Study on Necessity of the Development of TaiChi Zen Course in Physical Education in Colleges and Universities

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Abstract. As an emerging sport with distinctive national features, TaiChi Zen course is regarded as necessity to be carried out in colleges and universities. With mixed academic research methods, including the literature material method, interview method and logical analysis, this article aims to give an in-depth overview on the necessity launch of TaiChi Zen course in light of its distinctive characteristics to better promote the development of sports curriculum in colleges and universities, as well as the inheritance of Chinese traditional sports items.

1. Preface

Physical education curriculum in colleges and universities plays an essential role in quality education system and physical and mental health of college students. However, physical education curriculum that has been set in colleges and universities are mostly targeted at physical fitness instead of mental health. As such, it is urgent to introduce a new series of physical education curriculum through reforming. In other words, physical education curriculum in colleges and universities is supposed to emphasizing on both body and mind to reach an inner balance. To achieve that, TaiChi Zen comes to motivate deeper involvement in physical exercise while keeping national and traditional culture alive.

2. TaiChi Zen and Characteristics of TaiChi Zen Course

2.1 TaiChi Zen

As co-founded by Jet Li and Jack Ma in March 2011, the board chairman of Alibaba Group, TaiChi Zen International Culture Co., Ltd is built to bring health and happiness across the globe by carrying forward TaiChi Zen culture. Specifically speaking, TaiChi Zen inspires people these days to take what happens on the earth with a balanced philosophical thinking of Yin and Yang and to pursue both health and happiness on an even scale by recognizing that there are two sides of every coin. For that matter, TaiChi Zen course has been created to meet different demands and tastes at every stage for individuals, aiming to integrate health and happiness into people’s daily life.

2.2 Distinctive Features of TaiChi Zen Course

TaiChi Zen course is made up of major two training systems, named TaiChi fit and TaiChi Gesture. As a brand new training system physically and mentally, TaiChi fit contains eight training parts, which are openness and closeness, quickness and slowness, movement and stillness, toughness and softness, up and down, false and truth, rise and fall, straight rotation respectively. And movement of each component is combined with relevant theme and philosophy applied in daily life. What’s more, along with cool and sporty music, it’s no doubt to be in accordance with fast rhythm of life and mental pressure of modern young people. Furthermore, the core concept of TaiChi Zen is to reach an internal harmony of body and mind, which has penetrated into work and life for embracing everyday more passionately and peacefully with TaiChi Zen’s concept of free openness and closeness, quickness and slowness, toughness and softness.
3. Analysis of Developmental Necessity of TaiChi Zen in Physical Education in Colleges and Universities

3.1 What TaiChi Zen Course has on College Students Particularly

With remarkable changes of modern social environment and rapid development of science and technology, college students are burdening on increasingly mounting pressure rising from college, life, and especially mind, which has made their life out of balance and gets them deep unsatisfied with society, neighbors and even themselves with tension, anxiety, confusion, fear, and psychological imbalances. These various kinds of problems improve the possibility of developing physical and mental illness. Although it is difficult to keep on practicing traditional dull TaiChi Zen, it does need to overcome restless mind for college young students. Therefore, young people call for a new, fashionable, cool, suitable course that inspires them to practice TaiChi Zen. TaiChi Zen course is thus designed to prevent contemporary college students from fickle spirit with a tranquil, healthy, positive, and optimistic outlook and values on life. In that sense, TaiChi Zen course is worth for college students to keep going on.

3.2 Analysis of Public Sports Curriculum in Colleges and Universities

3.2.1 Analysis of Public Sports Courses in Colleges and Universities

Yoga stands as a mainly part among public sports courses in colleges and universities and courses that do good to both body and mind like yoga is quite less. Some colleges even only take yoga as 100% unique representative course. The fact indicates that most of colleges and universities open yoga and it is necessary for us to carry out some similar types of courses as yoga witnesses high populace among students from an up-rising star to a prominent role.

3.2.2 The Establishment of TaiChi Zen Course in Colleges Promotes the Construction of Spiritual Civilization and a Harmonious Society

First of all, in the process of practicing TaiChi Zen course, one should have a knowledge of physical fitness and fully realize it has a good effect on physique improvement. Besides, it is important to note that one should keep a peaceful mind and eliminate distractions in the course of exercise as TaiChi Zen is featured with high-level taste and deep meaning, focusing on internal and external cultivation, which contributes a lot to the construction of spiritual civilization.

3.2.3 The Establishment of TaiChi Zen Courses in Colleges Helps to Pass Down Chinese Traditional Sports Culture

As the carrier of Chinese traditional culture, Chinese traditional sports enrich physical education curriculum in modern society with a strong national character. That said, Chinese traditional sports fail to get adequate attention as what has been taught can’t match the very needs of college students, society and subject construction. In other words, morality education is out of the schedule which results in minor understanding of national traditional culture as classes are boring which leads to less concerns from college students and is harmful for inheriting traditional culture to next generation. To address this problem, TaiChi Zen course is tailor-made for body and mental construction for college students as it both develops Chinese traditional sports and culture while making up for the deficiency of modern physical education.

4. Conclusions and Recommendations

4.1 Conclusions

Continuous progress of modern science and technology drives fiercer social competition, which leads to increasing pressure of college learning and psychology. In the case, TaiChi Zen course brings much benefit to college students physically and mentally in consideration of its simple yet novel content which will motivate college students for easy learning to large extent. Besides, the practice of TaiChi Zen course is much-needed as it is beneficial to the inheritance of traditional culture with distinctive features of Chinese traditional sports.
4.2 Recommendations

1. To invite professional lecturers to give lessons on the origin and history of TaiChi Zen course as a way to improve students' cognition and interest in TaiChi Zen course by virtue of different media.

2. Input more on scientific research of TaiChi Zen course in colleges and universities with continuous exploration and innovation to design teaching materials for preparedness of first debut in colleges and universities while relevant sports institutes and management departments of college and universities should give full play to the leading role into this endeavor.

References

