



Content and organization of sports training taijiquan for adults

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Received by the editorial office on 20.12.2024

Keywords: *Taijiquan, training, content, physical activity, training orientation.*

The purpose of the study is to identify the substantive aspects and organizational foundations of adult Taijiquan sports training.

Methodology and organization of research. Content analysis of literary sources; questionnaires. The study was conducted in Zhengzhou, Henan Province, China. A total of 117 specialists of various ages, genders, education and sports qualifications took part in the survey.

Research results and conclusions. Currently, in the People's Republic of China (PRC), there is a fairly widespread involvement of the adult population in active activities in various forms of physical culture. One of the directions is Taijiquan, which is considered by the adult population to a greater extent as an important factor of physical, spiritual and somatic well-being, as well as the formation of a certain lifestyle and lifestyle that meets the needs of the developing Chinese society. At the same time, as noted in a number of scientific studies, a unified approach to the content of adult Taijiquan sports training has not yet been developed, and some attempts to give an organizational form to such classes will not always be successful. It should also be noted that the fact established during the survey process is that the experience of the majority of specialists conducting Tai Chi classes is less than 5 years (41.03%). It is well known that young professionals, as a rule, have certain difficulties in filling the content of classes in the structure of Taijiquan sports training. In this regard, we have attempted to identify the main substantive aspects of organizing adult sports training in China.

The survey revealed a number of important aspects that need to be considered when justifying the content of Taijiquan. Firstly, the frequency of training sessions per week is: once or less – 19.66%; 1-2 times a week – 19.66%; 3-4 times a week – 17.09%; more than 4 times a week – 43.59%. Therefore, students treat this type of physical activity as a kind of sport, and accordingly, the content of classes should have a training focus. Secondly, the overwhelming majority of respondents believe that practicing Tai chi can greatly improve body posture and posture (94.87%), coordination and flexibility of the

body (96.58%), increase self-confidence and emotional stability (96.58%); slow down aging and improve immunity (97.44%), which to some extent it indicates the health-improving orientation of training, psychosomatic regulation of the body. Thirdly, experts who practice Taijiquan indicate some gaps in the definition of the content of taijiquan sports training. When answering the question of whether the content and methodology of tai Chi classes have been sufficiently developed to date, the answers were distributed as follows: sufficiently developed – 36.75%; sufficient, but require clarification – 47.01%; insufficiently developed – 11.11%; there is no uniform content and methodology of training – 5.13%. This gives us a basis for further research in substantiating the content and organization of Taijiquan.

Conclusions. The content of adult Taijiquan sports training needs to be adjusted and a more accurate scientific approach to the organization of classes. It is important to take into account such important aspects that a significant part of those involved consider Taijiquan as a sport, engaging in this type of activity at least three times a week. Training sessions have their own specifics, determined to a greater extent by the correction and maintenance of one's body, as well as the psychosomatic regulation of the body.

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