

Research on Constructing Ideological and Political Elements System of "College Physical Education: Tai Chi"

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Abstract: How to realize the organic combination of ideological and political education and knowledge system education on specific courses has been a difficult problem in the reform of curriculum thinking and politics. Tai Chi, as a crystallization of the development of traditional Chinese martial arts and culture, was inscribed on the Representative List of the Intangible Cultural Heritage of Humanity in December 2020 and is representative. In this paper, we use textual analysis, survey and interview methods to obtain data on the content of the "Tai Chi" course, analyse and summarise the data and construct a "College Physical Education-Tai Chi" course. Tai Chi course, the system of the elements of the ideology of the course. The four main elements of ideals and beliefs, quality of will, moral cultivation and lifelong learning, as well as a number of sub-elements, were summarised and their connotations summarised.

1. Introduction

Curriculum Civic Reform requires universities to bring all courses, including ideological and political courses, into play with the new function of nurturing people and talents, and to realise the organic combination of course teaching in ideological and political education and knowledge system education. The university physical education course is an integral part of the university public curriculum. Unlike the rest of the cultural and professional courses, the university physical education course is characterised by imparting knowledge and teaching skills in the physical movement of students. At the same time, the affective performance of students in a university PE course is also key to the evaluation of the course. In the process of learning motor skills, students demonstrate the sportsmanship of patriotism, respect, fairness, justice, competition, cooperation, solidarity, friendship and perseverance, which is highly compatible with the goal of establishing moral education. Therefore, it is important to summarise and refine the ideological and political elements in the university sports curriculum, and improve the curriculum through reasonable teaching plans and designs, so as to influence students' emotional cognition and ideological character, in order to achieve the joint development of students' knowledge and skill level and ideological and political literacy. The subject of this paper, "University Physical Education - Tai Chi", is a unique physical education programme that originated in China. Taiji culture is an integral

part of the excellent traditional culture of the Chinese nation, and as the crystallization of the traditional martial arts and cultural development of the Chinese nation, "Tai Chi" was inscribed on the Representative List of the Intangible Cultural Heritage of Humanity in December 2020, and its accompanying ideological and political elements are highly unique and representative. Therefore, a study of the Tai Chi curriculum, the discovery of its unique thinking and political elements, and the construction of a system of Taiji thinking and political elements can contribute to the promotion of the important goal of the curriculum thinking and political reform and the further exploration of the moral education value of the physical education and health curriculum.

2. Tai Chi Course Civic Value Review

2.1. Tai Chi Culture

Culture comes from the accumulation of material and spiritual aspects of human life, and is a symbol of the spirit and civilisation of a nation. Tai Chi culture has outstanding national characteristics and is one of the representatives of the traditional Chinese culture, whose connotation includes both sporting and spiritual culture ^[1]. From a sporting point of view, Tai Chi is one of the traditional Chinese martial arts, but unlike ordinary martial arts, it has a style and unique moves that are clearly different from those of other martial arts. Spiritually speaking, Tai Chi draws on the essence of Chinese martial arts, both in terms of its reverence for courtesy and modesty and the cultivation of a striving and enterprising spirit, while at the same time advocating the harmonious co-existence of man, society and nature. During its long history of inheritance and development, Tai Chi has not only focused on the inheritance of the art, but has also developed a unique theory of the art. Taiji culture is dominated by the idea that "virtue is thin and art is difficult", reflecting the importance of traditional Chinese morality in the practice of martial arts; the spiritual beacon of "moral cultivation" is the highest level, greatly enriching the valuable national spirit and culture ^[2]. In Taiji practice, practitioners are encouraged to practise the Confucian principles, the Way of the Mean, with virtuousness, fairness, benevolence, loyalty and kindness as their moral principles.^[3] Tai Chi has been forged over the centuries and its principles of caring for life, respect for nature, harmony and justice echo the spirit and culture of the Chinese tradition ^[4]. In summary, Tai Chi culture has commonalities with China's Civic Education.

2.2. Tai Chi Teachers

As the inheritor and promoter of Tai Chi, the teacher is also the leader of the curriculum. The teacher's behaviour, thoughts and ideas are the most intuitive source for students to experience the elements of ideological and political education in the classroom. Therefore, teachers should act as teachers and role models in the classroom, while providing effective guidance to students. Firstly, teachers are able to guide students in the study of traditional Chinese Taiji culture so that they can cultivate their bodies and understand the famous principles in the study of Tai Chi. Secondly, students can understand that learning the theoretical knowledge of traditional Tai Chi not only broadens their horizons and breadth of knowledge, but also allows them to appreciate the long historical accumulation of the Chinese nation, from which they can inspire their national pride and patriotic beliefs^[5]. Finally, the unique character of the Tai Chi teacher, which is related to the Taiji philosophy, such as being gentle in his or her rigidity, elegant and humble, is also one of the powerful channels for students to experience the thinking and political atmosphere in the Tai Chi course.

2.3. The Social Value of Tai Chi

After the State Council issued the "Health China 2030" planning outline, the two sessions in March 2022 once again put forward the strategic position of giving priority to people's health in development. We will insist on prevention, focus on the grassroots, integrate health into all policies, and establish the concept of big health and health. [6]

Tai Chi does not require a physical base, venue or equipment, which is conducive to the promotion of a large area to improve the general physical quality of the nation. At the same time, it can popularise the spirit of "modesty, self-confidence, tolerance, harmony and goodness" in Taiji, which can contribute to the establishment of the concept of "great health and hygiene" and the building of a healthy China in terms of ideological quality. In addition, the traditional virtues espoused by the Chinese people, which correspond to the principles of Tai Chi, such as self-sacrifice, rigidity and flexibility, and the integrity of one's body, have a nurturing effect on the cultivation of the spirit of self-improvement, virtue, righteousness and health among Chinese children. [7] Furthermore, studies have found that the practice of Tai Chi can promote the secretion of endorphins and optimise brain waves, thus improving bad moods, making people feel happy, enhancing their mental and spiritual health, and promoting social harmony and stability and a healthy environment. [8]

3. Research Design

In this research, three research methods, namely text analysis, survey method and interview method, were used to collect and analyse the data, and the construction of the curriculum Siji system was finally completed after four sessions of data collection, data compilation, expert interview and system construction [9]. Firstly, the textbooks, bibliographies and literature of Taiji were referenced and analysed to collate the passages and nodes related to Civics; then an open-ended questionnaire was released to students of Taiji classes in freshmen, sophomores and juniors at Southwest Jiaotong University through the China University mooc platform, and the texts submitted and discussed by students were analysed and extracted; students whose responses were representative were selected for further interviews to obtain interview data. Secondly, the above data was compiled and analysed to distil and summarise the ideological elements contained in "University Sports - Tai Chi". Finally, interviews were conducted with experts on the preliminary summary of the elements of the course, and a system of elements of the course "University Sports - Tai Chi" was constructed.

4. Research Data Collection and System Construction

4.1. Data Collection and Elemental Analysis

4.1.1. Textual Content Analysis

After 1949, Tai Chi was adapted into a national standard competition, and then many experts and scholars and Tai Chi inheritors began to systematically research and excavate Tai Chi culture. In this paper, we used the Super Star Library to search for books on Tai Chi from 1949 to the present, and selected a total of 44 representative books on Tai Chi teaching materials and Taiji cultural research (CICS G852.1), including 14 books on teaching materials [10-23] and 30 books on cultural research. [24-53] The books include 14 textbooks and 30 cultural research books. Each chapter of each book was used as the unit of analysis, and the content of the thinking elements in it was compared and excerpted, and the frequency of the occurrence of each thinking element was recorded, and

finally the relevant data of the thinking elements were extracted and obtained.

4.1.2. Open-ended Questionnaires and Interviews

From the students' perspective, an open-ended questionnaire was posted on the Chinese university MOOC platform to understand the students' perceptions of the integration of Taiji and Civics in their classes, in order to obtain the students' perceptions of the content and behaviour of the teachers in their classes, which have the value of cultivating people through moral education. From the responses submitted by the students, students who were relevant and representative of the previous textual analysis were selected for further in-depth interviews. The open-ended questionnaire was administered from April 30 to May 4, 2022, and the question was set to "discuss your own perceptions of Taiji culture in the context of Taiji and socialist core values, will quality and moral cultivation". (351 for sophomores and 122 for juniors). Based on this, students whose responses were relevant and representative of the keywords in the text analysis data were selected for further interviews, including 8 freshmen, 8 sophomores and 6 juniors. The interviews were conducted from 6-10 May 2022, and the content of the interviews is shown in Table 1. In the collation of the data from this interview, most of the data overlapped with the data from the preliminary text analysis, indicating that the information was close to saturation, but there were still some insights that could be used to further refine and provide reference for the construction of the later Civic Science element system as interview data.

Table 1: Content of student interviews

Interview topics	Content of the interview
The element of thoughtfulness that students experience in the course	Words and actions of the teacher that struck a chord with you?
	What do you think are the distinctive characters in the lecturers?
	What is the function of the "University Sport - Tai Chi" course in terms of moral education?
	What do you think are the qualities of Taiji culture in terms of thinking and educating people?

4.2. Construction of a System of Curriculum Thinking and Political Elements

4.2.1. Expert Interviews

Through the above data collection work and preliminary refinement, elements of "University Sports - Tai Chi" were selected to be associated with the curriculum of Civics, and the preliminary results were interviewed by experts. A total of five experts participated in the interviews, including two Civic Studies teachers and three full-time Tai Chi PE teachers.

In order to ensure that the connotations of the Civic and Political elements are accurately matched with the elements at all levels, as well as to ensure that the current system of Civic and Political elements of the course "University Sports - Tai Chi" is constructed, the experts were asked for their opinions on adjustments and additions. At the end of the interviews, the experts agreed on the need to reflect patriotism, cultural confidence, moral values and ecological concepts. For example, they agreed that students should learn Tai Chi in order to cultivate patriotism and cultural confidence through the solid heritage of traditional Chinese culture, and that they should promote the humanistic concepts such as noble life and benevolence and the unity of heaven and man in Tai Chi to cultivate a benevolent heart and an ecological concept of love for nature. When asked for the experts' opinions on adjustments, additions, etc., in general, the five experts agreed with the majority of the findings, provided comments and modifications on the understanding of the

connotations of some elements, and also made some additional comments. For example, full-time Taiji teachers should act as the inheritors and promoters of Tai Chi culture, and at the same time ask this mission of their students in the course of their teaching, in order to cultivate their responsibility; Tai Chi masters, for the sake of the inheritance and promotion of Tai Chi, take it as their life, dedicate themselves to it, and study the techniques and theories deeply, in order to make Taiji one of the most successfully spread Chinese martial arts, and to be able to implant in their students the perseverance and This is what makes Taiji one of the most successful martial arts disciplines in China.

4.2.2. Construction of a System of Curriculum Thinking and Political Elements

After the above data collection, element statistics and analysis, and expert interviews, the elements of the curriculum thought politics researched in this paper were further collated and modified, and finally a curriculum thought politics element system of "University Sports - Tai Chi" was constructed, as shown in Table 2.

Table 2: The system of the "University Sports - Tai Chi" course's ideological elements

Primary elements	Secondary elements	Tertiary elements	Elemental connotations
Beliefs	Patriotism	Road identity	Identify with and implement China's line, guidelines and policies in the teaching of physical education.
		Cultural Identity	Tai Chi promotes traditional Chinese culture and advanced socialist culture and fosters cultural confidence.
		The feeling of family and country	Tai Chi's emphasis on personal cultivation has important links with patriotism, nationalism and the homogeneity of the family.
		* Historical respect	The path of Tai Chi is one of continuous progress and innovation based on the constant affirmation and respect of traditional martial arts as a means of continuous development and growth.
	The spirit of the times	Keeping up with the times	The development of Tai Chi is to constantly adapt to the needs of the present society and to constantly improve itself. In the wheel of history to change to seek development, constantly enriching Taiji culture.
		* Peaceful development	Tai Chi has the elegant name of "Gentleman's Boxing" and is closely linked to the Chinese idea of "harmony is precious".
Quality of Will	Cultural Education	* Traditional culture	Tai Chi draws on traditional Confucianism, Taoism and other traditional cultures as a way to forge a rich cultural core.
		* Virtuoso	Tai Chi has always been guided by the idea that "virtue is thin and art is difficult", focusing on the joint transmission of "martial virtue" and "skill".
	Integrity	*Shangswu and reveres virtue	Tai Chi civilises the spirit and strengthens the body by cultivating the spirit of Shangwu and Virtue.
		* Harmony of mind and body	In the practice of Tai Chi, the practitioner needs to calm the mind, to perceive the "unity of heaven and man" in a

			calm state, and to infuse the restless heart with softness and beauty.
	Scientific spirit	Truthfulness and pragmatism	The essence of Tai Chi movements is to bring reality into the void, seemingly in the void, but in reality in the real, progressively and continuously improving.
		Dare to be the first	Tai Chi emphasises the use of force to combat strength and to overcome rigidity with flexibility, and is an art of health and fitness that respects the science of the individual, and the advanced quality of daring to be a pioneer in the process of learning and understanding boxing.
	The spirit of practice	* Craftsmanship	Tai Chi emphasises concentration, and the practice requires the mind, the eyes and the movements to be present, and the mind to be attentive, to explore the techniques and research theories.
		Knowing and doing	Tai Chi emphasises practicality and the need for the truth of understanding to be inextricably linked to practical action.
	Sportsmanship	The courage to fight	Tai Chi emphasises the use of softness to overcome hardness, and the use of courage and strategy to overcome an enemy in the face of danger.
		Fair and equitable	The Yin Yang blend together to nourish all things in heaven and earth; the Tai Chi gives rise to the two rhythms, and the two rhythms give rise to the four elephants; the equal opposition between Yin Yang also symbolises fairness and justice.
		Spirit of cooperation	The two poles of yin and yang in Tai Chi theory are in harmony with each other and complement each other. The spirit of cooperation is embedded in the teaching programmes such as Taiji Push Hands and Double Taiji.
Moral Cultivation	Social Ethics	Collectivism	Tai Chi contains both individual and group projects where each member cooperates with each other to achieve a common goal, so each member is required to have a collective and holistic consciousness and to look at the whole picture.
		Responsibility	Tai Chi conveys to students the responsibility to inherit and carry forward.
		*Self-sacrificing	"It is to let go of the ego in order to avoid reality and seek opportunities to gain momentum, to actively "let go of the ego" and passively "follow others".
		* Harmonious coexistence	Yin and yang are interdependent, as lonely yin cannot be born and lonely yang will not be long in coming. Tai Chi harmonises yin and yang so that the two aspects can live together in harmony.
	Humanistic feelings	* The heart of mercy	The concept of "Guisheng Ren'ai" is one of the basic ideas of Taiji Push Hands and Taiji Sets, which is to be used in martial arts confrontation to the point of compassion and care for life as one's own cultivation.

		* Keeps weak and does not fight	Tai Chi inherits the Taoist philosophy of "being soft and keeping weak" and "not fighting for the bottom", pursuing a state of subtlety, depth, relaxation, quietness and naturalness, toughness and unobtrusiveness, softness on the outside and strength on the inside.
		Putting people first	Tai Chi emphasises internal seeking and is the science of internal seeking, nourishing one's own essence and improving one's state of mind as one walks through the frame, putting one's immediate feelings first.
	Ecological concepts	* Celestial unity	Tai Chi believes that "human-society-nature" is an ecosystem, of which man himself is also an ecosystem, and that the two must form a whole.
	Personal conduct	* Modest and good manners	Tai Chi is rich in etiquette and is known as the "gentleman's boxing", emphasising etiquette and courtesy.
		* Rigidity and flexibility	In the technical movements of Tai Chi, there is not only the beauty of the softness of the movements, but also the strength of the rigidity.
		* The Middle Way	Impartiality is precisely the spiritual core that Tai Chi carries, requiring not only in its technical movements but also in the practitioner's mind.
Lifelong Learning	Attitude to Learning	Excellence	Tai Chi is not only a sport, but also a culture of "enlightenment", which requires not only the washing of movements, but also the use of movements as a vehicle to understand its cultural power.
		Learn diligently and enjoy learning	As a whole-body exercise, Tai Chi needs to be practised with interest and perseverance.
	Self-management	Self-reflection	Taiji, derived from the culture of 'enlightenment', places emphasis on reflection, identifying and solving problems through reflection, and using problem solving as a guide for continuous improvement.
		*Good things to know	The continuous development of Tai Chi also maps onto the development of today's society, which continues to exhaust its reasoning and gain new knowledge.
	Learning Objectives	*Strengthening the body	Tai Chi can improve the elasticity of lung tissue, exercise lung function, improve digestion and strengthen the heart and blood vessels, practising Tai Chi can have a strengthening effect on the body.
		Pushing the envelope	Tai Chi has evolved with the times and with the changing physical qualities of the people, taking on the strengths of all and growing from strength to strength.

Note: Those with "*" are Civic Elements with unique meaning of Tai Chi

4.2.3. Analysis of Elemental Systems

The "University Sports - Tai Chi" curriculum is divided into 4 main elements (primary elements), 12 secondary elements and 34 tertiary elements, including 18 ideological and political education

elements (18) with unique significance to Tai Chi and universal elements related to Tai Chi.

The ideal and belief element with patriotism as the main content is the starting point of ideological and political education. Ideological and political education should always use patriotism throughout, so that students can learn about the accumulation and development of Chinese traditional culture through the study of Tai Chi, thus enhancing patriotism and national pride, and thus contributing to the reform and innovation of the country; the will quality element with the guideline of determination and hard work and perseverance is extremely prominent in The ideological and political education of the PE curriculum is extremely prominent, as the strength of the will can control individual behaviour and play a vital role in the future development and achievement of the individual. While teaching professional skills, physical education classes promote the spirit of sports competition and cooperation, courage and perseverance, and are also one of the most prominent courses in the cultivation of students' will qualities; the element of moral cultivation, with the establishment of a correct outlook on life and values as the core, is the key to helping students grow and become successful, and the establishment of moral education as the fundamental task of the curriculum's ideological and political reform, "establishing moral " is the prerequisite. Tai Chi has long been integrated into its cultural attributes in the inheritance and promotion of morality and the promotion of ethics. In the transmission and teaching of Tai Chi by teachers as well as in the learning and understanding of students, it is more important to focus on the learning of Tai Chi theory and martial ethics when practising the skills, and to implicitly convey to students the unique element of moral cultivation in the Tai Chi curriculum; the element of lifelong learning with the harmonious personal development of commonality and individuality is an inevitable requirement of the current development of the times, and Tai Chi, in the process of transmission and development, is constantly adapting to the objective needs, grasping the pulse of the times in its development and advancing with the times.

5. Conclusion

This study takes as its starting point the fundamental task of "establishing moral education". It combines the characteristics of the "University Sports - Tai Chi" course and explores the elements of the course's thinking and politics at a specific level. It is believed that the combination of Tai Chi with ideological and political education should be based on ideals and beliefs, quality of will, moral cultivation and lifelong learning, with patriotism, spirit of the times, cultural education, integrity, scientific spirit, practical spirit, sports spirit, social ethics, humanistic feelings, ecological concepts, personal conduct, learning attitudes, self-management and learning objectives as the main contents, combined with the unique elements of the course. The main elements of the curriculum are the thinking and political reform work. In addition, through the analysis of the connotations of the elements, the unique connotations of the course "University Sport - Tai Chi" are summarised and the macro-concept of the course "Civics" is visualised in the course. In addition, the key elements of the course "University Sport - Tai Chi", which will help the course to innovate and reform its teaching, need to be further refined dynamically in practice, through the continuous testing of the actual teaching effect. The course will eventually form a complete system for teaching and learning in the course, so as to advance the process of construction and reform of the course in China, and to put into practice the fundamental task of "building moral character and educating people".

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