

Research on the Path of Medical Qigong Integration into Health Service and Management Professional Training

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Keywords: Medical Qigong; Health Services and Management; Talent Training

Abstract: It is a brand-new subject to integrate medical Qigong into the training of health service and management professionals. It is also a new direction for the development of medical Qigong disciplines and the construction of health service and management majors. This paper introduces the teaching content of medical Qigong in the talents cultivation and the selection requirements of medical Qigong. Furthermore, this paper focuses on the educational principles and methods to discuss the integration path of medical Qigong.

1. Introduction

Health is an inevitable requirement to promote people's all-round development, and is a basic condition for economic and social development. Since the State issued the "Outline of" Healthy China 2030 "Plan in 2016, all sectors of society and the general public have paid more and more attention to health. At the same time, colleges and universities are responding to the national call and rushing to apply for service and management major talents for the country. At present, some universities have been approved to build health service and management majors and have begun recruiting students. Medical Qigong is an important part of Chinese medicine, and it has developed into an independent medical discipline. Medical Qigong not only aims at preventing and curing diseases, but also has important functions of health care. In recent years, medical qigong has made great progress, and its promoting role in health management and services is also recognized by more and more people, and it is gradually accepted by most people. This also laid a solid foundation for integrating medical qigong into the training of health service and management professionals. For newly established health service and management majors in the country, medical qigong has important practical significance for the cultivation of students' health management professional literacy and the improvement of health service professional skills. The integration of medical qigong into the training of talents in health service and management is not only due to the advantages of medical qigong itself, but also an urgent need for the training of this professional talent.

2. Teaching Contents of Medical Qigong

For the training of health service and management professionals, selecting the teaching content of medical qigong is the first problem encountered. According to the content system of medical qigong and the actual situation of professional talent training, it mainly includes the following three aspects.

1. Theoretical content. Medical Qigong is guided by medical theories, with the unified operation of mind, breath, and body as its content. It is a physical and mental training skill for the

purpose of health and disease treatment. ^[1] In order to meet the training needs of health service and management students, it is necessary to select the basic knowledge of medical qigong as teaching content. These basic knowledge mainly include three aspects: one is the basic theoretical knowledge of medical qigong, the other is the basic knowledge of the medical qigong bodybuilding and health-preserving function, and the third is the basic conditioning and cultivation methods of medical qigong on the mind, body and breath. These theoretical and cognitive contents should be the basic requirements for students of health service and management majors, and the emphasis should be on guiding students to "learn" and gradually internalizing this knowledge into their professional qualities.

2. Skill operational content. It has been proved through practice that medical qigong has the effects of replenishing vitality, regulating yin and yang, relieving evil spirits, reconciling qi and blood, and activating collaterals. To achieve the above functions, two methods of medical qigong are mainly used: one is in vitro operation methods, such as cans, scraping, acupuncture, ai strip, massage, etc., and the other is the body operation means, such as guidance, breathing and so on. ^[2] For these operation methods of medical qigong, students must be guided to "practice" to make them professional skills of health service and management students, and improve students' ability to engage in health service and management.

3. Learned content. To use the knowledge and methods of medical qigong to serve the society, professionals need to practice medical qigong first, such as standing piles, Baduanjin, and Yijinjing. Health service and management students need to focus on selecting some medical qigong content for practice, and stick to it daily. It is necessary to guide students to "learn" the acquired content of medical qigong. In this way, students' physical quality will be continuously enhanced, and the foundation for medical qigong professional guidance for clients will be provided after the students' employment.

3. Requirements for selecting medical qigong types

Throughout the thousands of years of medical qigong literature in our country, there are thousands of different types of medical qigong. In order to meet the training needs of health service and management professionals, various medical qigong methods should be selected and emphasized, and even deleted, adjusted, or further developed and improved.

(1) Meet two needs. First, the selected medical qigong method can meet the health needs of the majority of middle-aged and elderly people. It must be a good practice for people to keep fit and healthy, and "close to the people". Second, the selected medical qigong method can meet the professional development needs of students in health service and management, and can effectively expand and improve the professionalism and professional skills of students in health service and management, which is in line with "professional".

(2) Affordable and efficient. Medical qigong is easy to learn, has no requirements on age, physical condition, etc., and has a wide range of adaptable populations. And there are no special requirements for equipment and sites, green environmental protection, no toxic and side effects. ^[3] The selected types of medical qigong are mainly based on health exercises, rather than medical treatments as the main content, which are widely oriented to social groups and highly inclusive. Second, it is necessary to highlight the occupational characteristics of the health service and management profession. For sub-healthy groups or patients with diseases, the effects of fitness, health, and rickets are obvious after training, and the effects can be seen in a short time.

(3) Easy to learn and spread. First, the selected medical qigong method should first meet the characteristics of the physical and mental development of college students, which is popular among college students, and easy for students to master and accumulate. Second, the selected medical qigong method should adapt to a wide range and have a strong social affinity. The medical qigong chosen in general requires great social demand, is easy to learn, easy to spread, and effective.

4. Integrating Medical Qigong into Professional Training Path

There are three main paths for integrating medical qigong into the training of health service and management professionals. The first is to provide a special "medical qigong" course in the field of health service and management. The second is to combine the medical qigong-related content with

the students' physical education curriculum, and the third is to combine the medical qigong-related content with some professional courses of the health service and management major. In the process of integrating medical qigong into the training of professionals in health service and management, one is to grasp the teaching principles according to the characteristics of the specialty, and the other is to implement differentiated teaching based on the differences in teaching content.

4.1. Principles of Education

Defining teaching principles is the basis and prerequisite for successfully integrating medical qigong into the training of professional talents. In the specific teaching process, the following three principles are mainly followed.

1. The principle of difference. The principle of difference refers to optimizing the time span of medical qigong education, and differentiating and focusing on health qigong education for medical students. One is that it is different from its curriculum pedagogy model, and does not “do its best in one battle”, but under the condition of the set school hours, it lengthens the study time of medical qigong education and does not end the study of this course in one semester. The other is that medical qigong highlights the key points in the training of professional talents. It takes students with strong interest and potential as key targets, seizes this college student group for key cultivation, and gradually drives other students.

2. Forward-looking principle. The integration of medical qigong into the training of professionals in health services and management, and non-conventional enlightenment and universal education are focused on professional development and should be oriented to the future career development of students. The first is to strengthen the top-level design of medical qigong education, which is conducive for students to establish a scientific medical qigong theory and skills framework to meet the needs of students' subsequent career development. The second is to focus on the training of medical qigong abilities and carefully design all aspects of medical qigong education. It is beneficial for students to realize two major leaps from perceptual to rational, and from rational to practical ability. This will lay a solid foundation for future medical qigong health management and services.

3. Pragmatic principles. Medical Qigong should be closely linked to reality in the training of professional talents, pay attention to practical application, and highlight practicality and practicality. First, medical qigong education should conform to the objective reality of China's aging society and meet the country's actual needs for professional talents. Second, medical qigong education is urgently needed in the content, method, and form of medical qigong education for the professional development of students majoring in health services and management. It has an irreplaceable role in their professional development. Third, medical qigong education should continuously increase the proportion of actual combat. This practical education should be distinguished from the traditional practice and practice, and it is a practical social service.

4.2. content and methods

Our school is one of the first batch of universities in Jiangxi Province to be approved to build a health service and management specialty. In recent years, our school has continuously explored the path of integrating medical qigong into the training of health service and management professionals. After comparison, research, and analysis, we believe that the current path of integrating medical qigong into the training of health service and management professionals includes three major modules, and each module uses different methods to teach specifically.

1. Theoretical module: course teaching + case teaching. This part of the education content is the foundation and the most basic requirement. At present, there are effective ideas on the education of basic theories of medical qigong. In the training of health service and management professionals, we should inherit and extend them. And in the teaching process, there is a focus on strengthening the basic theoretical knowledge of medical qigong, the knowledge of the principles of fitness and health, and the basic training and cultivation methods of medical qigong. In order to ensure the teaching effect, case teaching should be strengthened, and through the use of appropriate cases, students should be guided to deepen their understanding and grasp of medical qigong theoretical

knowledge, laying a good foundation for subsequent learning and improvement.

2. Practice module: course training + practice drill. The combination of theory and practice determines its essential difference from traditional curriculum teaching. It also determines the proportion and requirements of curriculum training and practice drills when medical qigong is integrated into the health service and management profession. In addition, this part of the content requires relatively high educational conditions, colleges and universities should be based on medical qigong training, practical education and teaching needs. And increase investment, establish corresponding training, practice platform or base to provide students with conditions and places for practice. For example, medical Qigong health service and management sand tray exercise can be carried out, in a more realistic simulation scenario to systematically improve students' medical Qigong application in health services and management of professional skills and abilities.

3. Practical modules: "Teach" and "Learn" + social services. The ultimate purpose of integrating medical qigong into the health service and management profession is to enable students to effectively master the theoretical knowledge and skills of medical qigong and have the ability to use it to provide professional health services and management for public. Therefore, during school, we need to provide students with sufficient and comprehensive practical opportunities. The first is that through the teaching and education strategy, senior students can guide, train young students to learn and practice medical qigong-related content, and strengthen the practical skills of senior students through "student teaching students"; The second is to strengthen the education of medical qigong social services for students, such as organizing students to enter the community and participate in social practice activities in rural areas, etc., to provide targeted medical qigong services.

5. Conclusion

In short, the integration of medical qigong into the training of health service and management professionals is a brand-new subject, and it is also a new direction for the development of medical qigong disciplines and the construction of health service and management professions. Through continuous deepening research and practice, medical qigong will play an increasingly important role in the construction of health service and management specialty and talent training.

Acknowledgment

Fund: A research project on teaching reform in institutions of higher learning in Jiangxi province (No.JXJG-18-12-30).

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