprehensively rejuvenate the fine traditional Chinese culture. It is an important step for Chinese culture to “go out” and “strengthen”. The establishment of the University Health Qigong course in colleges and universities is a key step in the revival and promotion of China's excellent traditional culture. Only by re-recognizing the traditional excellent culture and having a heartfelt recognition and love for the traditional culture can we truly carry forward it and let the Chinese culture re-emerge and move toward the world. Studies have shown that the development of Health Qigong courses in the university is good, but in the process of development there have been many problems that should not be present, the current development is not very satisfactory. Therefore, in order to promote the continuous development of the University Health Qigong and promote the revival of Chinese culture, this paper uses literature review method, comparative analysis method and mathematical analysis method to study the various problems that have arisen at present, and gives countermeasures on the problems.

1. Introduction

Health Qigong has a long history in Chinese culture. In the Spring and Autumn Period, the Chinese people have widely used Qigong to prevent and treat diseases and strengthen their body. They are part of traditional Chinese medicine and an important part of Chinese traditional culture. The State Sports General Administration promulgated the charter, re-scientificly created the Chinese Qigong, and since then has developed a number of fitness exercises such as Health Qigong • 12 Duan Jin, Wu Qin Xi, Liu Zi Yi and Tai Chi Health Sticks, etc. Active promotion in major universities will benefit the healthy life of the people, help the people improve their physical functions in the complicated work, develop their physical potential, maintain their health, improve the physical and mental level of the students, and inherit and promote the Chinese. Excellent traditional culture.

2. Research objects and research methods

2.1 Research object

Due to the large number of colleges and universities nationwide, the sample survey method was used to investigate and analyze the six representative universities in China. These universities are: Jiangxi University of Finance and Economics, which has a relatively early Health Qigong course, Zhongshan University, which is a national key 211, 985 college, Shaanxi University of Traditional Chinese Medicine, which belongs to the medical university, and Chongqing Sports College, which belongs to the professional sports college. Hainan University of this type of college belongs to Dongguan Vocational College of three colleges. We used the interview method to conduct in-depth interviews with the physical education teachers of the six universities, and conducted surveys and research on the students in the form of random questionnaires.

2.2 Research methods

In order to make the research results relatively fair and pertinent, the researchers carefully used a variety of methods such as comparative analysis and literature data to conduct a random sample survey of the teachers and students of the six research institutions, mainly related to the Health Qigong course. Development, love and satisfaction, perceptions and related construction and follow-up development.

During the interview, we carefully listened to the opinions of the sports teachers of the six colleges and universities on the Health Qigong course, and recorded them in detail with a voice recorder to facilitate follow-up investigation. At the same time, using the method of comparative analysis, the differences and differences between the opening and the non-opening schools are analyzed, and the problems existing in the universities that have already opened this course are carefully compared and suggestions are given.

3. Results and analysis

3.1 Current Status of Health Qigong Courses in Colleges and Universities in China

Considering the large number of universities in China, the sampling survey method is mainly used in the survey, and in order to ensure the comprehensiveness and reliability of the sample, the samples taken include sports colleges, medical colleges, general colleges and key colleges. school. The results of the survey and research indicate that the Health Qigong course has not been offered in ordinary colleges and universities. It also shows that in the current environment of China, Health Qigong has not fully entered the physical education curriculum planning of ordinary colleges and universities. As shown in Figure 1 below.

Table 1 Survey of Health Qigong Courses in China

| Starting school | Course nature | Class assignment | Zhou Xueshi |
|--|---------------|------------------|-------------|
| Chongqing University Sports Institute | Elective | 32 | 2 |
| Hainan University Sports Institute | Elective | 16 | 3 |
| Dongguan Vocational College | Elective | 36 | 2 |
| Department of Physical Education, Zhongshan University | Elective | 30 | 4 |
| Shaanxi University of Traditional Chinese Medicine | Elective | 42 | 4 |
| Jiangxi University of Finance and Economics | Elective | 40 | 2 |

3.2 Cognition Status of College Teachers and Students on Health Qigong and Its Cultural Value

According to the survey and research results, as shown in Table 2, in the current colleges and universities in China, the proportion of teachers and students who believe that Health Qigong helps to strengthen the disease is 33%, and that the Health Qigong helps to regulate the physiological and health of teachers and students. %, think that Health Qigong helps to regulate the mental health of teachers and students accounted for 40%, think that Health Qigong contributes to fitness and health teachers and students accounted for 48%, think that through the Health Qigong can inherit the Chinese excellent culture of teachers and students 33%, the teacher and student who think that learning Health Qigong has no advantage is 4.1%. This data shows that although the development of Health Qigong has caused many problems in China, it has been recognized by many teachers and students in colleges and universities. This recognition is especially reflected in the identification of the cultural values of the teachers and students in colleges and universities to regulate mental health and fitness.

Table 2 Survey of fitness value and cultural value of college teachers and students on Health Qigong (%)

| Person Type | Ricketing | Regulate physiology | Regulating psychology | Fitness and health | Inheriting traditional culture | No benefit |
|----------------|-----------|---------------------|-----------------------|--------------------|--------------------------------|------------|
| Proportion (%) | 33 | 35 | 40 | 48 | 33 | 4.1 |

3.3 The level of interest of college teachers and students in the Health Qigong course

According to the survey and research results, as shown in Table 3, in the current college stage in China, 35% of the teachers are very interested in the Health Qigong courses offered, and 30% of the students are more interested in the Health Qigong courses. 30% of the students showed interest in the course. Only 5% of the teachers expressed no interest in the Health Qigong course. Among them, 30% of the students expressed great interest in the Health Qigong course. % of the students were more interested in the course, 25% of the students expressed general interest in the course, and 10% said they were not interested in the Health Qigong course. This shows that in the current stage of colleges and universities in China, most teachers and students are more interested in Health Qigong, and also have better development prospects.

Table 3 Survey of the interest of teachers and students in colleges and universities in China on Health Qigong

| | Very interested | More interested | Generally not interested | |
|-------------------|-----------------|-----------------|--------------------------|----|
| Teacher ratio (%) | 35 | 30 | 30 | 5 |
| Student ratio (%) | 30 | 35 | 25 | 10 |

4. Problems and countermeasures

4.1 Current problems in the Health Qigong of colleges and universities in China

4.1.1 The construction of the teaching staff is relatively backward

The strength of the faculty is an important indicator to measure the quality of a school's education and teaching, and it is also an important indicator that affects the current characteristics of the school's health Qigong curriculum, school-running level and other factors. Excellent teachers can make a strong support for the quality of teaching and the construction of school disciplines.

Although the teachers in our country are basically in line with the requirements of the Ministry of Education in terms of academic qualifications and professional titles, in the teaching, especially in physical education, most of the physical education courses are still based on the examination of theoretical knowledge, and the teaching teachers of Health Qigong also graduate. In the sports major, it is not a professional health Qigong teacher, and some teachers have great deficiencies in professional knowledge and professional quality. The understanding of Health Qigong is superficial, and many of them are obtained in short-term seminars held by colleges and universities. Therefore, many teachers have serious shortcomings in theory, in practice, or in understanding. They often only perform simple teaching on students in the way of "according to the textbook". It is difficult to mobilize students' enthusiasm for learning, teaching quality and teaching. The effect is naturally difficult to keep up with.

4.1.2 Relatively insufficient teaching funds

Although the state encourages the promotion of Health Qigong courses in colleges and universities, on the other hand, due to the limitations of many factors, the Ministry of Education is often financially stretched and cannot invest too much in the promotion of Health Qigong courses in colleges and universities. For this reason, most physical education teachers in colleges and universities have a certain interest in the Health Qigong course, but they have not shown much enthusiasm in teaching actions. At the same time, because of the lack of funds, many schools are

relatively simple in many aspects such as teaching venues and experimental equipment. It is difficult to meet the teaching needs of teachers, and it is difficult to meet the needs of students. Undoubtedly, these have seriously affected the effective promotion and teaching quality of Health Qigong courses in Chinese universities.

4.1.3 The relevant teaching system is not perfect

The teaching system is the program and principle foundation of teaching activities, and it is very important for the development of college sports majors. The lack of a reasonable and effective teaching system and teaching plan can only make a good vision stay in the imaginary pavilion and never reach. According to the survey, most institutions in China currently lack relevant reasonable systems and plans. Most school leaders choose to take the Health Qigong course in the morning or two in order to take care of other professional courses. Such an arrangement is obviously unreasonable. When the students just got up, the spirit has not been effectively buffered, and the temperature in the morning is relatively low. It is conceivable that the students' response to the Health Qigong course is not high.

4.2 Countermeasures for the Reform of Health Qigong Courses in Chinese Colleges and Universities

4.2.1 Strengthening the construction of the teaching staff

The strength of the faculty is directly related to the future development of colleges and universities. To this end, it is necessary to strengthen the construction of teachers. Colleges and universities should assist teachers to actively carry out a variety of communication and promotion activities of Health Qigong courses, and effectively use various communication channels, such as text, new media media communication methods, interpersonal communication and organizational communication methods, to enhance resources among teachers. Sharing, interpersonal interaction and information exchange to improve the overall quality of teachers. It is necessary to organize related social activities between teachers, organize Health Qigong competitions, facilitate and promote communication between teachers, enhance the level of teachers' competition, and enhance the connection and interaction between teachers, thus enhancing the recognition of Health Qigong in colleges and universities. Degree and influence, to continue to promote the in-depth inheritance and development of China's excellent traditional culture.

4.2.2 Increase and rational use of relevant funds

The management and leaders of the university should have a full and correct understanding of Health Qigong, actively formulate long-term planning and development regulations, actively use various methods, obtain funds from all walks of life, increase and rationally use relevant education funds, and improve scientific and rational Health Qigong course design. First of all, the relevant leaders of the school should actively understand the fitness value and social value of Health Qigong, so that the school leaders have a correct understanding of their thoughts, and then take a positive attitude, in order to effectively stimulate the financial sponsorship of all sectors of society to promote a unified understanding of the mind. . Secondly, take practical measures to strengthen the related textbook research and curriculum design of the Health Qigong course, improve the theoretical system, enrich the theoretical connotation, and let the group who is willing to provide sponsorship see that good steel can be used in the cutting edge. Third, we must conduct specific analysis in light of specific situations, and design specific curriculum plans according to the different situations of each university, so that teachers and students can understand the Chinese traditional excellence such as "Five Birds Play", "12 Duan Jin" and "Six Characters". The value of culture, so that the hard-won related funds are used reasonably.

4.2.3 Further establish and improve relevant systems and organizations

Colleges and universities should actively promote the establishment of Health Qigong Club, Health Qigong Association, etc., promote their opening and branching, flowering results, give full

play to the role of student organizations, and use the management and coordination of student clubs and associations to improve students' health Qigong. The understanding of China's excellent traditional culture enhances the mutual attraction among students, strengthens the effective construction of the teaching staff, improves the recognition of teachers and students on Health Qigong, and thus improves the level of Health Qigong of the entire university and enables it to be effectively promoted.

5. Conclusion

Although many teachers and students in many universities in China agree with Health Qigong, an excellent traditional Chinese culture, in terms of the specific implementation and implementation of the curriculum, it is due to funding, the importance of university leaders, the strength of teachers, teaching systems, venue construction, and teaching. Due to the limitations of many factors such as equipment, various problems have arisen, which has affected the in-depth promotion of China's Health Qigong courses in colleges and universities. However, the author also firmly believes that Health Qigong, as part of China's excellent traditional culture for thousands of years, will definitely have a great reference for promoting China's curriculum construction and curriculum reform, and will make a major contribution to the revival of Chinese traditional excellent culture and the great rejuvenation of the Chinese nation. .

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