

Study on Exercise Prescription of Taijiquan in the Elderly

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ABSTRACT

With the increasing aging of the world population in recent years, the health problems of the elderly have always been the focus of attention in China and the whole world. With the increase of age, the balance ability of the elderly decreases. The influencing factors include the decrease of muscle strength and flexibility, the decrease of joint flexibility, the change of gait, the decrease of sensorimotor coordination and the slow processing of brain information. The common cardiovascular and cerebrovascular diseases, respiratory diseases and motor system diseases in the elderly often affect their health and reduce their quality of life. The health of the elderly not only need to rely on medical intervention, the right amount of exercise is also beneficial to the health of the elderly, the treatment of some chronic diseases have a positive effect.

Taijiquan is one of the traditional Chinese boxing, with a profound cultural heritage. Sun Style Tai Chi is an important branch of the school of Tai Chi. Sun Style Tai Chi is a sports item that integrates fitness, health preservation and self-defense. Regular practice has the effect of adjusting viscera, dredging meridians and collaterals, tonifying qi and benefiting blood, etc., which has attracted the attention of all levels of society in recent years. The arrangement of Sun style Taijiquan routines and moves combines the inner and outer integration of Xingyiquan and the static and dynamic integration of Bagua Quan. The main characteristics are that progress must follow and regression must follow. Sun style taijiquan movement intensity is moderate, it may be, the speed of economic, more suitable for old people practicing, long-term exercise on the cardiovascular system, motor system, respiratory system, nervous - endocrine system can produce beneficial effects, in a unique feature of physical fitness and the treatment of chronic diseases, can not only make the exercisers and comfortable, still can prevent osteoporosis, contributes to disease recovery, Benefits for people with various mental and chronic diseases. It has strong fitness value.

This article mainly adopts the method of literature and logical analysis to study the fitness value of Sun style Taijiquan. According to the pathological characteristics of the elderly, on the basis of the fitness value of Sun style Tai Chi, the exercise prescription of Sun style Tai Chi is formulated for the elderly, so as to provide scientific fitness guidance for the elderly, promote the fitness value of Chinese Sun style Tai Chi, and improve the popularity of Chinese Sun style Tai Chi in the elderly.

Keywords: Taijiquan; Sun style tai chi; Exercise prescription

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Introduction

With the intensification of population aging in my country in recent years, the health of the elderly has always been the focus of social attention. The increase of age leads to the decline of the balance ability of the elderly. The influencing factors include the decline of muscle strength and flexibility, the decline of joint flexibility, the change of gait, the decline of sensory-motor coordination and the slow processing of information in the brain. Cardiovascular and cerebrovascular diseases, respiratory system diseases and motor system diseases that are common in the elderly often affect the health of the elderly and reduce the quality of life of the elderly. The health of the elderly requires not only medical intervention, but also external conditions. Moderate exercise is beneficial to the physical health of the elderly, and has a positive effect on the treatment of some chronic diseases while strengthening the body.

Materials and methods

This paper mainly adopts the method of literature data and logical analysis to study the fitness value of Sun Style Taijiquan. According to the pathological characteristics of the elderly, based on the fitness value of Sun Style Taijiquan, the elderly formulate exercise prescriptions, and follow the principles of optimization, integrity, and dynamics to exercise. By formulating the exercise prescription of Sun-style Taijiquan, it provides scientific fitness guidance for the elderly, promotes the fitness value of Sun-style Taijiquan, and improves the popularity of Sun-style Taijiquan among the elderly.

Results

Taijiquan is one of the traditional Chinese boxing styles with a long history and profound cultural heritage. Sun-style Taijiquan relies on its compact, coherent, even, round and natural style characteristics. In Taijiquan, consciousness, breathing and movement are closely coordinated to achieve the purpose of strengthening the body. Regular practice includes adjusting the internal organs and dredging the body. Meridian, qi and blood and other functions. Sun-style Taijiquan has moderate exercise intensity. It has the characteristics of combining rigidity and flexibility, speed and slowness, and coordination and completeness. It is suitable for the elderly to practice. Long-term practice can affect the cardiovascular system, the motor system, the respiratory system, and the neuro-endocrine system. It has a beneficial effect and is unique in strengthening the body and treating chronic diseases. Long-term practice of Sun-style Taijiquan can adjust people's physical state from both psychological and physiological aspects. benefit to patients.

Discussion

Can Sun Style Tai Chi for the elderly strengthen their body and treat some chronic diseases?

Conclusion

Sun's Taijiquan can strengthen the body and treat some chronic diseases for the elderly

Take home messages

The moderators of the research group and the participating members are all outstanding teachers in the field of education. They have been engaged in physical education teaching in related majors for many years. They have mastered the training methods of scientific sports and the sports skills of fitness, and have a strong practical foundation. During his tenure, he has participated in national, provincial, municipal and school-level research projects for many times, published many excellent papers, and participated in many academic conferences, achieving excellent results. Some of the existing scientific research results have also achieved certain results in application practice. The research group of this subject is a professional team with strong scientific research capabilities. In the research process, the members of this group can overcome all difficulties, and resolutely maintain a serious and rigorous academic attitude to complete this project in awe of academic research. In view of the research ideas of the subject, we have formulated a subject research plan, collecting and organizing materials in the initial stage, conducting field research in the mid-term, formulating exercise prescriptions for the problems of the research in the later stage, and implementing exercise prescriptions to investigate and test the exercise efficacy of the elderly. Finally, start writing the research report. I and the project members promise to resolutely conduct investigation and research in accordance with the research plan, successfully complete the project research in May 2021, and submit the research report on time.

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