

## **Research on Teaching Characteristics of Health Qigong Culture Inheritance in Colleges and Universities**

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**Abstract:** The establishment of Health Qigong cultural inheritance teaching in colleges and universities is also to pass on the excellent Chinese culture through integration with college teaching. It is the inheritance of China's excellent history and culture, which allows students to further study history and culture, understand history and culture, and continue the history and culture. It can also promote the physical and mental health of students, develop good fitness exercise habits, lifelong learning, lifelong fitness, and lifelong progress.

In June 2014, the Ministry of Education issued the Basic Standards for Physical Education in Institutions of Higher Learning, which stipulated that physical education activities should be included in the school teaching plan and should be open to all students, and that the types of physical education activities should be diversified. It can be seen that school physical education plays a more and more important role in teaching activities, and sports events also need to inject fresh blood. As colleges and universities, they should not only enrich the types of physical activities, but also shoulder the responsibility of cultivating students' moral, intellectual, physical, aesthetic and labor development in an all-round way. Under such circumstances, many colleges and universities incorporate the fitness qigong of traditional culture into college physical education, perfectly realizing the goal of mutual assistance and common development between moral education and physical education. Fitness Qigong has been on campus since 2003. After more than ten years of development, apart from professional sports colleges and traditional Chinese medicine hospitals, more and more universities want to set up fitness qigong courses. At present, dozens of universities in China have set up fitness qigong courses [1-3].

### **1. Significance of Developing Qigong Fitness Courses in Colleges and Universities**

#### **1.1 Qigong Fitness Courses in Colleges and Universities are Conducive to Promoting and Inheriting Traditional Chinese Culture and Enhancing Students' Sense of National Honor**

Fitness Qigong is not only a sport, but also an excellent cultural heritage in China. Because of its cultural connotation and moral education function, national traditional physical education is an important channel to promote excellent traditional Chinese culture and moral education. If it can be widely carried out in school, it is an effective means to make up for the lack of traditional Chinese culture and education [2-6].

China has a history of 5,000 years. Many excellent cultures have been passed down from generation to generation and have been continuously developed and improved. However, with the rapid development of science and technology and culture in modern times, the impact on traditional culture is also obvious. In this social environment, many excellent traditional cultures have been impacted by foreign cultures and have been "neglected" or even lost, among which fitness Qigong is one.

Qigong courses in colleges and universities, can promote health qigong this traditional culture and prevent them from being "cold" was "lost", and in the process of teaching, let students experience the excellent culture of the Chinese nation, the further understanding of history, in the process, naturally raise the nation's sense of honor and pride.

## **1.2 The Fitness Qigong Course in Colleges and Universities Can Enrich the Physical Education Course in Colleges and Universities, and Make the Physical Education Curriculum in Colleges and Universities Develop in a Diversified Way**

In college PE courses, track and field, long jump, basketball, badminton and so on have always been the main, fitness Qigong for most college students is a "remote and mysterious" sports. By adding fitness Qigong into college courses, it opens the "mysterious veil" of fitness Qigong, shortens the distance between fitness Qigong and college students, makes college PHYSICAL education courses more colorful, and also improves students' interest in physical education.

## **1.3 Qigong Fitness Courses in Colleges and Universities Can Strengthen the Body, Enhance the Physique of Students, and Better Cooperate with Other Courses in Colleges and Universities**

Nowadays, students and their parents attach too much importance to students' performance in "main courses" while ignoring the importance of PHYSICAL education. They believe that as long as students learn English, mathematics and other courses, they don't need to spend time and energy. Long-term immersive reading is not only bad for students' physical and mental health, but also separates PHYSICAL education from other courses and influences each other. On the contrary, it is bad for the learning of all courses. The establishment of qigong fitness courses in colleges and universities can help students strengthen their bodies, enhance their physique, develop good habits of study and exercise, complement and promote each other, and lay a solid foundation for learning other courses well.

## **2. Achievements in the Teaching of Health Qigong Culture Inheritance in Colleges and Universities**

The establishment of colleges and universities for the cultural inheritance of fitness Qigong has not only enhanced the physical quality and various physical functions of students, but also improved their physical literacy and enriched their sports life. In addition, it also lays a foundation for students to better learn other courses and develop good study habits. The study of fitness Qigong in colleges and universities promotes the healthy physical and mental development of students, and plays a positive role in strengthening the construction of campus spiritual civilization, inheriting the excellent history and culture of the Chinese nation, and enhancing the sense of national honor.

## **3. Deficiencies in the Teaching of Health Qigong Culture Inheritance in Universities**

### **3.1 There is no Uniform Tutorial, No Uniform Standard**

Although health qigong has been inherited for thousands of years, it has always been a relatively obscure sport. As a social sport, it does not need a complete course and a unified standard. The development of each person is different from the others. The progress of learning from each other is more conducive to its inheritance. However, if you enter a university and become a physical education discipline, you need to establish a complete set of systems, including standard movements, uniform rhythm, complete steps, normative standards and so on. However, the current college fitness Qigong is in the exploratory stage and cannot meet these requirements. As a result, even if this course is offered in colleges and universities, students cannot learn with enthusiasm and passion like other courses, not to mention putting great energy into this course.

### **3.2 Lack of Teachers and Insufficient Actual Teaching Ability of Teachers**

The establishment of fitness Qigong in colleges and universities is inseparable from a group of professional guidance teachers, so the training of professional teachers is also urgent. The lack of professional teachers is also an important reason why the teaching of fitness Qigong cannot achieve the expected results. Teachers play the role of teaching, guiding and solving doubts in students' learning. Without the guidance of a "beacon", college students will not be able to move forward

correctly and will lose interest and patience in this discipline of physical education. However, in colleges and universities where we have started the teaching of health qigong inheritance, this phenomenon is widespread.

### **3.3 Due to Insufficient Publicity, Students Lack Objective Understanding of Qigong**

Another problem is the lack of extensive publicity and the lack of publicity. As a result, college students have a little knowledge of this subject, and some students even think that this subject is "elderly exercise" and "Taijiquan". Without a deep understanding of the meaning and significance of this subject, they will not actively study it, and then the existence of this subject in colleges and universities will lose its original meaning.

## **4. Suggestions on the Further Development of Health Qigong Culture Inheritance Teaching in Colleges and Universities**

### **4.1 Standardize and Unify the Inheritance and Teaching of Fitness Qigong in Universities**

For the inheritance of qigong teaching in colleges and universities is not standard, need schools, society and government education departments, cooperate with each other, for the teaching smoothly and set up special research plan, formulate unified specification, make its form a complete teaching system, lets the student can learn step by step down, let health qigong to the sports in colleges and universities tradition continue.

### **4.2 Increase the Training of Fitness Qigong Teachers**

At present, the teaching of health qigong inheritance in colleges and universities urgently needs to strengthen the construction of teachers and expand the teaching staff. Teachers need to keep learning, improve their teaching ability and improve their teaching level. The school also should carry on the training to the course teacher, the regular training, causes its unceasing progress to improve, thus better guides the student, promotes the whole teaching smoothly to carry on.

### **4.3 Strengthen the Publicity of Fitness Qigong**

The lack of publicity for the teaching of fitness Qigong directly leads to the disadvantageous position of this subject in the eyes of students. Learning subjects lose interest in learning, and no matter how important and meaningful the subject is, it cannot be fully displayed, let alone developed and expanded in colleges and universities. Therefore, the school and the society should work together to strengthen the publicity, to promote the role and significance of fitness Qigong, so that this subject will be deeply rooted in the hearts of students, arouse their interest, and encourage students to develop a good habit of lifelong fitness.

Health Qigong is a combination of traditional culture and modern sports, with both cultural and aesthetic functions. Carrying out fitness Qigong in colleges and universities can strengthen students' physical quality, enhance their mental health level, and be of great benefit to students' physical and mental development [7-10]. Teaching is also at the same time, colleges and universities to offer health qigong culture inheritance of Chinese excellent culture to be passed down by means of merge with the teaching, is to the Chinese outstanding historical culture inheritance, which allows students to further study history and culture, understand the history and culture, the continuation of history and culture, and can promote students' physical and mental health development, develop good exercise habits, lifelong learning and lifelong fitness and lifelong progress.

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