

分论坛 2: 太极拳的人文精神与当代价值研究

文化理念视角下西方健身运动和中国传统养生运动的对比研究

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摘要: 研究目的: 经济决定文化的发展, 文化会对经济的发展产生反作用。当前我国实行文化强国战略, 且党在二十大上针对着两大战略分别强调: “推进文化自信自强, 铸就社会主义文化新辉煌”、“广泛开展全民健身活动, 加强青少年体育工作, 促进群众体育和竞技体育全面发展, 加快建设体育强国”, 习近平总书记也指出: “发展体育事业不仅是实现中国梦的重要内容, 还能为中华民族伟大复兴提供凝心聚气的强大精神力量。我们要弘扬中华体育精神, 弘扬体育道德风尚, 推动群众体育、竞技体育、体育产业协调发展, 加快建设体育强国。”基于此, 健身文化的建设越发重要。本文以东西方文化理念作为研究的视角, 通过文献资料法、对比研究法和逻辑分析法等研究方法, 对西方的健身运动和中国传统养生运动的不同点进行研究, 从而推动体育文化的相关建设。**研究方法:** 1. 文献资料法: 通过山东体育学院图书馆、中国国家图书馆等全国各地的图书馆官方网站, 以及中国知网、万方数据库等学术平台, 搜索‘西方健身运动’、‘中国传统养生运动’等关键词, 搜集与其相关的图书著作、核心期刊论文, 为本次研究提供理论支持。2. 专家访谈法: 与相关领域的专家学者进行有关西方健身运动与中国传统养生运动等方面的访谈, 了解它们的起源以及发展历史等等。3. 逻辑分析法: 对相关材料进行整理, 形成本次研究的主要内容。4. 对比研究法: 将西方健身运动与中国传统养生运动进行对比, 得出本研究的结果与结论。**研究结果:** 1. 西方健身运动的文化理念: (1) 教育文化理念: 西方的健身运动发源于教育, 古希腊著名哲学家、思想家柏拉图曾将体能教育与知识教育相提并论。在梭伦改革时期, 体育的地位得到提升, 它与德育、智育、美育都是培养人才的手段, 同时雅典的健身行业也得到了一定的发展, 高等教育的英语“academy”便来源于雅典的一个健身房。近现代时期, 受文艺复兴、启蒙运动思潮的影响, 健身运动朝着科学化、人性化方向发展, 骑士训练和希腊式健身法得到了众思想家、教育家的推崇, 在体育史上有着重要的意义。(2) 军事训练思想: 西方健身运动自产生开始, 就带有一定的军事功能。斯巴达城邦是一个军事性质的城邦, 其极端化的军事健身训练虽然提

高了本地人的体能、体质以及战斗力，但由于其忽视智育，在一定程度上对社会的发展产生了一定的负面影响；雅典城邦也通过健身进行军事训练，以此来培养文武兼备的军事人才，但它只面向本城邦的成年男性公民，忽略了女性，也不利于社会的发展。近现代时期，由于世界局势的发展，健身运动的军事功能逐渐在欧美各国得到了推广，德国著名体能教师德里希·路德维希·杨创立了杨氏体操，对后来的普法战争等产生了一定的影响；瑞典文学家、诗人、教育家佩尔·亨利克·林以运动解剖等理论为基础创立了军事体操，其中用于军事训练的兵氏体操有利于军队士兵体质和意志的培养。

(3) 解剖等科学理论思想：从启蒙运动时期开始，运动解剖等科学思想在西方健身运动发展的过程中占据着重要的地位，在运动解剖学、体育心理学等学科的影响下，西方健身运动得到了科学化发展，无论是体质的改变、身体素质提高，还是心理压力的释放以及精神状况的改善都具有一定的积极意义。

2. 中国传统养生运动的文化理念：

(1) 老庄、《周易》哲学思想：中国传统养生运动的产生与老庄周易哲学思想息息相关。一方面，老庄学说强调自然规律、以静养生和形神合一在养生中的作用，另一方面，《周易》强调‘阴与阳’以及‘动与静’的辩证统一，因此传统养生运动的运动速度相对缓慢、节奏也较为缓和，其对身体的调整相对全面。

(2) 太极拳等武术流派的理念：武术养生是传统养生运动在发展的过程中与武术结合之后的结果。陈式太极拳就是由陈王廷以戚继光‘拳经三十二势’为基础，结合导引术等技能创编出来的，它对人体气息和气血的调理具有至关重要的作用；少林禅武医强调养气的作用，认为无论练功还是学习某些技能，首先要养气，养气方面的工作做好了，无论学什么都事半功倍，同时它也强调禅修等养生方法在结合之后对生理以及心理的变化。

(3) 阴阳五行等传统中医理论：传统中医的相关理论对传统养生运动具有一定的指导作用。阴阳五行学说认为人体是由阴阳两种物质以及金木水火土五行，五行又对应了人体的五脏、五腑、五味等，人体只有在阴阳和五行相对协调的情况下才能得到健康发展，它也是创编五禽戏的基础理论之一；天干地支学说将一天分为十二个时辰，每个时辰都有对应的工作器官以及这些器官的工作内容，遵守这些规律，才能维持身体的正常运转；经络学说将人体分为了十二经脉、奇经八脉、720个穴位等等，穴位和经脉将人体的各个器官组织联系起来，通过对穴位施加作用，有利于一些疾病的治疗，大舞的创编便是根据中医的经络学说创编的。

研究结论：通过上述内容，可以得出西方健身运动与中国传统养生运动之间的不同点：

(1) 西方健身运动来源于教育，它主要通过教师等外部因素来培养人的道德品质；中国传统养生运动来源于老庄和《周易》思想，主要通过修身、修心等因素来改变人的道德观、价值观，所以它较为重视心理、情绪等内部因素自身的改变带来的作用。

(2) 西方健身运动除了教育功能，还具有一定的军事功能，它对士兵体质的

改变以及军队战斗力的提高都具有显著的影响;与传统武术的结合赋予了传统养生运动一定的技击功能,同时它以传统中医的相关理论作为指导思想,所以它也具有一定的医疗功能。

(3) 西方健身运动以运动解剖、运动生理以及体育心理作为指导理论,它强调通过运动量较大的运动来改变人的身心健康;中国传统养生运动以中医的相关理论为理论基础,不仅重视身体锻炼带来的作用,也看重生活习惯等因素的重要性,与西方健身运动相比较为全面。

关键词: 西方健身运动;中国传统养生运动;文化理念

Comparative Study of Western Fitness Exercises and Traditional Chinese Health Preserving Exercises from the Perspective of Cultural Ideals

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Abstract: Research Objective: This study aims to investigate the interplay between economy and culture, recognizing that economic factors shape the development of culture while culture, in turn, exerts influence on economic development. The current strategic focus in our country is on becoming a strong cultural nation, as emphasized in the 20th National Congress by the Party with respect to two key strategies: "Advancing cultural self-confidence and strength to forge a new era of socialist cultural brilliance" and "Extensively promoting nationwide fitness activities, strengthening youth sports initiatives, fostering comprehensive development of mass sports and competitive sports, and accelerating the construction of a sports powerhouse." Chinese President Xi Jinping has also highlighted the importance of sports development, stating that it not only constitutes a significant aspect of realizing the Chinese Dream but also provides a powerful spiritual impetus for the great rejuvenation of the Chinese nation. Upholding the spirit of Chinese sports, promoting sports ethics, and facilitating the coordinated development of mass sports, competitive sports, and the sports industry are imperative in our pursuit of constructing a sports powerhouse. In light of these considerations, the establishment of a fitness culture assumes increasing significance. Adopting an East-West cultural ideals perspective, this paper employs research methods such as literature review, comparative analysis, and logical analysis to

investigate the distinctions between Western fitness exercises and traditional Chinese health-preserving exercises. The findings of this study aim to propel the development of sports culture and its related endeavors. **Research Methods:** 1. Literature Review: A comprehensive literature review was conducted utilizing official library websites such as Shandong Sports University Library and the National Library of China, as well as academic platforms like CNKI (China National Knowledge Infrastructure) and Wanfang Database. Key search terms such as "Western fitness exercises" and "traditional Chinese health-preserving exercises" were employed to gather relevant books, publications from core journals, and scholarly articles to provide theoretical support for this research. 2. Expert Interviews: Interviews were conducted with experts and scholars in relevant fields to gather insights into Western fitness exercises and traditional Chinese health-preserving exercises, including their origins and historical development. 3. Logical Analysis: The collected materials were systematically organized and analyzed to form the main content of this research. 4. Comparative Study: A comparative analysis was conducted to compare Western fitness exercises with traditional Chinese health-preserving exercises, resulting in the findings and conclusions of this study. **Research Results:** Cultural Ideals in Western Fitness Exercises: (1) Educational Cultural Ideals: Western fitness exercises originated from education. The ancient Greek philosopher and thinker Plato equated physical education with intellectual education. During the period of Solon's reforms, the status of sports was elevated, and it was considered a means of cultivating talent along with moral, intellectual, and aesthetic education. The fitness industry in Athens also experienced certain development during this time, and the English word "academy" in higher education originated from a gymnasium in Athens. In the modern era, influenced by the Renaissance and the Enlightenment movement, fitness exercises developed in a more scientific and humanistic direction. Knightly training and Greek-style fitness methods gained recognition and importance from philosophers and educators, playing a significant role in the history of physical education. (2) Military Training Ideology: Western fitness exercises have had military functions since their inception. The city-state of Sparta had a primarily military nature, and its extreme military fitness training, while enhancing the physical abilities, fitness, and combat readiness of its inhabitants, had certain negative effects on social development due to its neglect of intellectual education. Athens also conducted military training through fitness exercises to cultivate military personnel who possessed both literary and martial skills. However, it was

limited to adult male citizens of the city-state, neglecting women and hindering social development. In the modern era, with the evolving global situation, the military functions of fitness exercises gradually gained prominence in various European and American countries. Prominent German physical education teacher Friedrich Ludwig Jahn established the Jahn gymnastics system, which had certain influence on later events such as the Franco-Prussian War. Swedish writer, poet, and educator Pehr Henrik Ling developed military gymnastics based on theories like anatomical studies, which included the Ling system of gymnastics used for military training, contributing to the physical and mental development of soldiers. (3) Scientific Theories and Ideas, including Anatomy: Starting from the Enlightenment period, scientific ideas such as exercise anatomy have played a significant role in the development of Western fitness exercises. Influenced by disciplines such as exercise anatomy and sports psychology, Western fitness exercises have undergone scientific development. Whether it is changes in physique, improvements in physical fitness, release of psychological stress, or enhancement of mental well-being, Western fitness exercises have positive implications.

2. Cultural Ideals in Traditional Chinese Health-Preserving Exercises:

(1) Philosophical Ideas of Laozi and the Book of Changes (Zhouyi): The emergence of traditional Chinese health-preserving exercises is closely related to the philosophical ideas of Laozi and the Book of Changes. On one hand, the philosophy of Laozi emphasizes the role of natural laws, stillness for nurturing life, and the unity of form and spirit in health preservation. On the other hand, the Book of Changes emphasizes the dialectical unity of yin and yang as well as movement and stillness. As a result, traditional health-preserving exercises are characterized by relatively slow movement speeds and gentle rhythms, which contribute to comprehensive adjustments of the body.

(2) Ideals from Tai Chi and Other Martial Arts Schools: Martial arts-based health preservation is the outcome of the integration of traditional health-preserving exercises with martial arts. Chen-style Tai Chi Chuan, for example, was developed by Chen Wangting based on Qu Jiguang's "Thirty-Two Styles of Fist" combined with skills such as guided energy techniques. It plays a crucial role in regulating the body's energy and blood circulation. Shaolin Zen Martial Medicine emphasizes the role of nourishing Qi (vital energy), asserting that whether practicing martial arts or acquiring certain skills, one must first nourish Qi. By prioritizing the cultivation of Qi, all other endeavors become more efficient. Additionally, it emphasizes the combination of Zen meditation and health-preservation methods in

bringing about physiological and psychological changes. (3) Traditional Chinese Medicine Theories such as Yin-Yang and Five Elements: The relevant theories of traditional Chinese medicine provide guidance for traditional health-preserving exercises. The Yin-Yang and Five Elements theories suggest that the human body consists of the interaction of Yin and Yang as well as the five elements of metal, wood, water, fire, and earth. These elements correspond to the body's five viscera, five bowels, and five flavors. Health can only be achieved when there is relative harmony between Yin-Yang and the Five Elements. This theory also forms the foundation for the creation of the Five Animal Frolics exercise. The theory of Heavenly Stems and Earthly Branches divides a day into twelve segments, each associated with specific organs and their functions. Adhering to these principles is essential for maintaining the normal functioning of the body. The theory of meridians divides the human body into twelve meridians, eight extraordinary meridians, and 720 acupoints. These acupoints and meridians connect various organs and tissues in the body. Stimulating specific acupoints is beneficial for treating certain diseases. The creation of the Da Wu dance is based on the theory of meridians in traditional Chinese medicine.

Research Conclusion: Based on the aforementioned content, the following differences between Western fitness exercises and traditional Chinese health-preserving exercises can be identified: (1) Origins: Western fitness exercises originated from education, primarily focusing on cultivating moral qualities through external factors such as teachers. On the other hand, traditional Chinese health-preserving exercises trace their roots back to the philosophical ideas of Laozi and the Book of Changes, emphasizing self-cultivation and inner transformation to shape individuals' moral and values systems. As a result, traditional Chinese health-preserving exercises place relatively greater emphasis on the role of internal factors such as psychology and emotions in effecting personal change. (2) Functional Aspects: In addition to its educational function, Western fitness exercises also have a certain military function, significantly influencing the physical fitness of soldiers and the combat effectiveness of military units. The integration of traditional martial arts contributes to the development of certain combat skills within traditional health-preserving exercises. Furthermore, traditional health-preserving exercises draw guidance from theories in traditional Chinese medicine, thus possessing certain therapeutic functions. (3) Theoretical Orientations: Western fitness exercises are guided by theories of exercise anatomy, exercise physiology, and sports psychology. They emphasize the use of high-intensity exercise to promote physical and

mental well-being. In contrast, traditional Chinese health-preserving exercises are rooted in the theories of traditional Chinese medicine, emphasizing not only the effects of physical exercise but also the importance of lifestyle habits. Compared to Western fitness exercises, traditional Chinese health-preserving exercises tend to take a more holistic approach.

Key words: Western fitness exercises; Traditional Chinese health preservation exercises; Cultural ideologies