

The role of traditional physical health preservation in physical health education in medical schools

Changfang Wang*

Hubei College of Chinese Medicine, Jingzhou, Hubei, 434020, China

**Corresponding author*

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Abstract: In recent years, China's social development has been relatively fast, economic development has achieved outstanding results, and the education industry has begun to accelerate reform, which has further improved the quality of domestic schools' education, including medical schools. For students of medical colleges, as China's physical education enters a new stage, coupled with the continuous acceleration of the pace of life of the people, students are facing higher and higher employment and survival pressure, especially after entering the society, the work pressure is also greater, which is very detrimental to the physical and mental development of students. As far as the current status of physical education in colleges and universities is concerned, although traditional physical health preservation is very important, it has not had much impact on colleges and universities, and the main object of the author's attention in this study is medical schools. Firstly, the meaning of traditional Chinese physical health preservation is introduced, followed by the analysis of the significance of traditional physical health preservation, and the important role of traditional physical health preservation in the physical health education of medical schools is studied, hoping to provide reference for medical schools to carry out educational work.

1. Introduction

The core idea of physical health education is health first, through the development of physical health education, improve the educational content, adopt reasonable educational methods, establish and improve the education system, so that students' interest in sports is stronger, sports awareness can be improved, so as to help students strengthen their health. In China, the development time of traditional health care is relatively long, and the development process is relatively bumpy, but the pace of development has never stopped, which involves profound educational concepts, teaching methods are also very unique, and have certain applicability for contemporary college students. In the physical health education of medical colleges, it is of great significance to introduce the traditional physical health preservation education model. However, at present, most medical schools in China have not played the advantages of traditional physical health preservation, which will affect the effect of education and teaching, so the application of traditional physical health preservation in physical health education in medical schools is worth studying.

2. The Meaning of Traditional Chinese Physical Health Preservation

In China, traditional physical health preservation, as a very important life science, has a very long history of development, its main goal is to ensure the health of the people, hoping to prolong human life. In the early stages of development, the core focus of sports health care is to extend the life of sports personnel. However, with the evolution of society, the quality of life of the people has improved significantly, and the meaning of traditional sports and health preservation has been expanded, but the fundamental goal is still the same, with very obvious national characteristics, playing an important role in China's traditional culture ^[1].

3. The Significance of Traditional Physical Health Preservation

As an important part of the traditional culture of the Chinese nation, traditional sports and health care have still been inherited and carried forward under the background of rapid development. In the long-term development process, traditional physical health preservation continues to absorb new ideas, and integrated into the theory of traditional Chinese medicine and hundreds of philosophical thoughts, becoming more and more perfect, has become a unique architecture, which advocates the coordination and cooperation of the internal structure and external bones of the body, the ultimate goal is to ensure physical and mental health, while prolonging life, conducive to promoting the development of the entire human society. Traditional physical health preservation can reflect people's spiritual concepts and psychological states to a certain extent, and it is necessary to deeply explore and analyse them. Especially in the context of the current era, the overall development of society is relatively fast, information technology has promoted the development of all walks of life, with the continuous improvement of the quality of life of the people, self-cultivation and cultural needs have received more attention. In the face of the faster pace of the era, people's pressure is increasing, physical health has become a very important topic, therefore, for the physical health education teaching of China's colleges and universities, more attention should be paid to traditional physical health preservation. As the successor of the socialist cause construction and the core personnel of building a beautiful and powerful country, the development of college students can promote the development of all aspects of the country and society, and also help promote economic progress. As far as sports activities are concerned, university students are also very key participants, and they actively participate in sports activities, which is conducive to the development of national sports. College students' participation in sports activities is not simply to strengthen the body, but also to promote the development of mental health, master more health and medical knowledge, and improve their own knowledge framework. All in all, for physical education teaching, traditional physical health preservation play a very important role, which involves a variety of fields of knowledge, such as sports psychology and human body science, etc., with the development of society, its content is becoming more and more perfect, and at the same time has received more people's attention, it and medical college physical health education integration, can open up a new educational situation, further optimize education methods, improve education and teaching effects, promote the growth and development of students' physical and mental health, and cultivate more outstanding talents for national construction ^[2].

4. The Role of Traditional Physical Health Preservation in Physical Health Education in Colleges

4.1. It is Conducive to Helping College Students Establish a Correct outlook on Health

In the process of physical health education in medical schools, the introduction of traditional

physical health preservation content and ideas can help college students form a correct view of health to a certain extent. As far as physical education in medical schools is concerned, the main purpose is to promote the physical and mental development of students and ensure the physical health of the majority of students. In the process of implementing physical education, teachers should carry out the teaching of professional skills for students, enrich students' sports knowledge, improve students' sports ability, and at the same time help students form sports thinking concepts, timely correct students' traditional cognition, improve the standardization of students' behavior habits, help them correct unreasonable life and learning styles, and promote students' all-round development. In the physical education of medical schools in China, the main content includes three points, namely the environment, psychology and body. To carry out physical health education from the above three levels, we must first improve the teaching content, promote the connection between the three aspects, and establish and improve the education mechanism. From the perspective of traditional physical health preservation, when performing sports movements, it is necessary to be gentle and natural, avoid rapid and violent, and emotions should be the same, should be calm and gentle, to ensure that athletes achieve a balanced state in this context, to ensure that athletes can have pleasant physical and mental feelings in the process of learning. All in all, in the process of physical health education in medical schools, the introduction of traditional physical health preservation is conducive to helping students form a concept of health, improve students' knowledge framework, and correct students' traditional ideological concepts [3].

4.2. It is Conducive to Cultivating Students' Lifelong Sports Concept

According to the current learning situation of college students, most college students do not pay enough attention to physical health, and have not formed a lifelong concept of sports, and the immaturity of ideological concepts leads to students not actively participating in physical exercise in daily study and life, which will affect students' physical health and is not conducive to students' psychological development. Lifelong sports represent the integration of ideas and behaviors, which refers to a person's active physical exercise throughout his life and active participation in physical education activities. In the work of college physical health education, college students are very important participants, college students are also located in an important period of development, through university learning to form physical exercise awareness, develop the correct exercise habits are very key, is conducive to improve sports skills, and then improve their physical and mental health status, thereby improving their quality of life, making the learning effect better, for subsequent learning and work are laid a good foundation. When carrying out physical health education, medical schools need to pay attention to the individual differences between students, integrate traditional sports and health preservation in physical education, actively practice the scientific outlook on development, focus on students' own interests and preferences, pay attention to the laws and characteristics of students' physical and mental growth, and ensure that the promotion of individualized development of all students through physical health education. In the educational process, the principle of teaching according to aptitude is adhered to, so that students can give play to their personal strengths in physical exercise and lay a good foundation for achieving the expected teaching goals [4].

4.3. It is Conducive to Improving the Content of Physical Health Education in Colleges and Universities

Traditional physical health preservation content is very rich and diverse, mainly composed of two parts, one of which is martial arts, the other side is guidance, the preferred content lies in the latter, guidance methods are usually relatively simple, for learners, not only easy to learn, but also easy to

practice, in the learning process, the main content involved includes breathing exercise, body movement and self-massage, etc., which is conducive to athletes' physical fitness. In traditional physical health preservation, any way of movement involves aesthetic elements, which are full of national colors, but also economic and entertaining. In contemporary physical education, the relevant actions involved not only lack aesthetic elements, but also lack national characteristics, and the economy and entertainment are not reflected. It can be seen that the advantages of traditional physical health preservation are obviously more than modern physical education. Take Twisting Yangge and Tai Chi as examples, both of which are indispensable parts of traditional physical health preservation, and their movements require grace and softness, so when carrying out physical health education activities, students need to ensure the softness and grace of their movements. It can be seen that the content of traditional physical health preservation will be more abundant in the process of physical health education in medical schools, which is conducive to further stimulating students' interest, enabling students to actively participate in physical training activities, and paving the way for achieving the goal of physical and mental health development. Most forms of traditional physical health preservation exercise have low loads, the main purpose is to relax the muscles and bones, and the overall movements are relatively gentle and gentle. As we all know, our country is vast and rich, composed of 56 ethnic groups, each ethnic group has its own unique traditional sports, taking the Li ethnic group as an example, its representative traditional sports include rope climbing and bamboo pole jumping, and some areas are more concerned about twisting rice songs or stepping on stilts, these contents are necessary to be introduced into physical health education, so that the educational content is full of national colors, so that students can experience the fun of physical exercise. Of course, there are many traditional sports in China, and it is unrealistic to introduce all the content into the process of modern physical education, therefore, when carrying out educational work, medical schools need to combine the actual local situation, and consider the school's teaching arrangements and educational goals, introduce traditional health sports in a targeted manner, and constantly innovate practice methods, so that college students are more interested in physical exercise, improve the teaching effect of physical education, and also promote the inheritance and development of traditional culture^[5].

4.4. It is Conducive to Improving College Students' Understanding of Traditional Culture

Traditional physical health preservation plays an important role in traditional Chinese culture. Whether in the formation or in the subsequent development and innovation process, diversified new ideas are integrated, so its content is richer, but also has national color, and it is integrated with physical education in medical schools, presenting the characteristics of traditional and modern education, and creating a new education model. The educational content is more attractive to college students, and can also cultivate students' cultural awareness to a certain extent, enable students to feel the charm of national culture, cultivate students' patriotic feelings, enhance their national pride, and then enable students to form humanistic qualities and promote students' all-round development.

5. Conclusions

All in all, it is of great significance for medical schools to integrate modern physical education with traditional physical health preservation. We should give full play to the advantages of traditional physical health preservation, promote the development of physical health education, promote the physical and mental health development of students, help students form perfect personalities, and then promote their all-round development, truly complete the task of physical health education, and achieve the goals of physical health education. Up to now, as far as the integration of traditional physical health preservation in physical health education in Chinese colleges and universities is concerned, it is still in the exploration stage and still needs to be explored in depth. The author also

hopes that this study will provide reference for relevant educators and academic researchers, and contribute to the development of physical health education in colleges and universities in China.

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