

# ***Research on the Reform of Qigong in the Medical Colleges and Universities under the Background of “Combination of Body and Medicine”***

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**Keywords:** Body medicine combination; fitness Qigong; reform

**Abstract:** In recent years, schools of traditional Chinese medicine are badly more in need of mining resources and promote the reform of medicine and traditional health education work, as countries repeatedly mentioned in files. This paper studies the directionality of the exercise qigong courses in medical colleges and universities under the background of “combination of body and medicine”.

## **1. The reform direction of physical medicine and physical education in medical colleges**

The policy of “combination of body and medicine”

In October 2014, China issued [2014] no. 46, reads "the state council's opinion on speeding up the development of sports consumption in the sports industry". Can also be understood by means of physical exercise to improve public health, to promote "exercise prescription", to provide scientific and reasonable physical exercise for fitness method, to play sports in the positive role of disease prevention and health promotion and so on.

In April 2015, the state council issued [2015] no. 32, reads the notice of the general office of the state council on the development of TCM health services (2015-2020). Which is to improve the health quality as the starting point and the foothold of traditional Chinese medicine health service development, to distinguish between basic and non basic health services of traditional Chinese medicine, to realize the coordinated development of both, to safeguard the health rights and interests of the people, to promote the traditional sports of traditional Chinese medicine, such as taijiquan, exercise qigong and guide, and carry out medicinal diet. Premier li keqiang, on February 14, 2016, chaired a state council executive meeting, which is about the deployment of encourage innovation in the pharmaceutical industry to upgrade, and points out that to develop the traditional Chinese medicine health care services, to promote Chinese medicine and health keeping in good health, such as fusion of tourism and culture development, and to promote "Internet + Chinese medical" pattern.

"Body medical combination" refers to the use of sports way medical treatment plan prompted a pattern of recovery, its characteristic is the integrated use of health care and exercise prescription medicine, body element. From national policy file can be seen that the national sports industry in the national fitness, and traditional Chinese medicine and traditional Chinese medicine keeping in good health very seriously, in this context, to carry out based on "body medical combination" horizon,

health qigong in medical college course construction has important practical significance. Can make full use of medical colleges and universities of professional advantages and discipline superiority, rehabilitation medicine, sports medicine, medicine, traditional Chinese medicine and acupuncture and massage, etc. The combination of theoretical knowledge and health qigong course, promote health qigong in medical colleges and universities curriculum

## **2. Fitness qigong and medicine**

### **2.1 The relationship between qigong and medical qigong**

Now guidance technique in the development process of "direct healing" and "guidance of fitness" is divided into "medicine" and "sport" —the two camps, but both ancient and modern from the source, qigong and medical qigong a door, comes from the Chinese traditional psychosomatic exercise. Although the concept of fitness and health, from the Angle of modern medicine, health medicine and sports kinematics are from different natures, in the ancient traditional Chinese medicine and ancient sports and health care, it consists in holistic medicine of traditional Chinese medicine. There is no essential difference between the theoretical basis and the specific exercise methods.

### **2.2 The homology of fitness qigong and Chinese medicine**

Yin-yang theory occupies an important position in the Chinese culture, and the two aspects of the Yin and Yang are the main points of composition, occurrence and development of anything. The human body, physiological mechanism has the Yin and Yang characteristics from traditional Chinese medicine, which is used in the diagnosis and treatment of disease to the body, and syndrome is also divided into Yin and Yang.

In the work of physical strength, Yin and Yang are also embodied in the work. The main practice of Yang gang and the feminine side is the other, the difference between the two sides and the internal and external components of the exercise shows the relationship between Yin and Yang in the exercise and qigong.

The theory of the five elements is the ancient naive materialism worldview, which has the dialectical thought of xiangsheng-ke, although it has its limitations and its philosophical value cannot be ignored. Traditional medicine divides the human body into bone, meat, tendon, veins, fur five, and matches with five lines, and carries on pathological diagnosis and disease treatment and the five lines of doctrines throughout. In the fitness qigong, not only the five lines and the five directions are matched, but also the medicine, the five elements and the five body combination, the recruitment of the principle of the fitness principle are matched as well.

The role of health qigong is to reinforce bone and pull and dredge meridian; qi is to activate blood and makes viscera strong, and to improve the function of the body balance of Yin and Yang in the body, quiet mind, personal accomplishment; to maintain relatively stable environment in the human body, achieve clearly nothing. "The basic theory of traditional Chinese medicine is the guiding ideology, whether it is the choreography and design of physical fitness qigong, and the elaboration of principle and function. Yu dinghai, wu jingmei summed up the basic theories of Chinese medicine in Chinese health sports, including the theory of meridian and viscera. Thus it can be seen that the basic theory of the exercise qigong is from the theory of Chinese traditional Chinese medicine.

### **3. The status quo of exercise qigong in medical colleges**

#### **3.1 The analysis of class form**

According to the experts' interview, we learned that medical colleges have set up related subjects and courses, but mainly for PE elective courses and required courses. Most schools do not have their fitness qigong project for professional courses. It lacks pertinence and comprehensiveness in teaching materials, teaching arrangement and teaching implementation. In teaching content, for example, the current medical school places retain taijiquan, but almost no other stance of qigong teaching content.

The courses in medical colleges, which are an important communication and professionally-used group fitness qigong, set already does not conform to the development of health qigong speed since February 2003. The state general administration of sports fitness qigong popularizes for the 62th promotion of sports eight kam, wuqinxi, six tactic, yi jin jing, sun simiao fitness method, mawangdui guide rod, tai chi raise, twelve Duan Jin, Cao Tingdong guidance in establishment and popularization of the achievement method.

For the time being, the goal of the medical college's fitness and qigong education are to remain in the practical aspects such as fitness and strength, rather than the relative lack of utilitarian cultural guidance and professional integration. This is especially important for the reconstructing of qigong classes in medical schools.

#### **3.2 Teacher analysis**

In medical schools, Qigong teachers and medical professional are almost separated, and relatively less teachers are highly-qualified teachers with both Qigong and professional level. Therefore, teaching level differences hindered the comprehensive development greatly.

In medical colleges, professional fitness Qigong teachers is produced by three ways: one is by each of the colleges of sports health research direction for the traditional national sports major graduates; the second is by physical education teachers in-service by qigong method after studying courses; the third is a traditional Chinese medicine as a specialized course teachers. Three ways of health qigong training teachers have their own advantages and disadvantages, so the teaching pattern research to solve how to optimize the teacher resources is to train qualified teachers for the new teaching mode and to take advantage of teachers' strength to cultivate students.

### **4. Construction of gym qigong courses in medical colleges**

#### **4.1 The necessity of building curriculum**

Health qigong is conducive to the cultivation of medical students lifelong sports consciousness as we all know, and the enrollment expansion of colleges and universities, the number of students increased and the physical infrastructure are relatively backward which are represented by modern sports fitness way, while all the students did not satisfy the demand for healthy exercise. Modern projects tend to be dominated by the competitive spirit, strength, skills of exercisers to higher requirements, which is difficult to be universal and hard to popularize the formation of medical students lifelong sports consciousness.

Health qigong is highly attentive to light spirit, gentleness, strength, but low in skill, and its coverage is very broad from men to women, old and young. All people, even if disabled people, can also take part in fitness qigong exercise with lifelong sports consciousness.

Medical college students are the future of medical workers, and they are also the backbone of the

future medical work. The medical colleges and universities not only take the responsibility of improving the students' physical quality, but also learn some fitness means, operate in work "body medical combination" means to prescribe exercise medicine for patients.

Fitness qigong courses in medical colleges and universities, is helpful for breathing and breathing method in the traditional medicine of master, facilitate flexibly in the future, not only can improve the efficiency of their work, still can make them in the healing of patients at the same time this kind of long-term health method to teach the patient, the patient will recover soon. Countries proposed to strengthen the cultivation of general practitioners, medical professional now parts of the students in the future may become a general practitioner, gp will be treating patients, and implements all-round services for individuals, families and communities to health as the goal, the implementation of comprehensive treatment, psychological counseling, and behavior intervention, to do before the disease prevention, disease after treatment of disease in the sustainability of recovery, comprehensive service and to reduce the community regular health education, health inspection and guidance of family planning, etc. This requires medical students to master some special methods and skills to adjust their heart rate, and to practice aerobic exercises can help medical students better meet their demands in the future. And with the in-depth study of the course, students can be guided to take the medical professional physician certificate, and better use qigong to solve the problems for the patients.

#### **4.2 The feasibility of building the curriculum**

Medical professional knowledge background is helpful for students to learn health qigong basic courses for medical students to medicine (such as physiology, anatomy, etc) of the study. The basic knowledge of the medical profession is beneficial to students learning and understanding of health qigong much easier to master the core of the technique essentials. In addition, the library of medical colleges and universities will collect a large number of books on medicine and cutting-edge research on modern medical technology and classical books of ancient medicine. Medical students based on a comprehensive understanding of the body organs and the medical knowledge need to study and understand health qigong, are more likely to be in a strong health cultural atmosphere.

It is the change of the nature of the curriculum system in the medical school, which has become a specialized technology elective course. The content of the course should be more closely related to the theory and practice. The theoretical teachers' level of TCM is profound, and the practice of teacher's action should be applied in practice.

#### **4.3 The construction of combination mode in the form of "body - qi - medicine"**

In the medical institutions of health, to build health qigong course is closely integrated with medicine, and it is a product of multiple disciplines together. Therefore, in the cultivation of talents, it not only involves the mastery of professional skills and knowledge of philosophy, moral requirements, aesthetic ideal, but also the understanding of many aspects of knowledge and scientific spirit through reading and practice ability exercise and ascension. The subject is also due to these two features, the "body - gas - d" can not only enhance students' professional skills, make its have a healthy body, but can effectively improve the psychological quality of the humanities, c put it in use and services to patients to increase the employment rate.

### **5. Conclusion**

To sum up, in the context of "combination of body and medicine", the fitness qigong curriculum has still a long way to perform the education teaching reform in medical colleges. In the future,

primary hospitals need not only a large number of general practitioners, but also a compound doctor who understands "body" and "doctor" at the professional level of general practitioners. Therefore, the reform of the new target fitness qigong curriculum for personnel training should be combined with the new policy of the country to form "body, qi and medicine", and cultivate the compound talents of medical science and medicine for the state society.

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