

國民小學易經健康管理教育認知研究-以五行健康操為例

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摘要

The basis of Health management education begins in elementary school. When considering that children are the future of the country it stands to reason that they should be taught the importance of proper exercise habits, both physical and mental, in order that they may experience an intelligent and balanced development. However, in recent years children have become heavier. This may be due to the fact that parents show their love to their children by rewarding them with food and not requiring sufficient exercise. This may lead to many health problems. With regular exercise not only do the children's bones become stronger but it increases the body's resistance to illness and strengthens their immune systems. The Ministry of Education curriculum has for several years implemented certain gymnastic exercises, especially "the five - elements gymnastic exercises". It follows the "Five elementary health exercise" program. It is in accordance to Ying (negative) and Young (positive). This is considered preventative medicine and is intended to strengthen the heart, liver, spleen, lungs, kidneys and in general, the entire body. It is combined with Chinese Confucianism and Taoism in Yi-Cheng scientific life cycle. It considers birth, age, illness and incorporates very simple and basic exercises according to the seasons of spring, summer, autumn and winter. It has eighteen steps. Among them are stretching arms, clapping hands, bending knees, shaking hands, moving to the left and right and moving the entire body. This research is based on an in-depth interview method with two hundred elementary school students and their responses since doing the exercises. They reported that it improved their general health and also their soul and spirit. They said students required less medicine and fewer doctor visits. The purpose of the research found that regular exercise increased body resistance to illness and disease, and showed better mental performance. which resulted in more socially

acceptable life etiquette education, and, in general, improved mannerly behavior.

關鍵字：Yi-Cheng science life cycle, Health exercises, Health Management, Elementary students