

新时代太极拳人才培养的机遇、挑战与路径探索

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摘要：研究目的：探究新时代背景下太极拳人才培养的机遇、挑战及可行路径，为培养适应时代需求的高素质太极拳专业人才、推动太极拳事业发展提供理论与实践参考。**研究背景：**太极拳作为中华传统武术瑰宝，兼具健身、文化传承等多重价值。在国家重视传统文化、“健康中国”战略推进及民众健康需求增长的背景下，太极拳发展迎来机遇，但当前人才培养存在结构不均衡、高校教育不足、教学方法传统等问题，难以满足行业需求。**研究方法：**综合运用文献资料法、专家访谈法与逻辑分析法，系统分析太极拳人才培养的现状与问题。**研究结论：**新时代太极拳人才培养面临政策支持、健康需求增长、文化传承需要等机遇，但也存在人才结构失衡、高校培养薄弱、教学内容单一等挑战。需通过优化人才培养结构、深化高校教育改革、创新教学方法、加强师资建设及推动校企结合等路径，培养复合型人才，促进太极拳事业繁荣发展。

Opportunities, Challenges and Path Exploration for Cultivating Tai Chi Talents in the New Era

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Abstract: Research Purpose: This study aims to explore the opportunities, challenges, and feasible paths for the cultivation of tai chi talents in the context of the new era, providing theoretical and practical references for cultivating high-quality tai chi professionals who meet the needs of the times and promoting the development of tai chi undertakings. **Research Background:** As a treasure of traditional Chinese martial arts, tai chi has multiple values such as fitness and cultural inheritance. Against the backdrop of the country's emphasis on traditional culture, the advancement of the "Healthy China" strategy, and the growing health needs of the public, tai chi is facing development opportunities. However, the current talent cultivation is plagued by problems such as unbalanced structure, insufficient education in colleges and universities, and traditional teaching methods, which make it difficult to meet the needs of the industry. **Research Methods:** This study comprehensively uses the methods of literature review, expert interviews,

and logical analysis to systematically analyze the current situation and problems of tai chi talent cultivation.

Research Conclusions: In the new era, the cultivation of tai chi talents enjoys opportunities such as policy support, growing health needs, and the demand for cultural inheritance, but it also faces challenges including unbalanced talent structure, weak cultivation in colleges and universities, and single teaching content. It is necessary to cultivate compound talents and promote the prosperity of tai chi undertakings through paths such as optimizing the talent cultivation structure, deepening the reform of college education, innovating teaching methods, strengthening the construction of teaching staff, and promoting school-enterprise cooperation.