

Research on the Inheritance and Development of Traditional Chinese Medical Exercise Therapy in Traditional Chinese Medicine Colleges and Universities

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Abstract: Traditional Chinese exercise therapy is not only a rehabilitation treatment method but also an excellent heritage of traditional Chinese culture. It has the same root and origin as traditional Chinese medicine. It is an important part of Chinese culture and an important content of the construction of socialist culture with Chinese characteristics. The purpose of this study is to truly reflect the problems existing in the teaching of traditional exercise therapy in traditional Chinese medicine colleges and universities and to provide a reference plan for the teaching reform of traditional exercise therapy for young students. The core issue of this study is how to teach traditional exercise therapy in depth and value among students in Chinese medicine colleges and universities. This study collected and investigated the teaching research of traditional exercise therapy in Chinese medicine colleges and universities, presented its teaching status, and summarized its experience, difficulties, and influencing factors. According to the research, this paper puts forward some suggestions on the teaching of traditional exercise therapy in TCM colleges and universities, including the education of excellent traditional Chinese culture. Strengthen the function of traditional Chinese medicine and sports therapy to cure disease and keep healthy, and strengthen the needs of students according to social needs, such as competition and working environment.

Keywords: Traditional exercise therapy of traditional Chinese medicine; Inheritance; Teaching reform

Online publication: April 2, 2025

1. Introduction

If we want to vigorously develop traditional culture, we must dig deep into its spiritual and cultural connotations. Traditional Chinese medicine is the value of Chinese culture and the wisdom of Chinese ancestors. It is a treasure of the Chinese nation. It carries the experience and theoretical knowledge of the ancient Chinese people in fighting against diseases. As an important part of traditional Chinese medicine, traditional exercise therapy has a unique theoretical system and rich practical experience. The youth group

is the main force of cultural inheritance, and colleges and universities are the main battlefields of cultural inheritance. Cultural inheritance should deeply plant its spirit and cultural connotation in the minds of students. This paper aims to analyze the status quo of TCM traditional sports therapy in TCM colleges and universities, and put forward strategies and suggestions to strengthen the inheritance and development of TCM traditional sports therapy in TCM colleges and universities, so as to improve the teaching quality, promote TCM cultural inheritance, and cultivate students' cultural identity and national pride.

2. The status quo of traditional exercise therapy in the teaching of traditional Chinese medicine colleges

2.1. Forming a new ecology of education integration

Traditional exercise therapy in Chinese medicine, as a long-established method of health preservation, has been paid more attention in college teaching in recent years. Colleges and universities have begun to incorporate TCM traditional exercise therapy into physical education courses or elective courses, allowing students to learn and understand this unique form of exercise ^[1]. This trend not only helps to pass on and carry forward TCM culture but also enhances students' health awareness and physical fitness.

Colleges and universities are actively building and reforming their curriculum systems and increasing the proportion of specialized courses. For example, Guangdong Yunfu Vocational College of Traditional Chinese Medicine carries out the teaching of eight Duan brocade and Taijiquan. Guangxi University of Traditional Chinese Medicine established the curriculum system of sports rehabilitation. Guangzhou University of Chinese Medicine offers a variety of related professional courses, combining traditional therapy with modern rehabilitation medicine to improve students' rehabilitation serviceability.

2.2. Entering new heights of market development

The research team of Tianjin University of Chinese Medicine launched online teaching courses and training services to the market after in-depth research on Wuqin Opera. Guangdong Yunfu Vocational College of Traditional Chinese Medicine has launched many activities to bring traditional Chinese Medicine culture to campus. In the international exchange, the Affiliated Hospital of Jiangxi University of Chinese Medicine received the teachers and students of Perm Wagner State Medical University of Russia to exchange the application of traditional exercise therapy in sports medicine; Shanghai University of Chinese Medicine cooperated with French Hospital to carry out the World Health Organization Tai Chi Health Project to study the application of traditional exercises in disease prevention and treatment ^[2].

2.3. Academic research has yielded fruitful results

At present, TCM colleges and universities have made great achievements in the research of TCM traditional exercise therapy in basic theoretical research, academic exchanges and cooperation, specific operational level or local practical exchanges, especially in the field of psychosomatic medicine and the combination of TCM philosophy. Guangzhou University of Chinese Medicine studies the influence of the philosophy contained in traditional Chinese sports therapy on its efficacy from the perspective of the theory of Yin-Yang and the five elements of traditional Chinese medicine ^[3], the holistic concept, and other philosophical ideas.

3. The difficulties encountered in the inheritance of TCM traditional exercise therapy

It is not only an urgent task of the era but also an objective need of the current youth's development to strengthen the education and research on the excellent traditional Chinese culture of students in TCM colleges and universities. How to infiltrate the excellent traditional Chinese culture, traditional Chinese sports therapy, and traditional Chinese health culture into the teaching practice of students in traditional Chinese medicine colleges and universities skillfully and without trace is the focus of in-depth research [4]. There are external factors as well as internal factors in inheriting traditional Chinese medicine sports therapy in Chinese medicine colleges and universities.

3.1. The teaching arrangement is not proper

Through the investigation of the teaching status of traditional Chinese medicine exercise therapy in Guangdong Yunfu Vocational College of Traditional Chinese Medicine and Guangdong Jiangmen Vocational College of Traditional Chinese Medicine (Table 1).

Table 1. Teaching status of traditional exercise therapy in TCM colleges and universities

Colleges and Universities	Content	Form of starting class	Number of students	Semesters	Type of teacher
Guangdong Yunfu Vocational College of Traditional Chinese Medicine	Eight forms of Tai Chi	Physical education class	40 to 70 people	First semester	Physical Education teacher
	Eight Duan Jin	Physical Education Class	40 to 70 people	Second semester	Physical Education Teacher
	Traditional exercise therapy	Required classes	40 to 60 people	Third semester	Professional course teachers
Guangdong Jiangmen Vocational College of Traditional Chinese Medicine	Baduanjin	Physical education class	40 to 60 people	First semester	Physical Education teacher
	Traditional health exercises	Electives	40 to 60 students	Third semester	Rehabilitation treatment Teaching and Research Department

The teaching of traditional exercise therapy in Chinese medicine colleges and universities is mostly carried out by PE teachers. The teaching hours vary from 32 to 48 hours. Outdoor practice classes are the main ones, focusing on the explanation and teaching of movement essentials, but often mixed with other sports. When practicing, Qi blood and breath balance, suddenly violent sports make pores dilate, Qi organs flail, destroy the balance of the body's internal environment, cannot achieve health effects may also have adverse effects, the therapy emphasizes the combination of three tones [5]. From the perspective of students' cognition, such a course arrangement is easy for students to misunderstand the form of teaching only to complete the task, other items are the focus, thereby reducing students' attention and recognition of it, which is extremely unfavorable to the inheritance and development of the campus, from some teachers' teaching plan diagram (Figure 1 & Figure 2) can also see the problem of course arrangement and the urgency of improvement.

Teaching Plan					
week	class period	teaching link	teaching mode	Classroom Location	lecture content
5	2	Physical education teaching	On - site teaching	gymnasium	Health education, prevention and control requirements, classroom requirements, formation
6	2	Physical education teaching	On - site teaching	gymnasium	Introduction practice and quality practice of Taijiquan
7	2	Physical education teaching	On - site teaching	gymnasium	Eight Style Taijiquan (eight Style Taijiquan rising posture, rolling back the humerus), lower limb quality exercise
8	2	Physical education teaching	On - site teaching	gymnasium	Eight Style Taijiquan (left and right knee bending step), quality test (standing long jump)
9	2	Physical education teaching	On - site teaching	track and field stadium	Long-distance running physical fitness test (male 1000 meters, female 800 meters), elective
10	2	Physical education teaching	On - site teaching	gymnasium	Eight Style Taijiquan (left and right wild horse hair), physical test
11	2	Physical education teaching	On - site teaching	gymnasium	Eight Style Taijiquan (cloud hand), physical fitness test (50m)
12	2	Physical education teaching	On - site teaching	gymnasium	Eight Style Taijiquan (left and right Golden Rooster independence), expansion activities
13	2	Physical education teaching	On - site teaching	gymnasium	Eight Style Taijiquan (left and right kicking), physical fitness test (body flexion)
14	2	Physical education teaching	On - site teaching	gymnasium	Eight Style Taijiquan (holding the tail of the bird on both sides), physical fitness test (pull up and sit up test)
14	2	Physical education teaching	On - site teaching	gymnasium	Eight Style Taijiquan (cross hand, finishing), physical fitness test (vital capacity)
15	2	Physical education teaching	On - site teaching	gymnasium	Eight Style Taijiquan (complete set), option exercise
15	2	Physical education teaching	On - site teaching	gymnasium	Eight Style Taijiquan (complete set), option exercise
16	2	Physical education teaching	On - site teaching	gymnasium	Eight Style Taijiquan (complete set), option exercise

Figure 1. Eight-style Taijiquan teaching plan.

Teaching Plan					
week	class period	teaching link	teaching mode	Classroom Location	lecture content
1	2	Physical education teaching	On - site teaching	gymnasium	Health education, prevention and control requirements, classroom requirements, formation queue.
2	2	Physical education teaching	On - site teaching	gymnasium	Eight-section Brocade (Beginner's Teaching) and Expansion Activities
3	2	Physical education teaching	On - site teaching	gymnasium	Eight-section Brocade (Two Hands Hold Up the Heavens to Regulate the Triple Energizer), Expansion Activity
4	2	Physical education teaching	On - site teaching	gymnasium	Eight-section Brocade (Left and Right Bow Like Shooting Eagles), Quality Exercise (Flexibility Exercise)
5	2	Physical education teaching	On - site teaching	track and field stadium	Long-distance running test
6	2	Physical education teaching	On - site teaching	gymnasium	Eight-section Brocade (Regulating Spleen and Stomach with Single Arm Raise), Quality Exercise (Lunge Jump)
7	2	Physical education teaching	On - site teaching	gymnasium	Eight-section Brocade (Looking Backward to Relieve Five Labor and Seven Injuries), Quality (Core Strength Training)
8	2	Physical education teaching	On - site teaching	gymnasium	Eight-section Brocade (Shaking the Head and Swinging the Tail to Remove Heart Fire), Option Practice (Basketball)
9	2	Physical education teaching	On - site teaching	gymnasium	Eight-section Brocade (Two Hands Climb Feet to Strengthen Kidney and Waist), Option Exercise (Football)
10	2	Physical education teaching	On - site teaching	gymnasium	Eight-section Brocade (Gathering Fists and Glaring with Rage to Increase Strength), Option Exercise (Badminton)
11	2	Physical education teaching	On - site teaching	gymnasium	Eight-section Brocade (Seven Jumps Behind the Back to Eliminate All Diseases), Option Practice (Table Tennis)
12	2	Physical education teaching	On - site teaching	gymnasium	Eight-section Brocade (full set review), option practice (football)
13	2	exam	On - site teaching	gymnasium	Review week, option practice

Figure 2. Eight-duan Jin teaching plan.

3.2. The teaching content is thin

There are 32 to 48 class hours for one exercise, which meets the needs of teaching time in terms of the number of class hours. However, the structure of the teaching content is a little thin, the course arrangement lacks rationality, and the proportion of theory and practice classes is out of whack. The course is practice-oriented, students cannot systematically learn the basic theoretical knowledge of traditional Chinese medicine exercise therapy. But the practice course pays too much attention to the imitation exercise of movement and lacks the comprehensive cultivation of students' practical ability. On the other hand, there are too few kinds of exercises for students to choose individually. There are many kinds of traditional Chinese sports therapy, and the most common and popular ones are Baduanjin and Taijiquan. Therefore, traditional Chinese medicine vocational colleges also choose to teach Baduanjin and Taijiquan, which leads to the relatively simple curriculum of traditional Chinese sports therapy.

3.3. Students' satisfaction is low

In this paper, a questionnaire survey was conducted among the students of Guangdong Yunfu Vocational College of Traditional Chinese Medicine and Guangdong Jiangmen Vocational College of Traditional Chinese Medicine who had taken traditional Chinese exercise therapy. Among the types of courses for the respondents to learn traditional Chinese exercise therapy, physical education class accounted for the most significant proportion, up to 78.44%. The second is the professional compulsory course, accounting for 67.19%, through the form of students' interest group to learn traditional Chinese medicine exercise therapy, accounting for 13.13%.

A variety of types of courses to meet the learning needs of students. However, students' satisfaction with the course is not high. Offering traditional exercise therapy in the form of specialized courses, students' satisfaction was 80.93%, which was the highest among all course types; In the form of elective courses, the students' satisfaction was 68.21%. In the form of physical education, the satisfaction of the students was 71.60%. In the course program of traditional Chinese medicine exercise therapy, the satisfaction of students was 73.17%.

The main reasons for student's dissatisfaction with the compulsory and elective courses are that the teachers don't teach the theoretical courses in detail, the professional knowledge is not deep enough, and the practical courses are few. The main reasons for the dissatisfaction of PE students are that the teachers do not talk about the theoretical knowledge and the course progress is too fast. In the study of the course project, the students think that the group leader's theoretical knowledge is not solid, difficult to teach, and once a week to learn, too little time.

3.4. Insufficient ideological and political knowledge in the course

Traditional exercise therapy of Chinese medicine shows cultural self-confidence, Tai Chi has become an international influence, and its rich philosophical thoughts are worth exploring. For example, the rigid, soft and static movements of Taijiquan reflect the thoughts of Yin and Yang, which can cultivate students' dialectical thinking ^[6]. The Wuqin Play is related to the five viscera and five elements, which contain the principle of mutually reinforcing and mutually controlling ^[7]. Baduanjin emphasizes the coordination of breathing, movement and environment, allowing students to appreciate the relationship between humans and nature.

At the same time, traditional Chinese medicine sports therapy pays attention to moral cultivation and

humanistic care, and the requirements of practicing can teach people the way, and many ideas also reflect cultural complex ^[8]. However, the interview shows that the students do not know enough about it. When practicing, students have bad posture, cannot calm down, and have a loose attitude. They only know the movement route, do not understand philosophical thoughts, and have not established cultural identity and cultivated feelings of family and country. There are obvious deficiencies in the ideological and political aspects of the curriculum.

3.5. Insufficient teaching resources

First, there is a lack of dedicated teaching venues, teaching needs space for students to practice and display, noisy environment is not conducive to practice. Second, the teaching equipment is simple, the lack of sports monitoring equipment makes it difficult to evaluate the students' status, less multimedia equipment makes the teaching boring, and students difficult to master the essentials. Third, access to information resources is limited, and academic exchange activities are few, exchanges and cooperation between colleges and universities and institutions are not close, teachers and students have few opportunities to participate in the conference, it is difficult to understand the frontier trends and learn from experience, which is not conducive to the improvement of teaching level and discipline development ^[9].

4. Strategies and suggestions for the inheritance and development of traditional Chinese medicine sports therapy

4.1. Optimizing the curriculum system

Traditional Chinese medicine colleges should incorporate traditional Chinese sports therapy into the professional curriculum system and set up special courses or elective modules. Including the teaching of traditional exercises such as Taijiquan, Baduanjin and Yijin Jing, as well as knowledge of basic theories of TCM such as TCM health theory and TCM rehabilitation ^[10], the Basic Theory of TCM allows students to understand the overall concept of TCM, the theory of Yin-Yang and five elements, etc., laying a foundation for understanding the principles of TCM traditional exercise therapy. TCM-related majors should include TCM traditional exercise therapy in the compulsory courses, and there are TCM theory teachers to complete the theoretical teaching, and physical education teachers to complete the practical teaching, both theory and practice ^[11].

4.2. Strengthening the construction of teaching staff

On the one hand, teachers in TCM colleges need to grow and improve the teaching level of TCM traditional exercise therapy. Chinese medicine experts and martial arts coaches can be invited for training and guidance so that teachers can understand the TCM theories contained in traditional Chinese medicine sports therapy, and master practical methods, teaching methods, and skills. Regularly organize teachers to participate in the professional training and academic seminars of traditional Chinese medicine exercise therapy, and constantly update their knowledge and skills ^[12]. Colleges also can select and send teachers to participate in national training courses on fitness qigong to learn the latest teaching methods and research results and encourage teachers to participate in fitness qigong grade assessment and certification to improve their professional level and practical ability. On the other hand, colleges and universities can introduce some talents with traditional Chinese medicine sports therapy education background to enrich the teaching staff ^[13]. These professionals can provide students with more professional teaching guidance, improve teaching quality, and empower the

construction of traditional Chinese medicine culture in colleges and universities.

4.3. Exploring ways to combine traditional Chinese sports therapy with specialties

Explore the path of combining traditional exercise therapy and TCM rehabilitation to help students' professional development. The practice of Taijiquan, Baduanjin, and other exercises can improve the patient's limb function, balance ability, and cardiopulmonary function, improve the quality of life, and combine with modern rehabilitation technology to form a more comprehensive rehabilitation treatment plan, which can be used as an important auxiliary treatment means for the sequelae of stroke, postoperative rehabilitation of fracture, chronic pain and other diseases.

4.4. Improving students' sense of cultural identity

The young generation has grown up in the Internet era of information explosion and multi-cultural symbiosis. Under the intensive impact of Western popular culture and emerging life trends, local culture has been eroded, and they lack cultural identity for the profound cultural heritage and philosophical meaning carried by traditional Chinese sports therapy^[14]. Through campus publicity and students' campus activities, we create a strong environment of traditional Chinese sports therapy to influence and educate people, so that students can experience the charm of traditional Chinese medicine, absorb the essence and charm of traditional Chinese sports therapy imperceptibly, and enhance cultural identity^[15]. Schools should fully tap into and make use of these elements, establish a library of ideological and political materials for traditional Chinese medicine sports therapy courses, combine knowledge imparts with value guidance, connect traditional Chinese medicine sports therapy with students' emotions, imperceptitiously establish correct character and deepen cultural identity in learning, and cultivate high-quality talents with both moral and ability.

5. Conclusion

As one of the representatives of traditional Chinese medicine culture, traditional Chinese medicine sports therapy should first build a systematic and perfect knowledge structure system to enhance students' cognition. Secondly, colleges and universities should strengthen the construction of traditional Chinese medicine sports therapy culture, and carry out various levels of practical activities with the help of relevant organizations of college students, so that students can put what they have learned into full play and fully stimulate their enthusiasm and enthusiasm for participation. Only the expansion of the scale of participation is the foundation of its development.

As an important position for inheriting and carrying forward the culture of TCM, TCM colleges and universities should seize the opportunity of the state to vigorously promote the excellent traditional culture, create more opportunities for TCM traditional sports therapy, let it enter the campus and integrate into life, bloom more brilliant splendor in the cause of national health, and make more outstanding contributions to human health and well-being. Make this Chinese medicine treasure full of vitality and infinite vitality in the new era, and realize its sustainable inheritance and long-term development in Chinese medicine colleges and even the whole society.

Disclosure statement

The authors declare no conflict of interest.

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