

RESEARCH ARTICLE

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Chinese Tai Chi Culture: Curriculum Development to Improve International Students' Performance Achievement

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ABSTRACT

Curriculum itself is culture, which contains rich cultural connotation and can transmit, inherit and carry forward culture. The main purpose of this thesis is to study the curriculum design of international students from the perspective of cultural analysis and to highlight the importance of culture in the curriculum of foreign students. The thesis is based on the cultural analysis foreign student Tai Chi Chuan curriculum design principle and the characteristic, use the content analysis, the questionnaire and interview, to design Tai Chi curriculum programs, assessments for the foreign students. On this basis, the author summarizes aspects that should be paid attention to in the course design of foreign students.

Keywords: Curriculum Design; Cultural Analysis; International Students; Tai Chi

Introduction

Tai Chi is an ancient and mysterious symbol of Chinese culture, which is closely related to traditional Chinese culture such as Taoism, health preserving, traditional Chinese medicine, religion, boxing and aesthetics. Moreover, as a kind of body language, Tai Chi Chuan is easy to be accepted and studied by foreign students because of its conciseness and directness which other cultural elements do not possess. Li Jie (former president of the Chinese Martial Arts Association) once said "Tai Chi Chuan is a medium for Westerners to understand China"(Hanban, 2002). Tai Chi Chuan can be used as a key for foreigners to understand and learn Chinese culture.

Therefore, colleges and universities can take Tai Chi Chuan as a teaching element, teach Tai Chi Chuan and Tai Chi culture, and provide a platform for the dissemination of Chinese traditional culture. At the same time, it also meets the needs of foreign students to learn Tai Chi Chuan.

Chinese Martial Arts gradually spread abroad after the Tang and Song dynasties. There are many martial art practitioners in Japan, Korea and southeast Asian countries, forming some martial arts schools. In European and American countries, the influence of Chinese Martial Arts, known as 'Kung Fu', is also very far-reaching. Many Westerners got to know Chinese culture only from the beginning of Chinese Martial Arts. Chinese Tai Chi is an

important contribution of the Chinese people to the world culture.

Martial arts moral education implies profound national spirit, and advocates military worship moGames, which is a complex process of transforming work projects into teaching services. The dialectical concept of Yin and Yang in traditional Chinese Confucianism and Taoism is its core. It integrates the functions of maintaining one's temperament and strengthening one's body. It combines the changes of Yin and Yang and the five elements of Yi Learning, and the theory of meridian and Luo of Traditional Chinese medicine. The ancient Daoyin and Tuanshu form a kind of internal and external repair, soft, slow, light, hard and soft combination of traditional Chinese boxing. It is also an important process of organic

connection between industry analysis and teaching analysis. Improper setting of work items will affect the teaching effect. This paper studies the development and implementation of Tai Chi project curriculum, and puts forward specific practices and methods.

Materials and Methods

Research Object

The research was done on 60 university students from undergraduate programs from Korea, Pakistan, India, America, etc. with Tai Chi option class. We divided the students into the experimental group and the control group, with 30 students in each group. The experimental

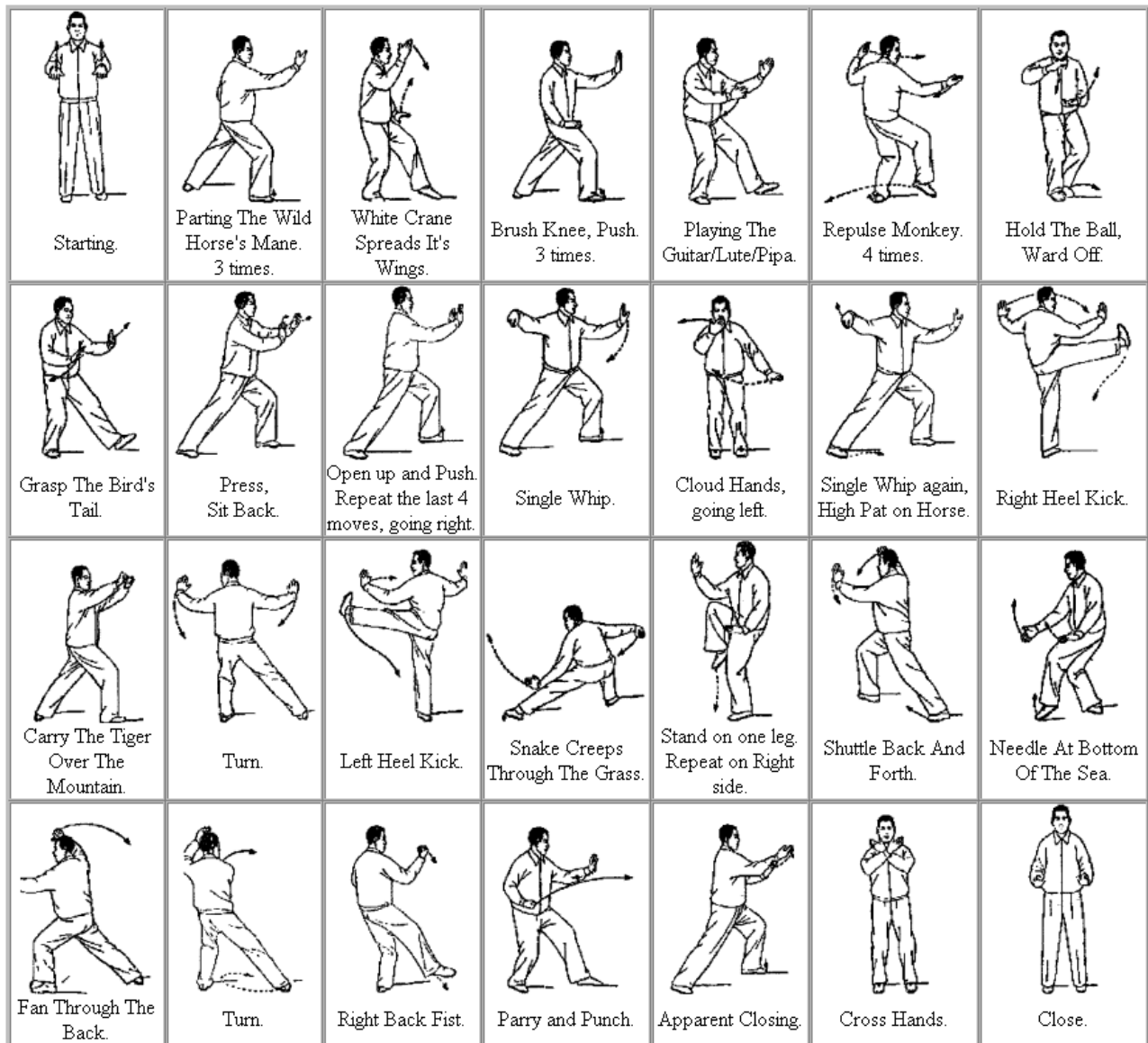


Figure 1. Twenty-eight Forms of Tai Chi.

group was guided by the internal and external integrated teaching mode, while the control group was guided by the traditional teaching mode.

Research Methods

There are five research methods in this paper: literature method, comparative analysis method, interview method, questionnaire method and example method.

Mathematical Statistics

The research use Excel XP and SPSS22.0 to perform and analyze experimental statistics.

Results

International students' performance achievements in Tai Chi was abruptly improved after fulfilling the experimental teaching mode. Their postures are more appreciating and normal, their understanding of Tai Chi is much deeper and their exploration of Chinese culture is more fruitful.

Discussion

Research was done on the current situation of university public physical education curriculum and physical education teaching.

Development Status of University Public Physical Education Courses

Physical education courses are the main channel for students to receive physical education. Through scientific and reasonable physical education and physical exercise, the purpose of physical fitness, physical and mental pleasure and health improvement can be achieved. One of the compulsory courses in colleges and universities is the core link of college sports work. It is difficult to improve students' Tai Chi skills and health level only through 80 to 100 min of classroom teaching per week. In a physical education class, just gathering the whole team, warming up, explaining and demonstrating organizational arrangements takes up a lot of time. There is thus not much time left for students to practice alone. In addition to the classes that were dropped due to the weather, the real practice time for students in each semester

is less than 20 h. It is only through such a short period of time that students can master a few techniques, to achieve the goal of physical fitness the results can thus be imagined. The improvement of Tai Chi skills and the enhancement of physical fitness are obviously impossible to achieve only by relying on physical education classes.

Research on the Current Situation of College Physical Education Teaching

The most important task of school physical education in our country is to strengthen the student system, improve the health level of students, and develop the habit of participating in physical exercise for life. However, the physical health level of modern students in our country is declining day by day. How to improve the health of students in college sports and find a realistic development path are new topics of discussion faced by every sports worker.

Researchers pointed out that most colleges and universities no longer regard competitive sports as physical education content, and some schools completely reject competitive sports from the college physical education teaching programs (Zhang, 2009).

Li Bing pointed out that based on modern teaching theory, combining traditional teaching methods with modern teaching methods, one can construct a new teaching mode suitable for contemporary school physical education. In terms of cultivating students, we should focus on the cultivation of students' physical activity ability and Tai Chi skills, improve the teaching mode, enrich the content of teaching materials and form a teaching environment that promotes students' development (Li, 2007).

Research on the Reform of Tai Chi Courses

Chen Zequan believes that there are many technical courses in the optional.

Tai Chi course, and the lack of theoretical courses seriously hinders students' learning of Tai Chi theoretical knowledge; the teaching content is too simple, the assessment and evaluation methods are single, and the course structure is unreasonable. At the same time, three-level indicators are proposed in the paper: (1) increase in the teaching hours of Tai Chi theory, deepening of students' mastery and understanding

of theoretical knowledge. (2) The assessment and evaluation methods are diversified. The usual classroom performance is included in the final exam, and students' self-evaluation, mutual evaluation and teacher evaluation are combined. (3) Extracurricular sports activities must be vigorously carried out so that students can apply what they have learned and further increase their interest in Tai Chi (Deng, 2010).

A course design should explain the nature of the course, specify the course time, content and object, etc. These factors in the course of Tai Chi Chuan for foreign students are set in the nature of the course. Tai Chi Chuan for foreign students belongs to the category of Public Physical Education classes in colleges and universities, the teaching object is a compulsory elective course for foreign students majoring in Chinese language, which is an indispensable part of the four-year undergraduate teaching system for foreign students. Tai Chi Chuan, the Tai Chi Chuan Path and the Tai Chi Chuan culture are the research object, mainly teaches the student 24 forms to simplify the Tai Chi Chuan style routine, the Tangtang Tai Chi Chuan cultural essence and the inseparable connection between the Tai Chi Culture and the Chinese culture. The 24 style simplified Tai Chi Chuan draws on the essence of the Yang-style Tai Chi Chuan, with simple and generous movements, solid standards and concise content; more than traditional Tai Chi Chuan can embody the movement characteristics of Tai Chi Chuan as the selection of Chinese Wushu Neijia Quan. Because of its health and philosophical, aesthetic, health preserving and economic principles, its movement makes it possible to carry out liberal education to foreign students, an important way to train excellent overseas students with all-round development. At the same time, the course of Tai Chi Chuan for overseas students also shoulders the mission of carrying forward the excellent traditional Chinese culture, and contributes to the international sports and cultural exchanges (Shi, 2011).

Research on the Value of Tai Chi

According to the National Syllabus for foreign students majoring in Chinese, foreign students can schedule two classes a week: A total of 16,32 h of class, including 14 teaching weeks, two examination weeks. The course is divided into two credits. In the 14 teaching groups, Tai Chi Chuan knowledge theory is presented in the form of media teaching, which requires taking up one teaching guest, other class time and action learning, but must be interspersed with explaining Tai Chi Chuan culture in the

course of class, and pay attention to the last teaching action review suggestions. The learning level of the course object directly affects the teaching effect and the realization of the course target. In this study, the teaching object of Tai Chi Chuan Course for foreign students is set as the second year of university. There are two reasons why foreign students majoring in Chinese language at grade level are mainly from the West: (1) The style of Tai Chi Chuan is a traditional Chinese martial art, that is, it has Chinese characteristics. In the course of teaching foreign students will use a large number of specialized terms. It may be difficult for them to understand it. (2) The foreign students majoring in Chinese language in colleges and universities have a certain basis in Chinese language. According to the syllabus for foreign students majoring in Chinese language in colleges and universities, foreign students in grade two of Chinese language major have mastered nearly 1000 Chinese characters and new words (Sun, 2009).

Conclusion

With the trend of globalization of economy and culture, the high proficiency in cross-cultural communication has been an indispensable element for successful international trading, for working and living in a foreign country. Without enough contact with the alien culture, one will never really know the way the people think, speak or behave. Tai Chi, one of the most essential parts of traditional Chinese culture, has attracted an increasing amount of attention from the world for its unique features.

It is widely accepted that Tai Chi, originated from the ancient China, is one of the most essential parts of the traditional Chinese culture. In the contemporary society, Tai Chi is not supposed to be viewed only as a type of Chinese martial arts, but it also has philosophical, medical and even interpersonal connotations. Besides, it is beneficial to give people enlightenment about how to protect our planet environment and how to live a peaceful harmonious life in the present world. In addition, Tai Chi not only belongs to Chinese people, but to all people in the world. More efforts should be made to promote the international communication of Tai Chi culture. It is firmly believed that the internationalization of Tai Chi culture will be universally rewarding.

Competitive Interest Statement

I declare that there are no competing interests.

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