The Situation Analysis on Cognitive Level and Participation of Tai Chi in the Institutes of Higher Learning

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Abstract

With the vigorous development of education, the requirement to the higher education, especially to the improving college students’ physical quality, should be higher and strict in the new stage. In the improvement of Sunshine Sports background, the institutes of higher learning began to spread Tai Chi widely, inheriting Chinese traditional culture and in the meanwhile, to improve students’ physical quality and healthy. However, according to their cognitive level and participation of Tai Chi, the limits still wide, which need a further improvement. Thus, this article will do analysis on the cognitive level and participation of Tai Chi in the institutes of higher learning, the main target people is these students. According to the reality, through various analysis method and calibration, we investigate the cognitive level and participation of Tai Chi in the higher education learners and confirm the defects and deficiency within. From this, we can see that cognitive level is not that high, and their participation is not enough, and the positivity to it is not so active. In a word, the wide and deep spread of Tai Chi will help their physical and mental both healthy, firming a base for the future.

Keywords: institutes of higher learning; college students; Tai Chi; cognitive level; participation

1. INTRODUCTION

As our traditional culture, Tai Chi has been the worldwide sports culture by completing and developing itself constantly, it is popular and supported among the world. Because of its characteristic, Tai Chi is not effect largely by other factors, like age, gender, nation and place. Now, Tai Chi plays a very important role in people’s daily life and health shaping, what’s more, it even became a worldwide boxing species. Under present social background, our government pays more and more attentions to the inheritance and development of Chinese traditional culture. We can see it from the 2008 Beijing Olympic Games, in the opening ceremony, Tai Chi as one part of performances has showed the world our Chinese traditional cultural sports item, which is magnificent and thrilled. Basing on such background, Tai Chi began spread among the high schools, and it got some success in practice. Therefore it is essential to enhance researches on it and turns out, it will provide a certain reference value for the further theory research and actual study.

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2. Present condition analysis on Tai Chi

2.1 Health preservation study on Tai Chi

Longevity preservation is a very outstanding function of Tai Chi, the concerning theory study trend to include such function as five aspects—peace, softness, yi, qi and slowness. In the developing process, Tai Chi forms a close link with traditional longevity preservation practice, it will be a real longevity preservation activity while combining these five factors. As an excellent traditional culture, Tai Chi emphasis on following the nature, pushing man’s spirit into a further condition to feel the communications that between human beings and the nature. It can create a more harmony atmosphere for mitigating anxiety, annoyance and then purifies mind and inside body, which will also be good for shaping fine quality and virtue. After comparing and analyzing the differences between Tai Chi practice and daily activities, we can find that people’s body and mind condition are obviously different when they are in daily activities. Tai Chi is a sport item with average speed and slowness, it can concentrate people and mitigate their pressures from daily work or life, keeping balance between mind and body. To spread Tai Chi among the high schools is a major content as it under the background of revolution on education career. Students who are not practice Tai Chi got lower cognitive level of Tai Chi than those who are practice in a long term, however, the former also lack enthusiasm in practicing it.

2.2 Educational research on Tai Chi

Besides its own functions as strong body or cultivate taste, Tai Chi also has an outstanding value of education, which can help high school students shape humanity spirit, enrich their inside world and form a fine quality. According to its educational value, there are three aspects: first is virtue, it presents mainly in cultivating their good behavior, knowing kindness and courteous. Second is wit; it includes the contents of philosopher and culture. The third and the last is sport. Its own function could slow the stage of being old, mitigating the fatigue and pressures from life and work. With the completing and creating Tai Chi researches, we take it as the main principle to solve our present problem, it is absorbed in every aspect of our people’s life and it will change into a unique thinking way for Chinese.

Xu Jing (2013) once put up with a theory in her research, it said that Tai Chi has a very important function in improving high school students’ level of virtue and wit, especially compared with traditional teaching function, it is more outstanding in enriching their virtue and wit, and in developing their mind and body. Meanwhile, it also plays a role in cultivating their nationalism, which is an effect method to their virtue and wit education. Basing on it, to spread Tai Chi among high schools could set a sound base on high school students’ life-long virtue and wit education.

3. Present condition analysis on cognitive level of Tai Chi among high school students

3.1 Result analysis on cognitive level of Tai Chi among high school students

After taking students from freshman to junior as survey objects in six high schools from Yunnan province. We released 600 copies, 596 copies works, each copy has 30 pages. The effective rate is 99.3%. According to it, we got the result that their cognitive level of Tai Chi includes 4 aspects: cultural characteristic, body building function characteristic, longevity
preservation characteristic and adaption with different people group characteristic. From it, we find the highest marks they got among 596 students is 95, the lowest is 46, and the average marks are 68.46±14.16. it is obviously that their cognitive level of Tai Chi is not high, most high school students think Tai Chi is not only a traditional sports item, it is also a boxing kind of philosopher. Since it has valuable cultural characteristic, they also think we should not acknowledge Tai Chi only as a sports activity. Meanwhile, these high school students also gave a confirm consent of its longevity preservation functions, however, over 60% of them deemed it is a sports item more apt to the old which show their cognitive limitation of Tai Chi; 38.6% students think it is too mystery to understand the quintessence; the data of 45.8% has a lower cognitive level of Tai Chi presents that high school students still in a lower stage of understanding Tai Chi, the limitation is a bit large.

3.2 Analysis on the survey result of Tai Chi cognitive level among high school students

If we take these factors as analysis index, including gender, grade, subject and Tai Chi practice in a long term or not, to analyze single factor of Tai Chi cognitive level among the surveyed high school students. According to the Normality Test of it, the result shows that the calculated data is an abnormal distribution measurement data, making cognitive level marks of each respondent was in the limit of Median 37, and we divided them into high marks group and low marks group to compare every factor to the level of result marks. By $x^2$ Test, we find that except the grade factor, other factors influenced obviously to their cognitive level. As shown in Table 1.

<table>
<thead>
<tr>
<th>Influenced factor</th>
<th>category</th>
<th>number</th>
<th>number</th>
<th>High score rate (%)</th>
<th>X²</th>
<th>P-values</th>
</tr>
</thead>
<tbody>
<tr>
<td>gender</td>
<td>male</td>
<td>342</td>
<td>158</td>
<td>46.2</td>
<td>7.885</td>
<td>&lt;0.05</td>
</tr>
<tr>
<td></td>
<td>female</td>
<td>254</td>
<td>162</td>
<td>63.8</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>freshman</td>
<td>242</td>
<td>85</td>
<td>35.1</td>
<td>1.082</td>
<td>&gt;0.05</td>
</tr>
<tr>
<td>grade</td>
<td>sophomore</td>
<td>223</td>
<td>89</td>
<td>39.9</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>junior</td>
<td>131</td>
<td>72</td>
<td>55.0</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Liberal arts</td>
<td>285</td>
<td>142</td>
<td>49.8</td>
<td>5.372</td>
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<tr>
<td></td>
<td>science</td>
<td>311</td>
<td>135</td>
<td>43.4</td>
<td></td>
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<tr>
<td>subject</td>
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<td>87</td>
<td>67</td>
<td>77.0</td>
<td>27.420</td>
<td>&lt;0.05</td>
</tr>
<tr>
<td></td>
<td>not</td>
<td>509</td>
<td>162</td>
<td>31.8</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

4. Analysis on participation enthusiasm of Tai Chi among high school students

The results of survey shows that over 60.8% high school student practice Tai Chi regularly is because of they have high interest of it, their participation of it is influenced by
parents, the elders, relatives, friends and classmates. 65.9% students among them learn it out of family fluency, 60.2% of them learn it because they see the positive effects gained by their classmates 78.9% are charmed by their sports teachers’ own personalities. As shown in Table 2.

### Table 2. Participation enthusiasm of high school students to learn Tai Chi.

<table>
<thead>
<tr>
<th></th>
<th>Absolutely</th>
<th>mostly</th>
<th>Not sure</th>
<th>very</th>
<th>Mostly not</th>
<th>absolutely not</th>
</tr>
</thead>
<tbody>
<tr>
<td>In fond of itself</td>
<td>32.7</td>
<td>17.2</td>
<td>10.2</td>
<td>28.3</td>
<td>11.6</td>
<td></td>
</tr>
<tr>
<td>Asked to learn in PE class</td>
<td>46.8</td>
<td>20.5</td>
<td>8.8</td>
<td>16.0</td>
<td>7.9</td>
<td></td>
</tr>
<tr>
<td>Influenced by friends</td>
<td>19.1</td>
<td>27.7</td>
<td>34.6</td>
<td>15.9</td>
<td>2.7</td>
<td></td>
</tr>
<tr>
<td>Influenced by family</td>
<td>41.2</td>
<td>27.8</td>
<td>18.8</td>
<td>7.4</td>
<td>4.8</td>
<td></td>
</tr>
<tr>
<td>Charmed by sports teachers’ personality</td>
<td>40.6</td>
<td>38.6</td>
<td>9.7</td>
<td>8.6</td>
<td>2.5</td>
<td></td>
</tr>
<tr>
<td>Influenced by classmates</td>
<td>27.4</td>
<td>36.5</td>
<td>5.6</td>
<td>19.8</td>
<td>10.7</td>
<td></td>
</tr>
</tbody>
</table>

**5. Existing issues in teaching among the high school**

5.1 Values practice highly than theory is severe

According to the present Tai Chi teaching condition of high schools, there are several problems exist, and they influence the cognitive level and participation enthusiasm of Tai Chi in a certain among high school students. While developing actual teaching activities, because of lacking adequate theory supports, high school students could only imitate Tai Chi set-pieces which bored them in the process of studying. Meanwhile, since their age is growing enough, the cognitive level or way of thinking is both basically shaped, they are vigorous and prefer to the exciting sports item. As for soft movement and slowly breath activity as Tai Chi, they will show the esteem rather than practice it. In the process of Tai Chi teaching, teachers are tend to train students’ skill than to explain the theory, especially the magnificent cultural connation it passed from generation. Lacking of understanding movement connation of Tai Chi and imitate, how could they keep a long-term interest of it? The practice effect will not high, and the goal of inheriting and developing traditional Wu Shu cultural characteristic is also hard to achieve.

5.2 Lacking basic skill teaching, Tai Chi teaching gained shape but lost soul

As a treasure of our traditional culture, the inheritance of Tai Chi has its unique values, which we could feel the profound Chinese cultural background. Each movement of it is natural and smooth, defensive consciousness shows unconsciously while combining the body acts and breath. However, in order to accomplish teaching plans, Tai Chi in high school only come into a set-piece, value shape but no soul. It is outstanding that movements of it lack connation and basic skills. Teachers hold a shallow acknowledge of Tai Chi, as for the basic skill and defensive connation, they know incompletely. They conduct students careless and helpless, which lead to a shape but non-soul Tai Chi activity. Besides, there is another weakness in high school Tai Chi teaching, that even students could accomplish a set of movements under its structure, they still are obscure of basic Tai Chi skill knowledge. No
matter Chen Jian Zhui Zhou (one of the movement practice with lowering shoulders and down
the elbows in the same time) or Han Xiong Ba Bei (a movement to sunken breast and convex
the back as well), students could not remember these basic knowledge inside mind, caused a
low teaching effect and short-term preservation.

5.3 Stiff teaching method and single formality.

Among Tai Chi teachings, it is classical that the teaching method is stiff and single, and
most of teachers prefer to apply the common teaching mode from sport teaching. As the Tai
Chi conductors, sports teachers are dominant, and students are the one just accept the taught
movements. The teaching organized formality is completely stiff. Furthermore, even teachers
pay all attention to teach their movement to students, the latter still lack of enthusiasm because
of passive learning. Showing no interest in teachers’ teaching method leads to a low
production, and base on such single teaching method, teachers tend to divide students into
boys and girls to teach. Students could communicate and improve with each other since they
are familiar with each other. However, such teaching mode turns out a gap among them in
basic skill, learning interest and physical agility, and it will influence teaching plan, hindering
the development of class activity. It is hard to maintain a long-term interest for students to
learn Tai Chi, from that, we could not gain the expect achievements.


6.1 To pay more attention to Tai Chi education

With the improvement and development of society, people’s material level raise
obviously, accordingly, they put up with a higher demand of physical fitness. Under the
request of high school educational revolution, we should pay more attention to the Tai Chi
teaching among the sports system, and to improve and create its course structure and content.
Our high schools PE class not only should meet the daily teaching demands, it also should
enrich teaching contents in order to achieve the goal of physical fitness and fine sports quality.
We should homogenize Tai Chi teaching into high school sports teaching to meet the
developing demands in today’s society. To develop Tai Chi education has a profound meaning
which will complete concerning policy and make a full advantage of guiding actual work by
giving more support and help to Tai Chi teaching. While achieving the work and improving
students’ physical fitness, their personality could also be cultivated and gained more emotion
experience from it. It will improve the Tai Chi teaching effect.

6.2 To raise the consciousness of inheriting Tai Chi culture and spread it

Through five thousand years, our nation gained a profound culture within it exist
generations’ wit that could differ from other countries and nations. As a treasure of our
traditional culture, Tai Chi is a cultural symbol as well, it develops as the society did, and from
it we could see a magnificent Chinese cultural characteristic. To inherit and develop the
unique cultural gene exists Tai Chi while spreading among high school, will make an
outstanding function of cultivating excellent people. High school students need class teaching
to improve their cognitive level and participation. To strengthen Basic knowledge is also
indeed for them to make a sound base, which will complete the lack in their traditional cognition, building a comprehensive understanding of Tai Chi and raise the interest of it. Tai Chi is not only a static-movement teaching activity, it also should be taken as a communication and spread of traditional culture.

6.3 To improve high school educators’ comprehensive quality

The main high school educators are sports teachers, their comprehensive quality lead directly to a orderly teaching operation. Therefore, high school teachers should hold a concept of inheriting traditional culture, shaping a right thinking value and liability consciousness. They should devoted themselves into Tai Chi teaching and improve themselves from aspects like educational idea, professional theory and skill, which will achieve Tai Chi teaching better. By watching Tai Chi video and finding the masters’ methods to conduct students correctly, teachers will be more positive into the teaching and turns out may shape worship among students. Teachers should also make a nice studying atmosphere to treat Tai Chi as a unique high school item or a tradition, they could run a club of it and organize performance regularly, appealing students to learn it and improve the teaching effect.

7. Conclusion

To sum up, according to the present spreading condition of Tai Chi in high school, we could find that high school students’ cognitive level of it is not high, the participation is low as well. They are influenced largely by external factors which include gender, subject and people who around them ever practice Tai Chi or not. Accordingly, we should improve high school Tai Chi teaching policy, creating a good studying atmosphere and improve educators’ comprehensive quality.

References


