

The Lessons of Traditional Regimen Concept for College Physical Education

Xia Zeng, Xiongwei Zuo

Changsha Medical University, Changsha City, Hunan Province, 410219, China

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Abstract. Sports activities have become an indispensable part of modern life, which has become a consensus. Traditional sports in development process has been unable to meet the basic needs of people. Therefore, it should be linked to regimen so that the sport can be retained and attach the goal of lifelong sport. Based on the author's learning and practical experience, this paper firstly analyzed the connotation and characteristics of traditional regimen education and physical education at colleges and universities. Then, it discussed the promoting effect of national traditional regimen on the development of college physical education; moreover, it also analyzed the present situation of Chinese traditional regimen education at colleges and universities. Finally, the paper put forward the ways of combining traditional regimen concept with college physical education.

Introduction

Traditional regimen sports focus on physical and mental unity, which is an important way to improve the physical and mental health of college students. According to the survey, as an important part of the national traditional sports, traditional regimen sport has entered into the classroom and was promoted by the institutions. However, the teaching mode of regimen education is not perfect, and the teaching method is not mature. The problem of how to carry out the national traditional regimen education in colleges and universities has become an important issue in college physical education.

The Connotation and Characteristics of Traditional Regimen and Physical Education at Colleges and Universities

The connotation of traditional regimen and physical education at colleges and universities. Traditional regimen has a very wide content so that students can promote the body's movement through the awareness of education and reconcile vital energy and blood to ensure patency of the meridians, which will ultimately promote physical health. The college physical education more emphasizes the course of training for students so that the physical quality of students can be improved. This is relatively popular teaching mode. Physical education at colleges and universities is only in a certain stage to stimulate students' interest in exercise so that students put into physical exercise, develop habits, promote physical and mental health and ensure their disease resistance.

The characteristics of the traditional regimen and physical education at colleges and universities. The analysis of traditional regimen is more cares about inner physical exercise, which achieves the purpose of health through the internal body conditioning; however, the competitive sports are the most likely to tap the potential of people. If you do not grasp the "degree" well, it will bring harm to students, which is not beneficial to the healthy growth of students. If colleges and universities can integrate the two and promote the coordinated

development of the two, we can make physical education to achieve the real purpose. Traditional health should have a healthy concept of movement as a guide. Only in this way, can it persevere forever. However, the formation of this kind of sport consciousness needs the joint efforts of many aspects, such as the education level of the students and the physical quality of the students, etc. Traditional regimen has a very long history and it is China's most valuable wealth; it is also a treasure of Chinese culture, which needs to be preserved in the continuous inheritance.

Promoting Effect of the National Traditional Regimen for College Sports Development

The effect of changing the sub-health state of college students. Through the survey, we found that many college students have many other sub-health state, such as insomnia, dizziness, dreaminess, poor memory, poor adaptability, fatigue, anxiety and irritability, etc. From the perspective of traditional Chinese medicine, sub health status of the human body is the performance of inadequate Yang-energy with evil-energy invasion and blood stasis. Traditional regimen sports is a combination of physical and mental training so that to achieve smooth blood, healthy memory, physical and mental health; moreover, it can improve the body's resistance and disease prevention ability. Traditional regimen sports can not only resist the disease, but also can change the mood of college students, such as depression, depression, anxiety and other bad psychological states.

Let's take Taijiquan as an example. Taijiquan is characterized by a quiet, light, leisurely state of exercise, and not too tired and nervous. College students practising the Taijiquan in the intensive study can make the mood smoothly, eliminate all bad mood and maintain mental health. In addition, the national traditional sports regimen can quickly eliminate fatigue. The traditional sports regimen reduced the activity of nerves, decreased the content of arterial blood lactic acid, reduced the metabolism, increased the blood flow, improved the microcirculation and eliminated the fatigue quickly. Thus, the traditional sports regimen is an effective way to improve the sub-health state of college students.

It is easy to integrate sports into people's daily life and realize the lifelong sports. The modern highly stressful lifestyle has brought a lot of adverse effects on people's physical and mental health. The cultivation of college students' lifelong sports consciousness is an important mean to carry out quality education in college physical education. The problems of how to integrate sports into people's daily lives and making it become the people's regular sports behavior and making people being willing to participate in are the key to achieve lifelong sports. From the perspective of content, traditional regimen sports involve the field of living, diet, work and rest, guidance, fitness and emotion, so it is easy to integrate into the people's material and spiritual life. In principle, the traditional regimen sports comply with the principles of weather, the combination of static and dynamics, which is more suitable for people's daily lives. In terms of efficiency, the health care massage method, Wuqinxi, eight trigrams boxing, Taijiquan and Yi Jin Jing have superior efficacy in preventing disease. Therefore, people can better maintain the body and adjust the balance of body and mind through traditional regimen sports.

An Analysis of the Current Situation of Developing National Traditional Regimen Education at Colleges and Universities

With the continuous deepening of quality-oriented education, in recent years, some colleges and universities in China have gradually set up courses on the national traditional regimen sports. According to the investigation and analysis, the current situation of traditional national regimen education integrating into college classroom is not ideal, and there are still existing the following problems: firstly, colleges and universities do not pay enough attention to traditional regimen sports. The national traditional sports are not popular in Chinese universities,

and the course scope is mainly limited at the sports college (department). In the curriculum, many colleges and universities only take the traditional national regimen sports as an elective course. They did not really take it as a compulsory course or general course. In the aspect of content, it is more common to use traditional Wushu and Taijiquan as the theme, but it is uncommon to see the traditional regimen, such as the Qigong, Guiding and shaping, etc.

Second, in the proportion of theoretical and technical class settings, current traditional regimen education courses at colleges and universities dominated by technology and supplemented by the theory. This kind of unreasonable arrangement satisfies the psychological needs of college students who are in urgent need of mastering the traditional regimen technology. However, it is easy to cause college students only mastering the traditional regimen technology and not understanding the concept and essence of traditional regimen.

Third, the problem is lack of professional traditional regimen sports teachers. Many traditional regimen sports teachers have not received professional training and systematic learning, so their professional levels are relatively low. Fourth, seen from the male and female students' likeability survey report of traditional regimen sports, most of the students like traditional regimen sports very much, and eager to behave properly to improve their characters through learning traditional regimen sports course. In a word, there are a series of problems in the process of carrying out the traditional regimen sports at colleges and universities, such as poor consciousness, late start, small scale, narrow scope and low teaching level.

The Way of Combining Traditional Regimen Concept and Physical Education at Colleges and Universities

Teaching principles. The traditional regimen sports emphasize the united spirit and practice, focus on static and dynamic combination, and pursuit the internal and external integration. Thus, the traditional regimen sports education not only have the general characteristics of physical education, but also have unique teaching methods. The problem of how to grasp the characteristics of traditional regimen sports is an important part of traditional regimen sports education. First of all, in the process of traditional regimen sports education, each action should be based on the idea, and pays attention to the coordination between the four forms of manner, form, energy and mentality so that to achieve a harmonious state. Secondly, due to the traditional regimen sports are complex and there are many difficulties for students to learn it; in teaching, teachers should carry out the visual teaching through multimedia, pictures and other teaching aids. In addition, teachers and students in the practice of traditional regimen method should pay attention to the dynamic and statistic movement in a natural and soft manner.

Teaching content. Traditional regimen sports have the wide range and rich content. The current sports colleges' traditional regimen sports include Taijiquan, Wuqinxi, eight trigrams boxing, Yijinjing, Taiji sword, primary long boxing, primary sword, eighteen methods of kung fu and Qigong, etc. Colleges and universities should be based on the characteristics of the traditional physical education combined with the characteristics of professional training and choose some regimen sports as a required course so that to improve the level of physical and mental health of college students. For example, Tsinghua University in the physical education classes opened Qigong course - Tai Chi Health stick to relieve the pains on students' necks and hands caused by overusing of computers.

Teaching methods. The problem of how to use reasonable teaching methods is the key to improve the quality of traditional health education. According to the characteristics of traditional regimen sports, the traditional regimen sport method requires adjusting body, breath, heart to dredge the meridians so that to adjust the mental state. The teaching method of traditional regimen sports is rich and varied. Except for the common interpretation method, demonstration method, integral method, comparative method of comparison of the right and wrong, you can

also take the upper and lower limbs decomposition teaching method, slow coherent teaching method, the static first and dynamic second teaching method and the combination of internal and external teaching method so that to highlight the characteristics of traditional regimen method. In short, the traditional regimen sports method should carry out according to the people, time and place. At the state of different seasons, regions and time, there are different ways to adjust so that to attach the goal of the correspondence between man and nature.

Teaching conditions. Good teaching condition is the guarantee of the traditional regimen sports education. A good traditional regimen education materials should be an organic combination of explicit and implicit teaching materials. The teaching materials should fully embody the modern teaching concept, and the theory links to the practice; the teaching contents should be easily understood with diverse forms and have certain attraction with strong applicability. College PE teachers should conform to the progress of the times and pay attention to their own knowledge accumulation and updating. In addition, they should also strengthen the accumulation of traditional regimen knowledge, so as to guide students to carry out the traditional regimen training. Sports equipment in stadium is an essential condition to ensure the traditional health education. Colleges and universities should be in accordance with local conditions to create sports venues and health training room so that to create good and comfortable environment for college students' regimen training.

Summary

Traditional regimen is a kind of active self-adjustment process, which has special functions and can cultivate students' good sportsmanship. This is not only the need of the healthy and orderly development of sports, but also an important aspect of quality education. To this end, we will introduce the traditional Chinese regimen into school sports, which is not only the expansion of the content and methods of physical education, but also the need to establish a health education. Further, this is the need of cultivating the talents of all-round development and building a harmonious society.

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