

太极拳运动融入老年大学发展的 SWOT 研究

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摘要: **研究目的:** 当前, 我国老龄化问题日益突出, 老年人终身教育和增进健康的需求不断提升, 老年大学成为老年人学习、交友的重要平台, 具有开展太极拳运动的良好条件。本研究采用 SWOT 模型, 对老年大学太极拳项目教学进行利弊分析, 深入剖析实际开展过程中的问题, 并提出针对性解决方案, 推动老年大学太极拳项目教学科学规范, 助力“健康中国”发展建设。**研究方法:** 本研究在“知网、万方、维普”等中文电子数据库中以“太极拳”、“SWOT 分析”“老年教育”“老年大学”等作为关键词进行文献检索。运用文献资料法、理论分析法等方法, 基于 SWOT 模型对太极拳运动融入我国老年大学发展开展多维分析, 分别从优势 (Strengths)、劣势 (Weakness)、机会 (Opportunity)、挑战 (Threats) 四个方面阐述在老年大学中开展太极拳运动的优劣势所在。**研究结果:** (1) 优势 (Strengths): ①老年大学供不应求。我国老年人口基数庞大, 老年人学习热情高涨, 近年来老年大学“一座难求”, 半夜排队报名、网上报名一分钟爆满等现象频现。巨大的学习需求为太极拳运动的开展提供了广泛的群众基础。此外, 我国的老年教育属于社会公益事业, 一般不缴纳学费或只缴纳少量的学费。低廉的价格也吸引越来越多的老年人加入老年大学。②太极拳内外兼修的独特功能。24 式太极拳运动能提高老年人的平衡功能、下肢肌力、姿势控制等能力, 并且可以有效降低和预防老年人跌倒的发生。此外, 长期太极拳运动后老年群体状态焦虑明显下降, 紧张、愤怒、疲劳等心境分量表得分和 TMD 分均明显下降, 心境分量表得分明显上升。另外, 老年人可以在学习太极拳时结交朋辈, 相互指导, 能有效降低老年人的孤独感。③老年大学具备固定的办学环境。老年大学拥有固定场所, 受天气等外部因素的影响较小, 具备长期开展太极拳教学活动的软硬件基础设施, 有利于老年人系统、连续地学习。(二) 劣势 (Weakness): ①缺乏系统的课程体系和专业的师资力量。当前, 我国各地老年大学多数以“按需设课”原则, 注重课程设置, 但缺少学科建设的意识和实践。此外, 师资力量薄弱也是当前我国老年大学发展过程中面临的另一个共性问题。②缺乏稳定的经费来源。目前我国大部分老年大学的经费主要来源于政府财政拨款。我国实施的老年教育是不以盈利为目的的公益性事业, 学员收费标准十分低廉。其次, “供不应求”的现象将进一步增加老年大学的“财政赤字”。此外, 办学规模的限制也将进一步扩大地区之间与城乡之间老年教育的差异。(三) 机会 (Opportunity): ①良好的政策支持和社会环境。《中共中央 国务院关于

加强新时代老龄工作的意见》和《关于恢复和扩大消费的措施》支持各类机构举办老年大学、参与老年教育。其次，地方政府也相继出台了一系列政策措施支持老年大学的发展。例如，山东省先后出台《关于加快发展老年教育的实施意见》《关于鼓励职业院校举办老年大学的通知》《山东省“十四五”教育事业发展规划》《山东省老年教育条例》等促进老年大学建设与发展的政策法规。除此之外，太极拳作为民族传统体育项目，其传承与发展也广受国家重视。《“健康中国 2030”规划纲要》明确指出：“扶持推广太极拳、健身气功等民族民俗民间传统运动项目。”

(四) 挑战 (Threats): ①当前，我国老年大学的建设仍缺乏相应的管理制度与明确的经费来源。②我国老年大学的开展仍缺乏政府层面制定统一标准。③随着我国老龄化程度不断加深，老龄人数总量将不断增加。④不同年龄阶段老年人的身体状况有所不同，这将对老年大学师资队伍的建设提出更严格的要求。⑤老年人从事体育锻炼存在损伤风险。老年人受代谢影响易发骨质疏松等慢性病，患急性疾病的概率相较其他群体更高。因此，须降低老年人在学练过程中发生运动损伤的风险。

研究结论：太极拳运动在老年大学中开展具有良好的优势与广阔的前景，但同时也具备一定的缺点，面临着部分挑战。因此未来可从政府、社会和老年大学三个主体提出太极拳运动进一步发展的优化路径，以促进老年事业与太极拳运动的融合发展。

关键词：SWOT 分析，太极拳运动，老年大学

SWOT study on the integration of Taijiquan into the development of senior university

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Abstract: Research purpose: At present, the aging problem is becoming increasingly prominent in China, and the demand for lifelong education and health promotion of the elderly is constantly increasing. The university for the elderly has become an important platform for the elderly to learn and make friends, and has good conditions for carrying out Taijiquan. This study uses SWOT model to analyze the pros and cons of Taijiquan teaching in senior universities, deeply analyze the problems in the actual development process, and propose targeted solutions to promote the scientific and standardized teaching of Taijiquan in senior universities and help the development and construction of "healthy China". **Research methods:** In this study, "Taijiquan", "SWOT analysis", "education for the elderly" and "University for the elderly" were used as keywords in

Chinese electronic databases such as "Jiwei", "Wanfang" and "Weipu". By using the methods of literature and theoretical analysis, this paper carries out a multidimensional analysis on the integration of Taijiquan into the development of senior universities in China based on SWOT model. From the four aspects of Strengths, weaknesses, opportunities and Threats, this paper expounds the advantages and disadvantages of Taijiquan in universities for the elderly.

Research results: (1) Strengths Universities for the elderly are in short supply. China's elderly population base is huge, the elderly study enthusiasm is high, in recent years, the university for the elderly "a difficult to find", queuing in the middle of the night, online registration one minute full phenomenon is frequent. The huge demand for learning provides a broad mass foundation for the development of Taijiquan. In addition, education for the elderly in our country belongs to social welfare undertakings, generally paying no tuition fees or only a small amount of tuition fees. The low price also attracts more and more elderly people to join the senior university. The unique function of Taijiquan both inside and outside. 24-type Tai Chi can improve the balance function, lower limb muscle strength, posture control and other abilities of the elderly, and can effectively reduce and prevent the occurrence of falls in the elderly. In addition, after long-term taijiquan exercise, the state anxiety of the elderly group decreased significantly, the scores of mood scale such as tension, anger, fatigue and TMD scores decreased significantly, and the score of mood scale increased significantly. In addition, the elderly can make friends and guide each other when learning Tai Chi, which can effectively reduce the loneliness of the elderly. The university for the elderly has a fixed education environment. The university for the elderly has a fixed place, is less affected by external factors such as weather, and has hardware and software infrastructure to carry out Taijiquan teaching activities for a long time, which is conducive to the systematic and continuous learning of the elderly.

(2) Weakness

① Lack of systematic curriculum system and professional teachers. At present, most universities for the elderly in China follow the principle of "courses on demand" and pay attention to curriculum setting, but lack the consciousness and practice of discipline construction [6]. In addition, the weak faculty is also another common problem in the development process of China's universities for the elderly. ② Lack of stable funding sources. At present, most of the funds of senior universities in our country mainly come from the government financial allocation. The

education for the elderly implemented in our country is a non-profit undertaking with no profit as its purpose, and the fees charged by students are very low. Secondly, the phenomenon of "short supply" will further increase the "financial deficit" of universities for the elderly. In addition, restrictions on the size of schools will further widen the gap between regions and between urban and rural areas in education for the elderly.

(3) Opportunity

① Good policy support and social environment. The Opinions of the Central Committee of the Communist Party of China and The State Council on Strengthening the Work of Aging in the New Era and the Measures on Restoring and Expanding Consumption support various institutions to hold universities for the elderly and participate in education for the elderly. Secondly, local governments have also introduced a series of policies and measures to support the development of universities for the elderly. For example, Shandong Province has successively promulgated the Implementation Opinions on Accelerating the Development of Education for the Elderly, the Notice on Encouraging Vocational Colleges to hold universities for the Elderly, the 14th Five-Year Plan for the Development of Education in Shandong Province, and the Regulations of Shandong Province on Education for the Elderly to promote the construction and development of universities for the elderly. In addition, Tai Chi as a national traditional sports, its inheritance and development is also widely valued by the state. The Outline of the "Healthy China 2030" Plan clearly states: "Support and promote Taijiquan, fitness Qigong and other ethnic folk traditional sports."

(4) Threats

① At present, the construction of universities for the aged in our country still lacks corresponding management system and clear funding sources. ② The development of universities for the elderly in China still lacks a unified standard at the government level. ③ With the deepening of China's aging degree, the total number of old people will continue to increase. ④ The physical conditions of the elderly at different ages are different, which will put forward stricter requirements for the construction of the teaching staff of the university for the elderly. ⑤ There is a risk of injury in elderly people engaged in physical exercise. The elderly are susceptible to chronic diseases such as osteoporosis due to metabolic influences, and the probability of suffering from acute diseases is higher than that of other groups. Therefore, it is necessary to reduce the risk of sports injury in the

process of learning and training in the elderly.

Conclusion: Tai Chi has good advantages and broad prospects in the university for the elderly, but it also has certain shortcomings and faces some challenges. Therefore, in the future, the optimal path for the further development of Taijiquan movement can be proposed from the government, society and the university for the elderly, so as to promote the integration and development of the cause of the elderly and Taijiquan movement.

Key words: SWOT analysis, Taijiquan movement, university for the elderly