



Implications of “Qi Facuts” for the Teaching of Civics and Politics in Physical Education Courses in Colleges and Universities Nowadays

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Abstract

“Qi Fa” is a significant prose fugue created by Meicheng, a prominent rhetorician of the Western Han Dynasty. It is considered one of Meicheng's finest satirical works in the history of Chinese literary development. Through the author's euphemistic, subtle, and beautifully imaginative language, the text cleverly combines advice and psychological therapy in the form of a loosely structured fugue. It skillfully integrates personal healthcare with the transformation of the corrupt culture of hedonism, extending its implications to the stability of the country and the consolidation of the regime. This connection is closely tied to the concept of rapid economic development and the enhancement of people's material well-being. In the realm of thought, rapid economic development has significantly enriched people's material lives, leading to a profound impact on today's social thinking and spiritual pursuits. This impact is particularly notable for young university students, providing them with more significant goals and direction. The fitness idea contained in the current university sports education and sports teaching practices is a profound revelation. In the era of rapid economic development and societal change, it is crucial to view sports education from a national ideological and strategic perspective. Emphasizing moral education is the primary goal of personnel training in universities, focusing on the holistic development of young students. This approach is centered on individuals and is rooted in students' daily lives and experiences. It emphasizes learning from history and integrating these lessons into educational activities and the actual life of students. In addition, by “to learn from history”, we establish a proper orientation to guide young students and effectively cultivate talented individuals with integrity and competence for the country.

Keywords

The idea of health maintenance of Meicheng, traditional physical education ideology, physical education in colleges and universities, talent cultivation

1. Introduction

Meicheng was a rhetorician of the Western Han Dynasty. His “Seven Fortunes” was the first “satirical and admonishing” prose fugue in the Han Dynasty. “Sarcasm and admonition is an important means for Chinese literature to fulfill its political function and intervene in social life. As for the meaning of satirical admonition in “Qi Fas”, Liu Innocenti thought that “the seven orifices of the hairs are born from lust, the beginning of evil and the end of righteousness, so as to warn

the sons of the anointed beams" (Wenxin diao Long - Miscellaneous Writings). Li Shan's note in Selected Writings reads: "The seven things are said to inspire the prince". In the Fu, the Prince of Chu, who was "terminally ill", was gradually induced by seven things, namely, music, food and drink, carriages and horses, travelling and watching, hunting, watching the waves, and the wonderful way of speaking, through mutual questions and answers, to make use of his mental representations to feel the pleasures of the seven things. He pointed out that his illness could not be cured by ordinary medicines and acupuncture, and could only be cured by "the wonderful way of speaking and going away". At that time, after decades of rest and recuperation in the early Han Dynasty, the economy had prospered. The kings of the feudal lords had accumulated a lot of wealth, and the upper-class aristocrats lived a life of luxury and indulgence. As a "guest of a great nation" for a long time, Meicheng was familiar with society's current situation and saw the serious consequences. He thought that this kind of corrupt life would inevitably lead to mental depression and physical weakness, and there was no way to talk about cultivating oneself, keeping the family in order, and leveling the whole world. Despite the historical and hierarchical limitations of the health-care ideology elaborated in Qifa, the unique artistic charm and health-care viewpoints contained in Qifa are extremely thought-provoking for the current time, as it borrows the method of psychological channeling and guides the patient's psychological level to achieve the purpose of treating mental illness and promoting physical and mental health. "Qi Fa" is indeed a rare masterpiece in Han Fu. Today, it is still refreshing to read, and it is quite deafening and awakening" (Chen Zhenpeng et al.,1997).

2. "The Qi Fa" implies the idea of sports and health summary

The article assumes that "the Prince of Chu has a disease", the disease is severe, and Wu Guest goes to greet him. The prince was in his prime but his energy was dissipated, which was caused by his pampering, excessive desire, and spiritual emptiness. Subsequently, Wu Hak observed his words, followed the order of good enticement, using the Prince's psychological activities to change the timing, step by step, with the help of its magnificent literary talent, the use of rendering of the rhetoric of the "seven things" of the thing scene in detail, and ultimately Wu Hak to the "words of wisdom" for the critically ill The Prince of Chu has prescribed seven "prescriptions": one is the music that "birds will open and close their wings when they hear it, and beasts will hang down their ears when they hear it, and they will not be able to walk"; and the other is the music that "YIYIN decocts, and YIYA mixes it up". The second one is the food with herbs to nourish and strengthen the body; the third one is the outdoor galloping with light carriages and steeds to compete for a thousand-mile chase; the fourth "prescription" is to climb up to a high altitude to see the distant view and watch the banquet; the fifth "prescription" is to carry a strong bow and arrows to "drive away the cunning beasts and gather the wild beasts. The fifth "prescription" is to carry a strong bow and arrows, "chase cunning beasts, collect light birds" field hunting; the sixth "prescription" is to persuade the Prince of Chu in August to go to the Qu River in Guangling to see the magical and mysterious waves; the seventh "prescription" is to "use the heart to treat heart disease". The seventh "prescription" is "heart disease also with the heart medicine doctor", with the scene wins the mood method, inspiration and inducement to make the Prince to relieve pain, "muddy water sweat, Huo Ran disease has been" (Hui Shi & Shou Hua, 2000).

3. The basic characteristics and shortcomings of university physical education in China at present

3.1 Focusing on the physical manifestation index

"China's university physical education...cultivating sports top talents or special talents is basically the highest pursuit of university physical education. This makes our country's university physical education whether on the goal or requirements, whether on the content or method, all reflect the distinctive characteristics of the traditional physical education thought". in the school physical education teaching or sports exercise practice, often pay more attention to the simple skills to show the level of physical fitness quality or quantifiable enhancement, to establish "Health first" guiding ideology is difficult to be effective. This is also due to the long-term neglect of health awareness and sports culture inculcation(Xu Suhua,2018).

3.2 Outdated teaching content and stereotypical teaching behaviour

At present, the university's traditional sports teaching places emphasis on systematic and comprehensive knowledge, largely ignoring how to instruct students in conducting scientific and effective self-exercise. This approach misses the opportunity to stimulate intrinsic motivation for sports and exercise. Classroom content selection and teaching mode can not fully reflect the characteristics of students, students are accustomed to the classroom teacher "baton" type of sports learning, self-exercise, and the lack of ability to take care of the body, the teaching environment, teaching methods lagging

behind and lifeless (Wu Key, 2011).

3.3 Weak concepts, test-taking mentality, lack of self-reliance

College students are eager to improve themselves, and at the same time require society to provide them with better conditions for development, but the performance is that the sense of social responsibility of college students is decreasing, and the level of ideological and moral slipping of different magnitudes. They are also negatively tired of the collective activities in class, school, and society, which leads to detachment from the collective, and even to the development of a closed self. Exam-oriented education still exists deeply, after entering the university can not be a timely self-positive adjustment, the temporary lack of goals leads to self-relaxation, relaxation of learning and self-management, and university classroom students do not listen to lectures or even skip class phenomenon. Before entering the university, they generally did not experience too many setbacks in life, too strong a sense of dependence on their parents and others, weak self-reliance and mental capacity, personality and emotional fluctuations, and interpersonal relationships also have certain problems (Jia Xuehong, 2022).

3.4 Lack of reasonable planning

Lack of future planning, lose themselves in the open learning and living environment of the university. In the lower grades of the university, they show that they don't know their own interests, abilities, and strengths, and they are not sure about their professional choices so they can't reasonably allocate the time and energy for study, work, recreation and socialising; near graduation, they show that they are confused about the future, and they are hesitant to get employment or go to graduate school, and they feel remorseful for the time wasted in the university and fearful of stepping out of the door into the society.

4. The limitations of our university physical education model

Although "Qi Fa" was written in the Han Dynasty, its reflection of the Prince of Chu such a patient disease is obviously not unique to the Han Dynasty, regrettably, in the above analysis of the report pointed out that is with "Prince Fang Fu in the year" in general, young students, which had to let us wake up (Zeng Jun, 2008).

4.1 Insufficient stimulation of exercise due to "flexible movement

One of the most important issues is how to avoid injuries in student sports. As the current mechanism for sharing responsibility for injuries in student sports and the social compensation system are not yet perfect, school sports cannot be fully implemented in accordance with the law. Physical education teachers and schools will bear the risks, like gymnastics, track, and field jumping and long-distance running, football, and other sports, the inherent dangers, confrontational features, to enhance the physical fitness of young people, willpower, and cultivate perseverance, bravery, self-confidence, endeavor, and other good personality qualities beneficial and effective. However, when the teaching and exercise on the motivation to stimulate are insufficient, the load and intensity of sports stimulation are reduced, and the lack of intense confrontation content of the physical education programme, students become "weak" (Li Mutong, 2020).

Qi Fa" in the Wu guest to the Prince of Chu opened the fifth "prescription" field hunting, vividly portraying the thrilling, fierce competition and fighting field hunting scenes as the charm of competitive sports, clearly pointing out that a "mu taste to compete for the first" spirit to participate in the intense This clearly points out the necessity of participating in competitive sports in the spirit of "competing for the first place with a sense of flavour". Chairman Mao put forward "to civilise its spirit, first from the savage its body", General Secretary Xi 2020 also said: "Now the children are generally glasses, this is my hidden worry. There is also a decline in physical fitness due to less physical exercise. Civilisation is its spirit, savagery is its body, I say 'savagery its body' is to strengthen the body".

4.2 "Outside" is more important than "Inside" is less important

In today's physical education classroom, the classroom structure seems to be "orderly", in fact, "two hot, cool in the middle", in the organisation of student activities, the content and requirements of no hierarchical changes in the students to cope with the participation of most students in a class down to the majority of students did not even flow a sweat! In the end, most of the students did not even sweat a sweat, turning the body training into a performance, and improving quality is only an empty word! Therefore, the teacher should pay attention to the students to participate in the inner causes of changes in sports behaviour, from the psychological level of analysis, to create a positive and infectious situation and language, guide, guide, inspire, and motivate students to participate in effective sports scenes.

4.3 Emphasis on the performance of sports means, light on the shaping of sports cultural literacy.

"It is better to teach a man to fish than to teach him to fish", using the means of sports to comprehensively influence students' body and mind, and to cultivate the ability to self-exercise and lifelong sports awareness. Let students establish the concept of cherishing health and loving life, and master various means of hygiene to maintain lifelong health (Kang Yunying, 2022).

5. Mei multiplied "Qi Fa" on the current college physical education teaching the ideological concept of some inspiration

Mei multiplied the "Qi Fa" from health with the help of psychological means of therapy to the current college sports teaching ideology to produce a positive and progressive impact:

5.1 Individual level

5.1.1 Cultivating hobbies and moderating desires is the first priority of health

Seven emotions and six desires of all people, Mei multiplied in the "Qi Fa" in the mouth of the "Wu guest" for the pampered aristocratic children of clothing, food, housing, and transport daily life manifested in the bad lifestyle directly criticised, exposed is the great abundance of material nourishes the spirit of emptiness, is typical of the "The disease of wealth and nobility". Life often goes from listening to famous artists playing into the natural beauty of the "world of the sad" music to cultivating personal elegance hobbies, at the same time, the diet is reasonably light, advocate vegetables and food and drink, and abstain from fishy phthalates fat and thick. Dress appropriately is not a luxury, exercise to avoid indigestion, out of the house more contact with the outside world, through the family, education, and personal moderation to promote the development of good habits for a healthy life first (Wu Xiaoming, 2017).

5.1.2 Integrate into nature, cultivate sentiment for health needs

"It is extraordinarily important to go out into the wide world to feel the gift of nature and the tension of life. Travelling for sight-seeing and field hunting are both practical activities. Travelling to see the scenery, can know the country's richness, the mountains, and rivers of the magnificent; mountain hunting, can test their ability to survive, and cultivate the passion for fighting". Dabbling in the network is sedentary coupled with a lethargic mentality, so young people are not in the mood to go outdoors to participate in more physical activities, and can not experience the fun of sports and the joy of interaction with peers. Advocates to the vast natural world, feel the ecological beauty of nature and the natural gift of life, express the mind at the same time also enhance the cultivation of patriotic feelings.

5.1.3 Advocating cultivation, cultivating sentiment as the essence of health

Athletic sports can be a good way to sharpen the will. Participate in intense sports can sharpen their physique, competitive sports from the moment of birth, it is destined to be full of challenges and hardships, with unique endogenous charm, so that people tend to it, bringing people to the exhibition of superb athletic skills at the same time can experience a strong and incomparable shock to the soul, to enhance the people to achieve the dream of the heart of the continuous self-challenge, perseverance, tenacity and hard work of the spirit of the will.

5.1.4 Strengthening the mission, establishing morality, and educating people

Promote the strengthening of their spiritual cultivation, cultivate noble sentiments, with music and healthy activities to cure their own temperament, and consciously resist the bad customs of life. Mao Zedong in the re-reading of the Qi Fa feeling pointed out: if people want to completely cure the body of the "disease", we must start from the thought and behaviour of the two aspects, one or the other, can not be effective. We must deal with the "moral requirement of restraining desire and the material requirement of satisfying pleasure" this contradiction in human life. Hedonistic thinking is easy to corrupt our will, and comfortable and corrupt attitude to life will corrupt our spirit and sentiment, as General Secretary Xi pointed out at the 2016 National Conference on Ideological and Political Work in Colleges and Universities, "The ideological and political work of colleges and universities is related to the fundamental question of what kind of people colleges and universities cultivate, how to cultivate people, and who to cultivate people for. We must adhere to the establishment of morality as the central link, the ideological and political work throughout the whole process of education and teaching, to achieve the whole process of nurturing, all-round nurturing, and strive to create a new situation in the development of China's higher education" (Liang Xiaodong, 2012).

5.2 From the teacher's level

5.2.1 Doing a good job as students' "psychological counsellor"

Teachers are the key to students' growth. General Secretary Xi pointed out during a discussion with representatives of teachers and students at Beijing Normal University: "A good teacher should know that choosing to be a teacher is choosing responsibility, and should do their part to teach and educate people, to establish morality and cultivate people's responsibility, and to embody this responsibility into the ordinary, ordinary, subtle teaching and management." Currently, college students are facing enormous competitive pressure for employment, anxiety, insomnia, obsessive-compulsive disorder, and other mental health problems; with the significant increase in living standards, some students have grown up with pleasure, fear of hardship, fear of tiredness, self-centred thinking, which is not conducive to the healthy growth of students. University teachers should be "knowledgeable", "to undertake between the language of things, change the degree of easy to mean", and cleverly draw on the "Qi Fa" psychological transfer treatment of disease methods, to guide the positive changes in the minds of college students.

5.2.2 Mental health guidance and patriotic duty of commitment

The last thing that Wu Hak suggests to the Prince of Chu in "Qi Fa" is to listen to the wonderful words of the main road. "Today, such as the Prince's disease, it is only appropriate for the world's gentleman, broad vision and strong knowledge, to undertake the interlocutory language, change the degree of easy to think, often without leaving the side of the feather." It shows the positive significance of the guidance of mental health for relieving students' psychological problems and helping them grow up healthily. Convince people with reason, move people with emotion, "silent" to let students feel the "love" word, not just "into the brain", to "go to the heart!". Focus on caring for and encouraging their physical and mental health growth, through vivid patriotic, collective activities to participate in, feel the beauty and greatness of the motherland at the same time to cultivate a sense of social responsibility and mission to bear.

5.2.3 Focus on environmental education, create a good campus environment

A good campus cultural environment has a subtle nourishing effect on students. In "Qi Fa", Wu Ke, with the help of the music of "the world's most sorrowful", is in a magnificent soundscape at the same time, but also conveys a sense of family and country. "Ascending high and distant view, floating tour view", the natural scenery of the human mind and heart will be a kind of washing and nourishment, improve the state of mind at the same time cultivate the sentiment, enhance the aesthetic education to stimulate the love of the school, "Wu Ke" surface is talking about the music, the beauty of the scene, the essence of the life of education, education of responsibility, ideal education. "Wu Ke" is on the surface of music, and beautiful scenery, the essence is life education, responsibility education, and ideal education.

6. Conclusion

The essence of education is to achieve the moulding and cultivation of people, which is related to the future destiny of the party and the country, and the construction of high-level universities. Meicheng's "Qi Fa" mentions that it is not possible to treat the behaviour of comfort and enjoyment, unrestrained and corrupted behaviour with medicine, stone, acupuncture, and moxibustion, but only the essential words and subtle ways, which is undoubtedly the right prescription for how to make good use of "the essential words and subtle ways" to solve the problem of students' ideological education in today's university education. In this sense, the "Qi Fa" itself is an excellent piece of the "Essential Words and Wonderful Words". The development of Chinese excellent traditional culture education, through excellent cultural and historical learning and understanding, enhances students' cultural self-confidence, nourishes the national sentiment, leads students to develop comprehensively, and becomes the socialist construction of the need for moral and talented builders and the successor of the all-round development.

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