

Leisure Sports in China Lead to Healthy With Health Qigong

WEI Yang^{[a],*}

^[a]School of Physical Education, Southeast University, Nanjing, China.
*Corresponding author.

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Abstract

The study is located in the current leisure sports background, revealing the history and status of leisure sports in China's development. Leisure sports are considered a useful method for chronic disease prevention and health promotion. Traditional Chinese sports, including martial arts, Qigong and so on. This article is based on the Chinese traditional sports-Health Qigong action gentle, soft with just, emphasizing ideas and physical activity, has a unique fitness health effect.

Key words: Leisure sports; Chinese culture; Health Qigong

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INTRODUCTION

Since the 21st century, people's work and way of life have changed with the rapid development of China's economy and society. The physical activity of residents has been significantly reducing and the lack of physical activity is the fourth independent factor which leading to human death. Sports and physical movements have become the most active, effective and economical way to enhance national health and improve human being healthy.

In 1995, the State Council promulgated and implemented the "National Fitness Program" in 2016, the State Council issued the "Healthy China 2030" Plan which made a clear deployment in China how to develop the mass sports activities, promote the national fitness and promote healthy construction. Nowadays the mass sports undertaking in China has flourished, and the sports administrative departments at all levels have actively implemented the Outline of the National Fitness Program. Youth sports work have been continuously promoted the awareness of sports activities has been greatly enhanced. The social atmosphere of physical activity as an important means of physical fitness has been formed.

1. THE EVOLUTION OF LEISURE SPORTS IN CHINA

The early stages of leisure sports (before 1990). China's modern sports policy mainly for the purpose of power, almost no attention to people's personal leisure needs. After the Opium War in 1840, China entered a semi-colonial and semi-feudal society, the government will be a means of power as a power, policy focus on how to invest in the construction of sports venues, the National Games and strengthen the physical education. From 1937 Anti-Japanese War broke out in the new China, the establishment of social and economic construction was almost paralyzed, the Government had no time to take into account the development of sports.

After the founding of new China, Chinese are increasingly involved in leisure sports activities, sports activities gradually from a single radio to the development of rock climbing, skating and other fitness and leisure. It can be seen that the policy of the period of continuous improvement to meet the people's health as a starting point, stressing mass sports activities, emphasizing the popularity of sports and regular.

After the reform and opening up, the political and economic environment has stabilized, and the consumption structure of the residents changed from material products to material and spiritual products. Traditional sports began to develop leisure sports. The government adjusts the development goals of the sports undertaking, gradually falsifies the service function of the sports to the state construction, and focuses on satisfying people's growing sports demand. Sports is officially listed as part of the construction of spiritual civilization, in addition to emphasizing the role of sports on national health, but also stressed the importance of sports to improve the quality of national spirit and promote social development. Under the lead of this guidance, the government's policy began to guide the people to carry out fitness activities. Therefore, the focus of this period of policy from the power to fit change, and the people's sports interests as the starting point for policy, and gradually strengthen the social function of sports.

Development of leisure sports (1990-2013). After the 1990s, the pace of China's reform has been further accelerated, the economic strength has been continuously strengthened, the people's living standard has been improved rapidly, the economic strength has been continuously strengthened, the people's living standard has been improved rapidly, and the per capita disposable income has been continuously strengthened.

According to the State Sports General Administration statistics show that the national per capita sports venues have an area of 1.57 square Rice, the proportion of people who regularly participate in sports activities is 33.9%. Youth sports work continues to advance which awareness of sports activities increased significantly. Meantime the elderly sports activities gradually become rich and colorful, and significantly improve the quality of life. The sixth census data show that the national average life expectancy is 74.9 years old.

The vigorous development of leisure sports (2014). From 2014 onwards, China's leisure sports into the vigorous development stage, the relevant policies have also been introduced. Based on the relevant policies they require active training of sports and fitness market, and guide the mass sports consumption. The government will support local sports activities based on the local natural resources and cultural resources, organize sports activities, enrich the contents of traditional festivals, and plan the boutique sports events with high participation and influence. China's leisure sports into the period of rapid development, national fitness leisure, entertainment concept will be with the social development of China's future sports development trend.

However, we should be aware that the role of physical activity in enhancing national health and improving health is not yet fully exploited, and there is a wide gap from healthy Chinese requirements. According to the

relevant national survey data, although the proportion of the population of our country's regular participation in sports has increased year by year, the overweight rate and obesity rate of residents have continued to increase, and the changes of adolescents' endurance, adult muscle strength and endurance, and elderly muscle strength are not optimistic, Cardiovascular disease, diabetes and other chronic non-communicable diseases, the incidence rate is increasing, sports activities in the field of health promotion of many research results have not been fully applied to practice, most residents in the sports activities have a great blindness. Sports fitness activities in enhancing physical fitness, prevention and control of disease there is still much room for improvement.

2. TRADITIONAL CHINESE SPORTS

In ancient China there is a guide to improve the level of human health records. A large number of modern research results confirmed that regular physical fitness activities can effectively enhance physical fitness, prevention and treatment of diseases, improve learning and work efficiency.

Chinese traditional sports fitness mode action gentle, soft with just, emphasizing the combination of ideas and physical activity, has a unique fitness health effect. Can improve the body's heart and lung function, balance ability, improve the nervous system function, adjust the psychological state, and good security. To improve the body balance ability, flexibility, coordination and improve the heart and lung function, adjust the psychological state as the main fitness purpose, especially in the elderly population, you can choose the traditional Chinese sports fitness way.

Traditional Chinese sports, including martial arts, Qigong and so on. Chinese Health Qigong Association, based on traditional Qigong practices, has released 9 sets of health-care Qigong practice forms, including Yi Jin Jing, Wu Qin Xi, Liu Zi Jue, Ba Duan Jin, Tai Ji Yang Sheng Zhang, Daoyin Yangsheng Gong 12 Methods, Shi Er Duan Jin, Ma Wang Dui Dao Yin Shu, and Da Wu. They have been widely practiced in China and gradually known overseas. There are a wide variety of Qigong practice forms, which all consist of adjustments of body, breath and mind. Different Qigong practice forms vary in the contents and combinations of the three adjustments. But in every form, the three adjustments are indispensable, and the state of "three adjustment into one" is necessary as well.

Qigong (Chi Kung), known as an important component of traditional Chinese culture, originated in ancient China and its functions vary in different traditional Chinese cultural schools. Confucians practice Qigong to cultivate mind and body; Taoists and Buddhists do it to transcend

worldliness; Chinese medical physicians use it to cure illness and keep health.

Qigong is a psychosomatic practicing skill that adjusts body, breath and mind into one. The first adjustment is to adjust posture and movement, the second is to adjust the breath type and the third is to adjust mental activities. It forms the special psychosomatic state of Qigong practice when integrating the “three adjustment into one”.

3. CHINESE QIGONG: A TIME-HONORED REGIMEN

The silk picture of “Dao Yin Tu” was unearthed from the Mawangdui Tomb of the Western Han Dynasty (207B.C.-25) in Changsha, Hunan province in 1973. There are 44 different figures of people practicing Qigong, annotated with the name of each individual movement, it is a vivid description of how people kept healthy in ancient China more than 2000 years ago.

Qigong improves health, exploits potential to achieve harmony inside the body by adjusting movement, breath and mind in practice. It distinguishes itself from other physical exercise with requirement for breath and mind, and with the unique integrated state of “three adjustments into one”.

As a significant element in traditional Chinese culture, Qigong assembles Confucian cultivation of body and mind; Taoist pursuit to transcend worldliness; Chinese medical physicians’ theory to cure illness and keep healthy. It also combines the ancient Chinese philosophy of the harmony in human society and between human and nature.

With a slow and gentle style, Qigong embody a combination of graceful posture, smooth movement, relaxed mind, and controlled breath that is deep, slow even, and long. People in different ages can evenly advance their physical functions by achieving the balance of Yin and Yang, the improvement of meridional system, and the strengthening of tendons and bones.

As one of the representative Chinese traditional culture, Qigong also started to step from China to the world. As it is easy to learn, requires little cost, has better health effects and includes elements from Chinese traditional culture, Qigong is gaining growing recognition and popularity worldwide.

CONCLUSION

Based on the Chinese traditional health promotion methods and integrated with modern scientific health concept, “Health Qigong Yi Jin Jing”, “Health Qigong Wu Qin Xi”, “Health Qigong Liu Zi Jue”, “Health Qigong Ba Duan Jin” have been developed through two year follow-up test. Studies indicate that regular practice of Health Qigong can improve physical fitness, promote mental

health, delay intelligence decline, improve living quality, enhance physiological function, better blood biochemical indexes and promote the function of the internal organs, thus enhancing the health level of the body.

(a) Enhancing Physical Qualities

The scientific tests show that Health Qigong can improve reaction speed, muscle strength, flexibility, balance and coordination ability, vital capacity, heart rate, blood pressure and bone mineral density.

(b) Promoting Mental Health

The scientific tests show that Health Qigong can help adjust practitioners’ spirit, emotion and mental balance, relieve anxiety and blues, focus attention and keep healthy mental state.

(c) Delaying Intelligence Decline

The scientific tests show that Health Qigong can be better practitioners’ though reaction speed, body agility, short-term memory and attention quality so that it can delay the aging of elderly people in intelligence and biological age.

(d) Improving Life Quality

Questionnaire surveys show that Health Qigong can be better practitioners’ energy, emotion, diet, sleeping and memory, improve the living ability and sentiment of the elderly people, decrease medical expense and optimize their health status.

(e) Optimizing Physiological Function

Studies indicate that Health Qigong can improve the function of brain, heart, lung ventilation, reduce the incidence rate of chronic cardiovascular diseases, such as high pretension and atherosclerosis.

(f) Bettering Blood Biochemical Indexes

The testing results of the practitioners show that Health Qigong can improve the natural immunity ability, metabolism of blood lipid, and transportation of blood oxygen, prevent cardiovascular disease, delay the aging of body function.

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