

The Intervention of Fitness Qigong·Baduanjin on the Functional Exercise Ability of College Students

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ABSTRACT

Fitness Qigong Baduanjin is a traditional Chinese national sport. This research aims to explore the impact of Baduanjin exercise on college students' functional sports ability through Functional Movement Screen (FMS).

Sixty freshmen (30 male and 30 female) who met the experimental criteria were selected. They come from Ziyang Vocational College of Environmental Science and Technology, Sichuan Province, China. Inclusion criteria of intervention objects: (1) the age is between 18 and 20 years old; (2) No brain and nervous diseases; (3) No history of heart and spine disease; (4) Be able to complete this intervention study and agree with this experimental study. The subjects were randomly divided into two groups by SPSS software, and the each group had 30 subjects (15 male and 15 female). The experimental group received Fitness Qigong·Baduanjin training for 16 weeks, with five times per week, and 40 minutes each time. There was no targeted exercise intervention program in the control group. Paired sample t-test was used to compare the intra-groups comparison, and one-way ANOVA was used to compare the inter-groups. A p-value less than 0.05 is statistically significant level.

(1) The experimental group showed significant improvement in squatting, hurdle step, shoulder flexibility and straight leg active lifting more than the control group ($P < 0.05$). However, there were no significant improvement in straight lunge, trunk stability push up and rotation stability between the experimental group and the control group.

(2) After intervention, the five test results of deepsquat, straight lunge, step up, shoulder flexibility, and straight leg active lifting were significant improvement in the experimental group ($P < 0.05$).

The health Qigong Baduanjin exercise intervention has a significant effect on improving the functional exercise ability of college students. So, Qigong Baduanjin exercise will promote a physical fitness in college students.

Keywords: Qigong ·Baduanjin; college student; Functional action ability

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