

体育工作部课程简介

课程编号：171300002(1-4)

课程名称：普通体育课—健身气功

学分/学时：1/32

先修课程：无

适用专业：全校各专业

课程性质：必修

教 材：大学体育与健康 王勇 主编 大连海事大学出版社 2018 年

主要参考书：

- (1) 国家体育总局健身气功管理中心《健身气功•八段锦》 人民体育出版社 2003 年
- (2) 国家体育总局健身气功管理中心《健身气功•易筋经》 人民体育出版社 2003 年
- (3) 国家体育总局健身气功管理中心《健身气功•五禽戏》 人民体育出版社 2003 年
- (4) 国家体育总局健身气功管理中心《健身气功•马王堆导引术》 人民体育出版社 2010 年
- (5) 张广德《导引养生功标准教程》 北京体育大学出版社 2001 年
- (6) 郝勤 《中国古代养生文化》巴蜀书社出版 1989 年
- (7) 邱丕相 《中国传统体育养生学》 人民体育出版社 2007 年
- (8) 王东 《大学生导引养生》大连海事大学出版社 2014 年

内容简介：

健身气功课程是以中国传统养生理论体系为指导思想,通过一定的身体姿势及呼吸吐纳,进行自我调身、调息、调心,以求健康身心,延年益寿的一门课程。通过本课程的学习,使得学生掌握传统体育养生的源流和基本理论,认识与掌握健身气功功法及导引养生保健功法,拓宽学生知识面,正确认识与对待民族传统体育项目,培养学生对中国传统养生功法的学习和鉴别能力,培养学生终身体育思想。

2003 年 2 月,国家体育总局将健身气功确立为第 97 个体育运动项目。在《“健康中国 2030”规划纲要》中明确提出,扶持推广太极拳、健身气功等民族民俗民间传统运动项目。健身气功,其本质特征还是以形体运动、呼吸吐纳、心理调节相接合为主体形式的民族传统体育项目。也可划属综合医疗养生范畴(区别于作为运动处方的医疗气功),类同于中医六种治病方法之一的“导引术”(砭、针、药、灸、按摩、导引);源于古代传统导引养生功法(俗称“气功”)。

导引养生:导,疏导,导气令和。引,牵引,引体令柔。养生,健体魄,治未病。

导气令和：是疏导气血，调动内气，使得内气通畅和顺，则康健益寿。体内气血不和、凝滞淤结，则滋生病邪，有害健康。

引体令柔：是牵引运动肢体使之变得柔韧富有弹性。肢体柔和，则生命力强盛。僵硬则用不便，易变形折损，多病痛。通过长期导引锻炼，可以使人“骨正筋柔，气血以流”，全面调理人体健康。

治未病：未病先防，既病防变，愈后防复。“治未病”即养生。

Course Description

The Department of Physical Education

Course Code: 171300002(1-4)

Course Name: fitness Qigong

Credit/Hours: 1/32

Textbooks: WangYong. College Physical Education. Dalian Maritime University Press, 2018

Reference Books:

- (1) fitness Qigong management center of the State General Administration of physical culture
"Fitness Qigong eight paragraph brocade" people's sports press 2003.
- (2) National Fitness Administration, qigong management center, fitness Qigong, Yi Jinjing, people's Sports Publishing House, 2003.
- (3) state fitness General Administration, qigong management center, fitness Qigong, five animal show, people's Sports Publishing House, 2003.
- (4) fitness Qigong management center of State Physical Culture Administration, fitness Qigong, Mawangdui guide, people's Sports Publishing House, 2010.
- (5) Zhang Guangde's guidance course on health preserving work. Beijing Sport University press, 2001.
- (6) Hao Qin's "ancient Chinese regimen culture" published by Bashu publishing house in 1989.
- (7) Qiu Pixiang's "traditional Chinese sports health preservation", people's Sports Publishing House, 2007.
- (8) Wang Dong's Guide to college students health preservation, Dalian Maritime University press, 2014

Course Description:

The course of fitness Qigong is based on the guiding ideology of Chinese traditional health care theory system, through certain body posture and breathing, self adjustment, interest adjustment and heart adjustment, in order to be healthy, body and mind, and prolong life. Through the study of this course, students can grasp the origin and basic theory of traditional sports health, understand and master the function method of fitness Qigong and guide the health care function, broaden the students' knowledge surface, correctly understand and treat the national traditional sports, and cultivate the students' ability to learn and identify the traditional Chinese cultivation methods. Students' lifelong physical education thought.

In February 2003, the State General Administration of sport established Fitness Qigong as the ninety-seventh sport event. In the outline of "healthy China 2030", it is clearly proposed to support and popularize folk traditional folk sports such as Taijiquan and fitness Qigong. The essential feature of Qigong is its traditional sports, which are body form, breathing, and psychological adjustment. It can also be classified as the category of comprehensive health care (different from the Medical Qigong as a exercise prescription). It is similar to the "guidance" (Bian, needle, medicine, moxibustion, massage and guidance) of one of the six methods of treating diseases in traditional Chinese medicine; the ancient traditional guidance and health function (commonly known as "qigong").

Guide health: guide, guide, guide the gas order and. Lead, pull, lead to soft. Health, health and soul, cure no disease.

The guidance of Qi and Qi is to dredge Qi and blood, mobilize internal Qi, and make the internal gas smooth and healthy. Qi and blood in the body do not mix and stagnate and stagnate.

The body is flexible and elastic. The body is soft and the vitality is strong. Stiffness is inconvenient, easily deformed, damaged and painful. Through long-term guidance exercise, we can make people "bone positive, soft, blood and blood flow" to comprehensively regulate the health of human body.

Prevention of disease: prevention before disease, prevention and cure of disease and recovery. "Cure the disease" is to keep health.