

Research on the Teaching Mode Reform of Chinese Medical Qigong Curriculum in TCM

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Abstract. Chinese Medical Qigong has a long history and plays an important role in medical treatment. In the era of global health, people's awareness of green medicine has enhanced and the demand for Chinese Medical Qigong gradually increased. Research on the reform of teaching mode of Chinese Medical Qigong has a great impact on the development of clinical diagnosis and treatment ability of TCM college students, which could benefit to a wider range of people, and could also expand the international dissemination of TCM therapy and seek happiness for people all over the world.

Keywords: Chinese Medical Qigong, Qigong curriculum, Teaching Mode Reform.

1 Introduction

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Chinese Medical Qigong is the crystallization of traditional medicine and traditional health preserving techniques. As a gem of the Chinese nation's tradition, it inherits profound Chinese culture and plays an important role in medical treatment. Understanding of Chinese Medical Qigong is the fundamental factor for the formation and improvement of TCM academic system. Through the experience of practicing Qi, people have realized the operation of Qi and the great significance of Qi to human life science. Based on this, the theory of Qi transformation, the theory of Viscera, the theory of meridians and collaterals was outlined. Therefore, the understanding and mastery of Chinese Medical Qigong play a vital role in the formation of TCM thinking of TCM college students and in the development of their clinical diagnosis.

Professor Li Jinbo (2021) addresses that the scientificity of Qigong and showed many skills of how to practise it. Professor Liu Tianjun (2012) reports that a brief history of the development of Chinese Medical Qigong, the functions and characteristics of Chinese Medical Qigong, the basic operation of Qigong method. Liu Lihong (2018) argues that the combination of academic and

interest which is a model of the combination of case characteristics and academic laws. Zhang Biao, Wei Yulong. (2014) believe that for the social promotion of Chinese Medical Qigong, no matter based on academic standpoint or from the perspective of health industry, we need to develop ideas based on the characteristics of the Internet. Luo Chenglin. (2015) indicates that Chinese Medical Qigong is a practice of human life self-control and reform based on TCM theory, with health care as the main objective and Qi capture as the main means. It is an important part of TCM, so it is also an important content for TCM college students. Wang Feng, Zhang Jingwen, Hou Shaojing. (2014) highlights that when educating and training medical Qigong talents, we should pay attention to the practice of Qigong and deepen the experience in the process of practicing Qigong.

Based on the previous research, the problems of Chinese Medical Qigong teaching are mainly as follows: 1. Lack of attention to Chinese Medical Qigong. Many colleges and universities of traditional Chinese medicine still stay in the traditional medical teaching mode, Based on the previous research, the problems of Chinese Medical Qigong teaching are mainly as follows: 1. Lack of attention to Chinese Medical Qigong. Many colleges and universities of traditional Chinese medicine still stay in the traditional medical teaching mode, ignoring the health needs of human body by exploring its own life structure. 2. Lack of inclusion in the curriculum system. As an important part of human life science, the construction of Chinese Medical Qigong has been neglected. 3. Lack of clinical ability training for students. Clinical diagnosis and treatment of Chinese Medical Qigong is a part of TCM diagnosis and treatment based on syndrome differentiation. If it was lost in TCM, the application of TCM talents in medical treatment will become monotonous and superficial, which can not better reflect the profound and profound TCM.

2 Methodology

2.1 Literature Research

Method. Literature Research Method is a method of obtaining data by investigating literature according to certain research purposes or topics, so as to comprehensively and correctly understand and master the problems to be studied.

2.2 Interview. Interview is a method by which the interviewer investigates social phenomena by interviewing the interviewee.

2.3 Observational method. Observational method is a method by which the researcher directly observes the object of study with his own senses and auxiliary tools according to a certain research aim, research outline or observation table.

2.4 Method of investigation. Method of investigation is a method of collecting materials about the realistic or historical situation of the research objects in a purposeful, planned and systematic way.

2.5 Interdisciplinary research method. Interdisciplinary research method is the use of multi-disciplinary theories, methods and results on the overall study of a topic in a comprehensive way.

3 Result

Based on the investigation of the present situation of Chinese Medical Qigong course construction in more than 10 colleges and universities in China and interviews with 30 PE administrators and teachers, a new teaching mode of Chinese Medical Qigong course is formed and popularized in 2 colleges.

3.1 Application steps

3.1.1 Incorporate into the curriculum teaching system

Grade	Types of courses	Credit	Examining mode	Textbook
one	compulsory course	2	examination	Chinese Medical Qigong
two	compulsory course	2	examination	Chinese Medical Qigong
three	elective course	2	examination	Chinese Medical Qigong
four	elective course	2	examination	Chinese Medical Qigong

According to the implementation plan for the tasks and objectives of the project, experts shall be organized to discuss the talent training plan and objectives of TCM colleges and universities, and in combination with the actual teaching situation of the school, the TCM Qigong Badanjin Project shall be taken as the stage teaching content, the project shall be set as a required course and included in the syllabus for the first grade, and the curriculum content shall be subject to unified management and assessment. Taking the TCM Qigong "Five animals opera" as the limited courses for the second, third and fourth grade classes in some colleges and departments, personalized teaching is carried out according to the talent training objectives, and a curriculum evaluation index system combining formative evaluation and summative evaluation is implemented.

3.1.2 Taking Curriculum Construction as the Target Point

Based on the requirement of training compound TCM talents for schools, the project fully fulfills the requirement of multi-disciplinary thinking integration and cross-disciplinary ability integration. Actively explore new ideas and new methods for curriculum construction, build a provincial-level first-class offline course of Five Animals Opera, and take this as a target point to comprehensively promote the reform and research on the teaching mode of traditional Chinese medicine Qigong theory and practice for comprehensively improving the professional ability of traditional Chinese medicine talents, and train students to combine the movement mode of traditional health keeping skills with the mode of traditional Chinese medicine thinking, and integrate and better serve the construction of "new medicine" and the goal of healthy China.

3.1.3 Promote education by competition

In the process of the competition, we should guide students to understand the importance of Chinese Medical Qigong better, urge students to increase the density of practice, and cultivate the cohesion of the team. Organize student teams to participate in provincial or national project competitions, take this as anchor, build brand effect of Chinese Medical Qigong, set up students' example, and achieve the positive role of promoting teaching and learning by competition.

3.1.4 Research on teaching reform

The implementation of the project, the teaching team and the overall quality of teachers put forward higher requirements. We shall, by relying on the project and aiming at team building and talent cultivation, continuously carry out the research on teaching reform, innovate teaching ideas and methods, constantly update teaching modes, integrate the ideological and political teaching elements of courses, combine the technical actions of Chinese Medical Qigong with the efficacy of health care, carry out in-depth and solid research on teaching reform, and promote the improvement of the teaching effect of Chinese Medical Qigong.

3.1.5 Equal emphasis on teaching and practice

Give full play to students' subjective initiative, organize social practice activities, train students to practice well, teach right, speak understand, exercise students' team cooperation ability and practical application ability. Making full use of the theoretical knowledge of TCM major and the theory and practice of Chinese Medical Qigong, the medical attribute of traditional health care can be brought into full play and become a unique basic skill of TCM major college students.

3.1.5 Remarkable teaching results.

Since the program was brought into the curriculum system, with the extensive implementation of the program, the audience has reached nearly 9,000 (full-time undergraduates, junior college students, graduate students, etc.), about 6,000 in colleges and universities of the same major, and about 1,000 in social promotion. The role of the teacher is changed from a trainer to a guider. The teacher constantly adjusts and improves the teaching methods, absorbs new knowledge and spends more time teaching and answering questions. Students' interest in Chinese Medical Qigong has been greatly increased and students' ability to apply what they have learned has been improved. The teaching effect is remarkable.

The innovative achievements of teaching mode should be brought into curriculum management.

Through teaching practice with social practice, the project has explored the teaching mode of common development, mutual complementarity and two-way circulation of four modules (teaching, competition, mass organization construction and social practice) with students as the main part and two modules (curriculum construction and teaching reform and research) with teachers as the main part, and has realized interaction such as teacher-student, student-student and social-student, and has evaluated and fed back through supervision and teaching management, finally carried out the talent training program and completed the talent training objectives.

3.2.2 Radiation Effect of Teaching Model Reform 3.2.2.1 Point to area

Provide practical experience for the implementation of many health care techniques of Chinese Medical Qigong, excavate more theoretical connotation and the fusion point of professional disciplines.

3.2.2.2 Development the teaching teams and teachers sustainably and comprehensively

Continuously build a teaching team including traditional physical education, traditional Chinese medicine culture, traditional Chinese medicine health care, traditional Chinese medicine rehabilitation, rehabilitation treatment, acupuncture and massage, traditional Chinese medicine culture and science popularization, information management and other disciplines to ensure the high-quality inheritance and development of the project. Strengthen the training of teachers, continue to build online and offline teaching as a whole, use information technology teaching of school, provincial and national courses, and constantly develop and improve the undergraduate first-class curriculum.

3.2.2.3 Radiation Effects of Equivalent Professional Institutions

The teaching mode was first implemented in Guizhou University of Traditional Chinese Medicine and Anhui University of Traditional Chinese Medicine in China, with a total of 10000 students and teachers. It lays a solid foundation for the implementation of the long-term goal of "more than 20 colleges and universities of traditional Chinese medicine nationwide, benefiting hundreds of thousands of students each year", can greatly enhance the comprehensiveness of the cultivation of traditional Chinese medicine talents, and make up for the lack of comprehensive talents in traditional Chinese medicine.

3.2.2.4 Radiation effect of social practice

The project makes use of powerful platform and curriculum resources to radiate and drive about three local primary and middle schools, one community, several government organs and units and other poverty-stricken counties in the province to carry out popularization activities based on the practice and popularization of traditional Chinese medicine Qigong, and continuously expand the coverage and benefit coverage. Through the closely radiation drive, to create Henan University of Traditional Chinese Medicine Qigong inheritance and promotion of the core brand.

4 Discussion

In the process of implementing the project, we try to establish a teaching mode more in line with TCM colleges and universities by studying the setting of talent training objectives, curriculum content reform, innovation of teaching mode and integration of teaching practice.

4.1.2 The constant renewal of teaching ideas

"For carrying forward the socialist core values, cultivating the students' patriotism, collectivism, socialist spirit and the will quality of hard work and indomitable struggle, realizing the unique function of sports wisdom and sports heart." Based on this, it is necessary to renew the teaching idea according to the needs of the times and the characteristics of TCM colleges and

universities. Train the student to grasp the technical skill the initial level ability so they will transform for the practice utilization higher level ability.

4.1.3 To Fully Explore and Apply Other Qigong Contents of TCM by Using Points to Promote Areas

Based on Baduanjin, Wu qin xi and other items of Chinese medical Qigong, explore the advanced teaching mode of TCM talent training to lay a solid foundation for the development of other items in turn.

4.2 Difficulties in project research

4.2.1 The Difficulty of Students in Establishing Intuitive Perception of Human Body

The practice of Chinese medical Qigong is relatively abstract, which needs to regulate and rationally set up the teaching progress of theory and practice.

4.2.2 Develop the teaching teams and teachers sustainably and comprehensively

It is urgent to build a teaching team with Chinese medical Qigong theoretical knowledge and practical experience.

5 Conclusion

During the implementation and promotion of this program, we shall highlight the humanistic characteristics of traditional Chinese medicine, form multi-type and diversified teaching contents and curriculum system, guide students to increase the proportion of study time, carry out scientific reform, improve the teaching evaluation system, give full play to the role of team teaching reform achievements, expand the audience, strengthen social practice, and cultivate innovative, compound and high-quality first-class undergraduate talents.

Under the background of "Healthy China 2030" program, it is very important to popularize Chinese medical Qigong. The curative effect of Chinese medical Qigong can not only bring the benefits of healthy life to a wider range of people, but also open up the soil for the development of Chinese medical Qigong to cultivate professionals, expand the path of international transmission, seek happiness for the people of the world, and enhance the credibility and influence of Chinese traditional culture in the world.

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