基于 citespace 软件对我国近十年太极拳在教学领域研究的可视化分析

徐小龙

广州体育学院研究生院，广东广州 510102

摘要：研究目的：太极拳是中国传统文化的璀璨明珠，它不仅具有健身、养生和防身的作用，近年来还在学校体育、大众健身等领域得到了广泛应用。在"健康中国"战略不断推进的当下，太极拳教学的科学化与规范化需求正变得愈发迫切。本项研究聚焦于我国太极拳在教学领域的学术发展轨迹，采用 Citespace 6.4R1 知识图谱工具进行可视化解析。通过多维度计量分析，系统考察该领域文献核心研究者群体特征、主要研究机构分布格局及高频关键词主题演化态势。旨在揭示太极拳学术演进的内在逻辑，辨识领域创新的关键节点，从而为后续学术探索与实践应用提供参考依据。**研究方法：**通过在中国知网（CNKI）上以"太极拳"、"教学"为主题词进行检索，检索时间设为 2015 年-2024 年，去除会议、书评等无效的文献，最终得到核心学术期刊（北大核心、CSSCI）、博士及硕士论文约 551 余篇，作为本研究分析样本。随后使用 CiteSpace6.4R1 版本可视化知识图谱软件对选取的文献的作者、机构、关键词共现、关键词聚类等进行可视化图，以此描述太极拳在教学领域研究的发展轨迹、现状和研究热点与趋势。**研究结果：**1.张长念为出现频次最高的作者，研究领域涉及武术、民族传统体育、国际传播等，随后分别为段丽梅、曹茂军、洪圣达、董宇威、刘军占等人。2.发文机构共有 164 家，排在前十的机构分别为北京体育大学、河南大学、上海体育大学、吉林体育学院、首都体育学院、成都体育学院、武汉体育学院、河北师范大学、郑州大学和华东师范大学。3.关键词分析结果显示高频关键词位太极拳 123 次、中心度位 0.72，其次分别是武术（40 次、0.22）、教学设计（25 次、0.08）、孔子学院（19 次、0.07）、现状（17 次、0.07）、体育教学（13 次、0.03）、大学生（11 次、0.05）等。4.关键词聚类显示为八类，分别是#0：太极拳、#1：武术、#2：大学生、#3：对策、#4：教学设计、#5：高校、#6：传统文化、#7：八段锦。**研究结论：**通过对已选文献的计量分析，太极拳在教育领域的研究呈现出鲜明的学术集聚特征。1.北京体育大学以绝对优势位列发文量榜首，彰显出其在武术教学领域的领先地位。2.张长念与曹茂军等学者围绕教学设计、现状调查展开的系列研究，则进一步地推动了理论与实践的深度融合。这种以高校为核心、学者为节点的学术共同体，为太极拳教学研究的持续发展提供了稳固的保障。3.关键

词共现与聚类分析揭示了太极拳教学研究的热点变化趋势，"武术"、"教学设计"、"大学生"等高频词的呈现，反映出研究中心逐渐向文化赋能的转变。综上所述，在政策扶持与方法创新发展的双重驱动下，太极拳教学体系亟待通过理论体系优化、智能技术融合及政策协同创新等多个维度实现革新突破。这不仅能够促进其从传统文化载体升级为现代教育模式，更能构建起支撑全民健身公共服务体系与中华体育文化全球传播的立体化发展框架，为提升国家软实力提供可持续性发展动能。

关键词：太极拳；教学；citespace；可视化分析

Visualization analysis of Tai Chi teaching research in China over the past decade based on CiteSpace software

Xiaolong Xu

Guangzhou Sport University, Guangzhou 510102, Guangdong, China

Research Purpose: Tai Chi is a brilliant gem of Chinese traditional culture. It not only serves functions of fitness, health preservation, and self-defense but has also been widely applied in recent years in areas like school physical education and mass fitness. With the continuous advancement of the "Healthy China" strategy, the demand for the scientific and standardized teaching of Tai Chi is becoming increasingly urgent. This study focuses on the academic development trajectory of Tai Chi teaching in China, employing the CiteSpace 6.4.R1 knowledge mapping tool for visual analysis. Through multi-dimensional bibliometric analysis, it systematically investigates the characteristics of the core researcher groups, the distribution patterns of major research institutions, and the evolution of high-frequency keyword themes in this field. The aim is to reveal the internal logic of Tai Chi academic evolution, identify key nodes of innovation within the field, and thereby provide reference points for subsequent academic exploration and practical application. **Research Methods:** By searching the China National Knowledge Infrastructure (CNKI) database using "Tai Chi" and "Teaching" as subject terms, setting the search period from 2015 to 2024, and removing invalid literature such as conference papers and book reviews, approximately 551 articles from core academic journals (Peking University Core, CSSCI), doctoral dissertations, and master's theses were ultimately obtained as the analysis sample for this study. Subsequently, the CiteSpace 6.4.R1 version visualization software was used to generate visual maps depicting the authors, institutions, keyword co-occurrence, and keyword clustering of the selected literature. This was done to describe the

development trajectory, current status, research hotspots, and trends in Tai Chi teaching research. **Research Results:** 1. Zhang Changnian was the author with the highest frequency of publications, with research areas involving martial arts, traditional ethnic sports, international communication, etc., followed by Duan Limei, Cao Maojun, Hong Shengda, Dong Yuwei, Liu Junzhan, and others.2. There were 164 contributing institutions. The top ten institutions were: Beijing Sport University, Henan University, Shanghai Sport University, Jilin Sport University, Capital University of Physical Education and Sports, Chengdu Sport University, Wuhan Sport University, Hebei Normal University, Zhengzhou University, and East China Normal University.3.Keyword analysis results showed the high-frequency keywords were: Tai Chi (123 occurrences, centrality 0.72), followed by Martial Arts (40 occurrences, centrality 0.22), Teaching Design (25 occurrences, centrality 0.08), Confucius Institute (19 occurrences, centrality 0.07), Current Situation (17 occurrences, centrality 0.07), Physical Education Teaching (13 occurrences, centrality 0.03), College Students (11 occurrences, centrality 0.05), etc.4.Keyword clustering revealed eight categories: #0 Tai Chi, #1 Martial Arts, #2 College Students, #3 Countermeasures, #4 Teaching Design, #5 Universities/Colleges, #6 Traditional Culture, #7 Baduanjin (Eight Section Brocade). **Research Conclusion:** Through the bibliometric analysis of the selected literature, research on Tai Chi in the educational field exhibits distinct characteristics of academic concentration.1.Beijing Sport University holds the top position in publication volume by an absolute margin, demonstrating its leading role in the field of martial arts teaching.2.The series of studies conducted by scholars like Zhang Changnian and Cao Maojun focusing on teaching design and current situation investigations have further promoted the deep integration of theory and practice. This academic community, centered around universities and scholars as nodes, provides a solid foundation for the sustainable development of Tai Chi teaching research. 3. Keyword co-occurrence and clustering analysis reveal the trend of research hotspots in Tai Chi teaching. The prominence of high-frequency words such as "Martial Arts," "Teaching Design," and "College Students" reflects a shift in research focus towards cultural empowerment. In summary, driven by both policy support and methodological innovation, the Tai Chi teaching system urgently requires innovative breakthroughs through multiple dimensions such as optimization of the theoretical system, integration of intelligent technology, and collaborative policy innovation. This can not only facilitate its transformation from a carrier of traditional culture into a modern educational model but also construct a multi-dimensional development framework supporting the national fitness public service system and the global dissemination

of Chinese sports culture, thereby providing sustainable development momentum for enhancing national soft power.

Keywords: Tai Chi; Teaching; CiteSpace; Visualization Analysis