

高校太极拳课程思政育人的价值与路径研究

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研究目的: 教育部指出“武术类课程应该注重爱国教育和优秀传统文化教育, 在学习中培养学生顽强拼搏、树立崇高的理想信念, 激发和提高学生民族责任感和意识感。”太极拳作为中国武术的重要支系, 具有天然的育人优势, 太极拳分为杨氏、陈氏、武氏、孙氏、吴氏等六个流派, 太极拳姿势舒展大方、动作简单易学, 所蕴含的思政元素有助于引导学生弘扬中华优秀传统文化。应将太极拳课程思政育人贯穿于课程性质、目标与教学理念、内容、方法、过程和考评中, 深度挖掘太极拳的思政元素来构架太极拳的文化价值, 是新时期课程思政立德树人、弘扬中华优秀体育文化的要求。**研究方法:** 1) 文献资料法。通过中国知网、维普等数据库为来源, 以“太极拳融入课程思政”“太极拳育人价值”等为关键词进行检索, 为本文的撰写奠定基础。2) 逻辑分析法。对查阅的文献资料进行逻辑推理和辩证分析, 揭示太极拳的文化价值等并对其进行分析提出优化路径。**研究结果:** 太极拳育人价值有: 民族精神、文化自信、尚武崇德、创新精神。1) 民族精神: 太极拳作为中国武术的重要支系, 具有天然的育人优势, 太极拳推手通过对练双方的单推、双推、折叠推等步伐进行习练, 一招一式、一进一退体现出的攻防意识和反应状态是培育青少年“进退皆宜, 能屈能伸、舍己从人”等的思想理念, 通过太极拳教学可以促使青少年形成自强不息、刚正不阿、顽强拼搏、家国情怀等的民族精神。2) 文化自信: 太极拳遵循天人合一的哲学观点, 维护“道之以德, 齐之以礼”的德治; 提倡“任重而道远, 不负韶华砥砺前行”的观点; 重视“仁者必有勇”; 在践行中领悟“三纲五常”、“仁义礼信志”、“修身齐家治国平天下”、“义利之辨”、“人性论”等思想都集中呈现了中国独特的思维方式——文化自信。3) 尚武崇德: 太极拳重视“立德”的基本原则, 在教学过程中“以礼显德”正所谓“未曾习武, 先习德”, 通过“德艺双馨”来实现核心价值观; 在习练技术过程中讲究“尾闾中正”、“里三合外三合”的行走架势, 习练时还要注意“沉心静气”、“圆满连贯”、“虚实分明”的原则; 攻防技击讲究“以柔制刚”、“以静制动”的原则; 习练后追求体认和感悟等。4) 创新精神: 太极拳是阴阳相辅相成、五行相生相克、世间万物否极泰来的辩证思维代表; 是中华民族“礼之用, 和为贵”、“天行健, 君子以自强不息”、“仁义礼智信, 温良恭俭让”等的精神象征; 将其融入可有有利于开拓学生的思维逻辑, 或是通过理论与实践相结合建立新的形式逻辑, 太极拳历史悠久, 内容博大精深, 通过“创新”手段

利用它、剖析它，让其更加科学化的服务人类社会，这是一种极大的创新挑战。**研究结果：**高校太极拳课程融入教学的优化路径：1) 科学设计思政教学目标。在制定思政目标时以“武德”为基础，结合技能学习和德育引领，在教学中融入太极拳的思政元素，构建完整的体育核心素养体系，即能力目标、健康行为、体育品德目标。2) 构建思政内容体系。将太极拳与地方特色拳种相结合；评价上建立完善的评价体系，如对教师师德师风的评价，对教学效果的评价，对学生“武德”贯穿到日常生活表现的评价。3) 深化教师责任意识。通过阶段性的对教师进行思政培训，将太极拳的深刻内涵在体育教学中自觉融入思政教育，在最大程度上发挥太极拳的育人价值；在责任意识上可以搭建教师交流平台，在实践过程中深入探讨交流凝练，提高教师高度育人的责任意识。4) 深入挖掘思政元素，精选育人素材。深入突破太极拳课程思政元素“挖什么”“怎么挖”的难题，梳理太极拳的育人价值和优势，以“德育”教育为基础，以点带线，以线带面深度挖掘太极拳的思政元素；在太极拳思政素材的选用上要秉持学生为中心，根据学生的实际情况，科学合理的将素材运用到教学过程中，实现“以武育人”。太极拳是特定历史时期的产物受博大精深历史文化的熏陶，将其融入课程，能够引导学生更好的运用观察、比较、理解、抽象、演绎、归纳等体育方法；太极拳融入思政教学有助于引导学生弘扬中华优秀传统文化，树立正确的人生观、价值观、世界观，践行社会主义核心价值观，强化学生的修身养性，形成良好的思维模式，落实立德树人的根本任务、努力培养高校学生成为担负祖国大任的接班人。

关键词：太极拳融入课程思政；太极拳育人价值；实现路径

Research on the Value and Path of Ideological and Political Education in College Tai Chi Curriculum

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Research purpose: The Ministry of Education pointed out that "martial arts courses should focus on patriotic education and traditional excellent cultural education, cultivate students' tenacious struggle, establish lofty ideals and beliefs, stimulate and improve students' sense of national responsibility and consciousness in learning." As an important branch of Chinese martial arts, Tai Chi has natural educational advantages. Tai Chi is divided into six schools, including Yang, Chen, Wu, Sun, and Wu. The posture of Tai Chi is relaxed and generous. The actions are simple and easy

to learn, and the ideological and political elements contained in them help guide students to promote excellent Chinese culture. The ideological and political education of Tai Chi curriculum should be integrated into the nature, objectives, teaching concepts, content, methods, processes, and evaluations of the curriculum. Deeply exploring the ideological and political elements of Tai Chi to construct its cultural value is a requirement for the ideological and political education of Tai Chi curriculum in the new era to cultivate morality and promote excellent Chinese sports culture. **Research method:** 1) Literature review method. Using databases such as CNKI and VIP as sources, search for Key words such as "integrating Tai Chi into curriculum ideological and political education" and "Tai Chi's educational value" to lay the foundation for the writing of this article. 2) Logical analysis method. Conduct logical reasoning and dialectical analysis on the literature reviewed, reveal the cultural value of Tai Chi, and analyze it to propose optimization paths. **Research results:** The educational values of Tai Chi include: national spirit, cultural confidence, martial arts and morality, and innovative spirit. 1) National spirit: As an important branch of Chinese martial arts, Tai Chi has natural educational advantages. Tai Chi push hands practice by practicing the single push, double push, folding push and other steps of both sides, and the attack and defense awareness and reaction state reflected by each move and each advance and retreat are the ideological concepts of cultivating young people, such as "advancing and retreating are suitable, being able to bend and stretch, and sacrificing oneself to others". Through Tai Chi teaching, it can promote the formation of self-improvement among young people The national spirit of integrity, tenacious struggle, and patriotism. 2) Cultural Confidence: Tai Chi follows the philosophical viewpoint of the unity of heaven and man, and upholds the rule of virtue of "morality is the foundation of the Tao, and propriety is the foundation of Qi"; Advocate the viewpoint of "having a heavy responsibility and a long way to go, not failing to forge ahead in the youth"; Emphasize that 'those who are benevolent must have courage'; In practice, the understanding of the "Three Cardinals and Five Constants", "Benevolence, righteousness, propriety, and trustworthiness", "Cultivating one's character, governing the country, and leveling the world", "Discrimination between righteousness and profit", "Theory of Human Nature", and other ideas, all present China's unique way of thinking - cultural confidence. 3) Advocating Martial Arts and Virtue: Tai Chi emphasizes the basic principle of "establishing virtue", and in the teaching process, "showing virtue through etiquette" is the saying "never practice martial arts,

learn virtue first", and achieve core values through "double virtues of virtue and art"; In the process of practicing techniques, attention should be paid to the walking posture of "upright at the end" and "three in one and three out". During practice, attention should also be paid to the principles of "calm mind and calmness", "perfect coherence", and "clear distinction between reality and emptiness"; Offensive and defensive techniques emphasize the principle of "using softness to overcome hardness" and "using stillness to brake"; Pursue recognition and comprehension after practice. 4) Innovative spirit: Tai Chi is a dialectical thinking representative of Yin and Yang complementing each other, the five elements generating and restraining each other, and all things in the world changing from bad to good; It is a spiritual symbol of the Chinese nation's "use of etiquette, harmony is precious", "the healthy nature of heaven, the gentleman's constant self-improvement", "benevolence, righteousness, propriety, wisdom, trust, gentleness, courtesy, thrift, and compromise", and so on; Integrating it into students' thinking logic can be beneficial, or by combining theory with practice to establish new formal logic, Tai Chi has a long history and profound content. Utilizing and analyzing it through innovative means to make it more scientifically serve human society is a great innovation challenge. **Research results:** Optimization path for integrating Tai Chi courses into teaching in universities: 1) Scientific design of ideological and political teaching objectives. When formulating ideological and political goals, it is based on "military ethics", combined with skill learning and moral education guidance, and integrates the ideological and political elements of Tai Chi into teaching, to build a complete sports core literacy system, namely ability goals, healthy behavior goals, and sports moral goals. 2) Build a system of ideological and political content. Combining Tai Chi with local characteristic boxing styles; Establish a comprehensive evaluation system for evaluation, such as the evaluation of teachers' professional ethics and conduct, the evaluation of teaching effectiveness, and the evaluation of students' "martial arts ethics" throughout their daily life performance. 3) Deepen teachers' sense of responsibility. Through periodic ideological and political training for teachers, the profound connotation of Tai Chi is consciously integrated into ideological and political education in physical education teaching, and the educational value of Tai Chi is maximized; In terms of sense of responsibility, it is possible to build a platform for teachers to communicate and refine in depth during the practical process, in order to enhance teachers' sense of responsibility in highly educating people. 4) Deeply explore ideological and political elements and select

educational materials. Deeply break through the problem of "what to excavate" and "how to excavate" ideological and political elements in Tai Chi curriculum, sort out the educational value and advantages of Tai Chi, based on "moral education" education, and deeply explore the ideological and political elements of Tai Chi with points and lines, and lines and surfaces; In the selection of ideological and political materials for Tai Chi, students should be taken as the center, and the materials should be scientifically and reasonably applied to the teaching process based on the actual situation of students, in order to achieve "educating people with martial arts". Tai Chi is a product of a specific historical period, influenced by extensive and profound historical culture. Integrating it into the curriculum can guide students to better use sports methods such as observation, comparison, understanding, abstraction, deduction, and induction; The integration of Tai Chi into ideological and political education can help guide students to promote excellent Chinese culture, establish a correct outlook on life, values, and the world, practice socialist core values, strengthen students' self-cultivation, form a good thinking mode, implement the fundamental task of cultivating morality and talent, and strive to cultivate college students to become successors who shoulder the great responsibility of the motherland.

Key words: Integrating Tai Chi into the curriculum of ideological and political education; The educational value of Tai Chi Boxing; Implementation Path