

基于“体用合一”理念的大学太极拳 OMO 教学模式构建研究

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摘要：随着教育数字化进程的加速，高校太极拳教学正面临从传统面授向线上线下混合式转型的关键时期。然而，当前太极拳教育普遍存在“重术轻道”、“有体无用”的困境，即偏重动作模仿而忽视其内在的文化内涵与哲学思维，导致教学停留在浅层。本研究以经典《太极拳论》中的“体用合一”思想为核心理论指导，旨在构建一个适用于大学教育的太极拳 OMO（线上-线下融合）教学模式。研究提出，该模式应以“线上知体、线下明用、融合悟道”为基本逻辑，通过线上平台完成理论传授与文化浸润（知体），线下课堂聚焦身体实践与互动体验（明用），最终在虚实融合的教学活动中实现对学生身心素养的全面提升（悟道）。论文系统阐述了该模式的理论基础、结构框架与实施路径，以期为高校太极拳教育教学的创新与在线教育平台的优化升级提供理论参照与实践指引。

关键词：太极拳；OMO 教学模式；高等教育

A Study on the Construction of an OMO Teaching Model for University Tai Chi Based on the Concept of "Integration of Theory and Practice"

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Abstract: With the acceleration of educational digitalization, university Tai Chi teaching is undergoing a critical transition from traditional face-to-face instruction to online-merge-offline (OMO) blended learning. However, current Tai Chi education generally faces the dilemma of "emphasizing technique over philosophy" and "focusing on form without application," where excessive attention to movement imitation neglects its inherent cultural connotations and philosophical thinking, resulting in superficial teaching outcomes. Guided by the core theoretical principle of "integration of theory and practice" from the classic Tai Chi Theory, this study aims to construct an OMO teaching model suitable for university Tai Chi education. The proposed model follows the fundamental logic of "understanding the theory online, applying the practice offline, and comprehending the underlying principles through integration." Specifically, the online platform facilitates theoretical instruction and cultural immersion ("understanding

the theory"), while offline classes focus on physical practice and interactive experience ("applying the practice"). Ultimately, through the integration of virtual and physical teaching activities, the model aims to achieve holistic improvement in students' physical and mental literacy ("comprehending the underlying principles"). This study systematically elaborates on the theoretical foundation, structural framework, and implementation pathways of the model, providing theoretical reference and practical guidance for innovating Tai Chi education and optimizing online educational platforms in higher education.

Keywords: Tai Chi; OMO teaching model; higher education

