

and time intervals. In addition, youth athletes should not be given excessive loads during strength exercises in order to avoid injury and not harm their sports career. Therefore, it is important to rely on scientific knowledge when planning and organizing special physical training.

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APPLICATION OF TAI CHI QUAN IN PHYSICAL EDUCATION OF SCHOOLCHILDREN

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Taijiquan is a traditional Chinese national sport based on the Taoist theory of yin and yang and the meridian theory of traditional Chinese medicine. It promotes physical harmony through slow and gentle movements and improves coordination. It is important to integrate national sports into the physical education system. The promotion of Tai Chi continues to face challenges: lack of trained teachers, facilities and student interest.

Identifying problems in the development of Tai Chi will allow us to formulate plans for training and promoting this type. This will further increase the popularity of Tai Chi, encouraging young people to be active, form good habits, and improve physical fitness. This study also provides development ideas and recommendations for schools to spread the Tai Chi movement [1, 2].

The goal is to study the problems of spreading Tai Chi in educational institutions.

Material and methods. We conducted a study on the development of the Tai Chi movement. Students, teachers, and coaches were interviewed. Research methods: analysis of literary sources, survey, mathematical statistics.

Findings and their discussion. We analyzed the curriculum, the number of tai chi teachers, and student participation in tai chi sports and came to the following conclusion. The total number of teaching hours is too small to meet the needs of students. The training content is mainly based on Tai Chi techniques, and there is no theoretical knowledge of Tai Chi. The training facilities and equipment generally meet the needs. Evaluation methods mainly use procedural and summative evaluation. The age structure of Taijiquan sports teachers in high schools is mainly concentrated in the age group of 35-44 years old, the education is mostly higher education, and the academic level is relatively high.

The professional status of teachers is mainly not related to martial arts, and the professional level of Tai Chi is not high. 78% of Tai Chi teachers have not received Tai Chi trainer certifications. 93% of students are highly motivated to practice Tai Chi. Classes are mainly held in school physical education classes. A survey of teachers showed that in teaching Tai Chi, too much attention is paid to technology and the teaching of theoretical knowledge is ignored.

Conclusion. Analysis of the development of Tai Chi led to the conclusion: it is necessary to strengthen the training of Tai Chi sports teachers; conduct a variety of Tai Chi sports activities; expand extracurricular activities and training related to the sport of Tai Chi.

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